

## **Natural medicinal mushrooms in therapy and prevention**

### **General Information**

***The effects of the medicinal mushrooms *Phellinus linteus*, *Grifola frondosa*, *Agaricus blazei* Murill and *Ganoderma lucidum*  
(As a therapeutic supplement and prevention)  
by Gabor Varga***

Laboratory, animal, and clinical tests have proven that in the case of cancer diseases, the medicinal mushrooms mentioned in the title above strengthen the immune system, improve the quality of life, and help to inhibit the growth and metastases of tumors. **Clinical studies in Japan have shown that in the vast majority of tumors, the anti-tumor effect of the active ingredients can be further increased when combined with chemotherapy.** Experience and clinical tests show that medicinal mushroom extracts may significantly reduce the harmful side effects of chemo and radiation therapy. **The active ingredients (polysaccharides) of the mentioned medicinal mushrooms may be applied in the widest range of tumors, providing general and comprehensive protection.**

Based on clinical and animal studies, medicinal mushroom extracts may be effective in supportive therapy against type 2 diabetes. They may also ease viral and bacterial infections, and may also be effectively applied as a supplemental therapy in treating chronic bronchitis and asthma. Literature also attributes its active ingredient as having a cholesterol level and blood pressure lowering effect.

*“The active ingredients of the *Grifola frondosa*, *Ganoderma lucidum*, and *Agaricus blazei* Murill mushrooms stimulate the body’s immune system, which help to inhibit tumor formation and growth without any harmful side effects. The effect of polysaccharides may be especially beneficial alongside the surgical removal of the tumor, and radiation and chemotherapy. It is worth mentioning that in Japan, one of the active ingredients within polysaccharides has become an officially registered anti-tumor drug. Since the consumption of the concentrated powder, i.e. in tea form, of the *Grifola frondosa*, *Ganoderma lucidum*, and *Agaricus blazei* Murill mushrooms contains just about all the active ingredients, its application may be useful in promoting the healing of cancer patients and improving their quality of life.” (Professor Dr. Joseph Faget, Cancer research immunologist)*

**The potential impacts of certain components of the *Grifola frondosa*, *Ganoderma lucidum*, and *Agaricus blazei* Murill mushrooms have been supported by literature and clinical studies:**

- Effective immune system strengtheners.
- May improve the health of those suffering from diseases affecting the immune system (AIDS, HIV, SARS).
- May prevent the formation of malignant tumors.
- May reduce the harmful side effects of chemo and radiation therapy.
- May facilitate and strengthen the beneficial, anti-tumor effects of chemo and radiation therapy.
- May prevent and slow the growth of malignant tumors.
- May reduce the likelihood of metastasis formation and their chances of growth.
- May improve the quality of life of those suffering from severe immune and tumor diseases

**Scientific and animal studies of the effects of *Grifola frondosa*, *Ganoderma lucidum*, and *Agaricus blazei* Murill have led to the conclusion that the mushrooms may be useful in:**

- Preventing of bacterial and other infections, as well as their supplemental therapy
- Preventing infections caused by viruses, as well as the alleviation of their course
- Alleviating the symptoms of type II. diabetes mellitus, reducing blood sugar and triglycerides, and increasing insulin production
- Possible prevention of type I. diabetes mellitus
- Naturally alleviating the blood pressure of those suffering from high blood pressure
- Alleviating or even ridding of chronic bronchitis, asthma, and other allergic reactions
- Reducing cholesterol levels
- Preventing atherosclerosis
- Preventing blood clotting, in the case of arteriosclerosis for example
- Facilitating blood formation
- Alleviating the consequences of stroke or other brain injuries caused by lack of oxygen, and the maintenance and increasing of the brain's regenerative capacity, as well as providing a supplemental therapy to severe neurodegenerative diseases (Parkinson's and Alzheimer's)
- Liver detoxification in the cases of hepatitis and other liver diseases, and protection against the kidney oxidation processes
- Strengthening of the body in the case of increases physical stress and a tense, stressful lifestyle
- Flushing the body of environmental and other unhealthy, adverse contaminants: tobacco, chemicals, radioactivity and other radiation (X-rays)
- Slowing down the natural and harmful oxidation processes
- In all other cases the doctor recommends