

Product Profile

REISHI

Ganoderma lucidum

Known as Reishi (“divine mushroom”) in Japan,
and Ling Zhi (“spirit plant”) in China.

Liquid extract of dried mushroom (fruiting body).

Actions: Adaptogenic tonic that enhances general health, and resistance to physical and mental stress, and, according to Traditional Chinese Medicine, optimizes longevity. Improves adrenal gland function. Enhances immune system function: anti-inflammatory, antitumor, antihistamine, and induces interferon production (i.e., antiviral). Helps lowers blood cholesterol and phospholipids. Protects and detoxifies the liver and improves overall liver function. Facilitates oxygenation of blood.

Uses: Immune system support in treatment of immunodeficiency diseases, and other degenerative and wasting diseases. Leukopenia. Allergies, bronchitis and asthma. Liver degeneration and hepatitis. Nephritis. Arthritis. Protective against ionizing radiation and chemotherapy. As a recuperative tonic after long or debilitating illness. Supportive therapy in heart and circulatory disorders like angina, high blood pressure, stroke, high cholesterol and atherosclerosis (hardening of arteries). Neurasthenia (nervous exhaustion) and adrenal weakness. Sexual debility in men and women. Especially indicated as a rejuvenating tonic in geriatrics when taken with Ginseng. Prevention or moderation of high-altitude sickness.

Dose: Take 30 to 40 drops, 3 to 4 times per day.

Cautions: Reishi’s helpful effects are best seen with long, continued use, and it cannot necessarily be relied upon for quick results in acute conditions.



Excerpted from the Therapeutic Herb Manual by Ed Smith. The Therapeutic Herb Manual is available for purchase by calling Herb Pharm at: 1-800-348-4372.

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