BOOST YOUR HEALTH LEVELS WITH MEDICINAL MUSHROOMS

Used extensively in ancient Chinese and Egyptian medicine, a number of mushroom species are able to offer health benefits.

Our bodies are closely related to fungi, as we share the same bacteria and viruses. This means that the defense mechanism that mushrooms have developed against bacterial invasion may work for us, humans.

WHY ARE MUSHROOM SO POPULAR FOR HEALTHY LIVING?

- There are about **140,000 species** of mushroom-forming fungi. Science is familiar with **only 10%**.
- Penicilin, streptomycin, and tetracycline come from fungal extracts. Many mushrooms provide precious ingredient for modern medicine.
- More than 100 species of mushrooms are known for health-promoting benefits. Up to 10 species really stand out.
- Research suggest mushrooms have anti-bacterial and anti-viral properties.

ARE THEY GOOD FOR YOU?

Numerous studies claim that mushrooms offer benefits like

- Improved weight management
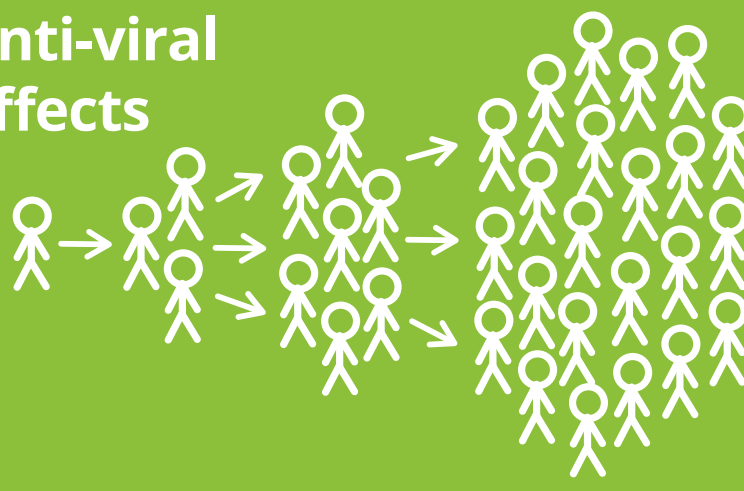- Improved nutrition
- A boost in the immune system function
- Increased Vitamin D levels
- Anti-bacterial effects
- Anti-viral effects
- Improved cardiovascular activity
- And many more

The right mushrooms will at least boost your immune system. And that's a good thing.

OK, BUT WHAT MUSHROOMS?

There are numerous edible species with significant health importance. Some are:

Agaricus subrufescens is a fungus associated with Brazil & Japan & antihyperglycemic and anticancer activities.

Cordyceps sinensis is an entomopathogenic fungi collected on the Tibetan Plateau.

Lentinula edodes (Shiitake) has been used as a source of Lentinan, AHCC, & eritadenine.

In 1985 Japan approved lentinan as an adjuvant for gastric cancer.

Trametes versicolor a gastric cancer adjuvant.

Chaga (Inonotus obliquus) used by people in Siberia, Russia and Eastern Europe to extend life expectancy.

Gano & Reishi (Ganoderma lucidum) Used for centuries in Asia as an herbal remedy to support health, endurance & well-being. Claims anticancer & immunostimulatory effects.

Beneficial effect on the cardio system, has hepatoprotective action and antiviral activity.

Total Life Changes

You can find many more nutritional mushrooms extracts on **www.totallifechanges.com**