GRANDMA'S REMEDIES

Lion's Mane Mushroom: A Potential Brain-Boosting & Cancer-Fighting Powerhouse

By bestfolkmedicine · 18/10/2021 · 3 min read



This mushroom looks a lot like a lion's scruff, hence the interesting name. It's a potential healing powerhouse.

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It's actually been associated with anti-cancerous properties and carries significant benefits for the brain.

Popular in traditional Chinese medicine, this nootropic food is praised for its brain-boosting capacity and there has been a lot of research done on this topic in the last few years.

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The results are amazing.

Let's find out more.

What Kind of Mushroom Is this?

This mushroom is native to Europe, Asia, and North America. It's also known as the hedgehog mushroom or houtou. It's part of the tooth fungus group.

Its long and dangling spines grow more than a centimeter in length and unlike other mushroom species, their spines project outward, not from a branch, which gives its unique appearance.

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They grow on living and dead trees with broad leaves and are common in late summer and autumn.

The Impressive Health Benefits of Lion's Mane Mushroom

- **Betters brain function and the nervous system**

Lion's mane mushroom boosts the neurite outgrowth in the brain and associated organs, according to research published in the *International Journal of Medicinal Mushrooms*.

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The outgrowth of neurites is the growth of axons and dendrites from neurons. By boosting their growth, cell degeneration could be potentially slowed down or reversed.

This is huge news for illnesses like Parkinson's and Alzheimer's. With this in mind, lion's mane supplements could have a positive protective effect on the development of Parkinson's.

- **Anti-cancerous properties**

Lion's mane may be beneficial in cancer treatment, according to research.

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Some of its compounds have been found to slow down the progression or prevent the spread of liver, colon, cervical, lung, gastric cancer, as well as leukemia.

- **Boosts the health of the heart and the blood flow**

Lion's mane mushroom may help you avert heart illness. Its extract was found to avert the rise of LDL cholesterol or the bad cholesterol and to increase the HDL or the good one.

It also reduced the triglycerides in the blood which is an early indicator of heart illness. What's more, the extract from the lion's mane may help reduce the risk of blood clotting and strokes, according to a study done in Japan at the Tohoku University.

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- **Soothes the digestion**

Because of its anti-inflammatory power, this mushroom may help better the functioning of the stomach and your digestive health.

Studies found it beneficial in the protection or reduction of gastric ulcers.

What's more, it can also better the symptoms of two inflammatory disorders of the digestive systems, gastritis, and IBS, according to lab studies done with mice.

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- **Lowers inflammation**

In a Japanese study from 2015, lion's mane was found potent enough to lower fatty tissue inflammation.

This is pivotal as this inflammation contributes to the metabolic syndrome-a group of conditions that elevate the chance of heart illness, diabetes, and stroke.

Moreover, this mushroom could help out in the fight against *h. Pylori*-it's a potent pathogen that could help relieve symptoms like stomach ulcers, intestinal ulcers, and serious gastric conditions.

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- **It's a strong antioxidant**

The molecules in this mushroom possess an antioxidant capacity and help avert and reduce oxidate stress that resulted from poor nutrition and chemical exposure.

Antioxidants also help in wound healing.

The liquid extract from this mushroom, according to a study done at the University of Malaya, concluded that it can speed up the healing process.

Antioxidants are also praised for the prevention of osteoporosis, reduction of liver damage caused by alcohol, and slower aging of the skin.

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Sources:

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