

Reishi Mushroom Offers Hope For Living Healthier Longer

(NAPSA)—When most people think about longevity, they don't usually think about the immune system. Without the ability to fight off infections and abnormal cells, however, they wouldn't live very long. This is where the reishi mushroom comes into play.

It's been used for thousands of years and flourishes mainly on the trunks of plum trees. It's very scarce, however...out of 10,000 plum trees, perhaps two or three will have reishi growth.

Today, there are over 5,000 studies documenting the health benefits of the six primary types of reishi—red, black, blue, white, yellow and purple. Traditionally, black and red reishi have been credited with the most significant health-enhancing effects.

Black and Red Reishi Activate Immune Cells

Reishi's immune-enhancing properties are probably the most notable.

Reishi is used to fight immunosenescence—the loss of immune function that comes with age. Aging adults produce fewer white blood cells—the immune cells responsible for fighting against bacteria, viruses and abnormal cells.

According to Michael Smith, M.D., senior health science specialist with Life Extension in Fort Lauderdale, Fla., and host of Healthy Talk radio on WWNN-AM, reishi mushroom extract can increase production of white blood cells from your bone marrow.



Reishi mushroom extract complex delivers powerful compounds and represents the next generation of natural immune support.

“Not only that, reishi helps to activate dendritic cells,” says Dr. Smith. “These cells present bacterial and viral antigens like to antibody-producing cells called B cells. As a result, you're able to effectively fight infections before getting too sick. And if you do happen to get sick, you'll feel better faster with more antibodies on board.”

Intrinsic Antioxidants

Reishi mushrooms are also believed to activate intrinsic antioxidants, helping to reduce oxidative stress, one of the leading theories of aging. Highly reactive oxygen compounds, generated from environmental toxins and normal cellular metabolism, bind

to healthy cells and tissues, causing damage.

Naturally occurring compounds in reishi can boost intrinsic antioxidants, sequestering the damaging oxygen compounds and preserving healthy cell and tissue function. In animal models, reishi was shown to increase the intrinsic antioxidant activity of plasma glutathione by 34 to 42 percent, liver catalase by 19 to 30 percent and liver glutathione by 9 percent.

Boosting liver antioxidants, such as catalase and peroxidase, is considered an extremely important strategy for living longer, given the toxic environment. The EPA estimates that over 70,000 industrial chemicals are used in the U.S.

“And if that's not enough to make you sick,” says Dr. Smith, “government scientists estimate the average American has over 700 chemicals in his or her bloodstream at any given time.”

Living Healthier Longer

A weak immune system and high levels of oxidative stress are counterproductive to living healthier longer. For many, reishi mushroom extract offers real hope for reversing these two aging processes.

The reishi mushroom extract complex delivers powerful compounds and represents the next generation of natural immune support. For more information about reishi mushroom extract, visit www.LEF.org/reishi or call 1-866-748-7542.