GRANDMA'S REMEDIES

Reishi Mushrooms: the Secret of Longevity & Immortality?

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Without doubt, the edible fungus we call mushroom has long been considered a superfood because of its amazing combination of antioxidants, vitamins, minerals, and antioxidants.

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Moreover, mushrooms are low in sodium and fat, free of cholesterol and an excellent meat replacement for vegans and vegetarians.

However, in the vast kingdom of mushrooms, there are those who are considered more powerful than others and one such mushroom is the Reishi one. Known as the mushroom of immortality, it definitely has some pretty amazing health benefits to offer.

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What Kind of Mushroom Is Reishi Mushroom?

Known as Ganoderma lucidum, the reishi mushroom is a large, red-colored, and dark mushroom with a glossy and hard skin. In China, this mushroom is called the Ling Zhi which stands for potency or immortality. And, in Chinese history, this mushroom is a symbol for success, divine power, well-being, and longevity.

In ancient medical texts, this mushroom is frequently mentioned and it was highly praised for its ability to boost the qi, strengthen the health of the heart, boost the cognitive function, and prevent premature aging.

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According to the Pharmacopoeia of the People's Republic of China, reishi mushroom is a powerful health that can reduce cough and asthma, relieve dizziness and insomnia, and fight off heart palpitations and shortness of breath.

Modern Health Advantages of Reishi Mushroom

Nowadays, modern medicine knows a lot about this mushroom and initial research points out that this mushroom has the following health benefits:

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- Balances the blood pressure and cholesterol
- Strengthens the immunity
- Fights off free radicals
- Reduces stress and boosts the mood
- Increases the energy levels

Where to Find Reishi Mushrooms?

Unfortunately, wild reishi mushrooms are not easy to find. However, as they have become popular, their cultivation has also increased in order to keep up with the demand. The best way to get your reishi mushrooms is to buy them online in capsule or powder form or as dried whole mushrooms. However, go with reputable vendors only.

Regarding their safety, they are relatively safe when consumed properly, that is 1.5 to 9 grams per day in dried form or 1 to 1.5 grams of powder. However, when taken in powdered form for prolonged period of time, they may have a toxic liver effect.

Moreover, women who are pregnant or breastfeeding, as well as those that are taking specific meds, should avoid these meds. Consult your physician before you start taking reishi mushroom.

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DIY Reishi Mushroom Tea

You will need:

4 cups of boiling water

4 grams of dried and chopped reishi

Preparation: Put the reishi in the boiling water and cover it for 2 hours. Then, strain it into a cup and drink it right away.

Sources:

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