

Health Advice # 19 Healthy COFFEE & TEA!



Ganoderma Lucidum (King of the Herbs, the red mushroom)

For over 4,000 years there is one prize mushroom that has surfaced as the most festinating & highly documented food ever encountered. The Ganoderma lucidum is commonly known as the Red Mushroom. It has a bright shining burgundy red skin, with over 200 Phyto-nutrients it is the closest thing to nutritional perfection found in nature. Because the Ganoderma lucidum is so rich in nutrients, no other vegetation can come close. It is extremely rare and grows on only two out of ten-thousand aged plum trees found in the dense and humid high mountain forests of Asia.

The first historical mention of the Red Mushroom was during the rule of the first Chinese emperor of the Ch'in Dynasty. This mushroom is considered to be the “Miraculous King of Herbs”. Under the penalty of death the Red Mushroom was only available to the wealthy. Emperors of China and Japan consumed it regularly in their teas. They believe it would give them greater vitality and longer life.

The therapeutic attributes are: Immune Enhancing, Oxygen enriching, Free radical scavenging, Heavy metal detoxifying, Fatigue reducing, and Performance improving. This incredible mushroom has also been shown to be a pain killer, an anti-inflammatory and antioxidant. This makes it a good treatment for arthritis. It's known as an expectorant, detoxifier and liver protector; it even helps to reduce the side effects of caffeine. It increases natural killer cells, helps HIV patients and improves adrenal function, making it useful for anyone suffering from stress, insomnia or depression. It also increases white blood cells and has anti-ulcer effects. It suppresses the appetite, and it helps to lose weight as well.

Numerous studies have demonstrated the benefits. For example, in 1970, more than 2,000 patients with bronchitis were given this mushroom. In only two weeks, 60 to 90 per cent of the patients were better.

To your health! Anima Sana in Corpore Sano (a healthy mind in a healthy body)

Ruth Badraun, BRF Wellness, 727-687-2737

www.brfwellness.com