

Power Mushrooms

Three Remarkable Healing Japanese Mushrooms:

By Geoff D'Arcy, Lic. Ac., D.O.M.

Power Shrooms Formula

<https://www.darcywellness.com/shop/power-shrooms>

Energetically: Oriental Medicine believes that healing mushrooms, remove dead decaying matter from the forest floors, just as in the energy fields of our own body-minds. Mushrooms such as Reishi, Shiitake and Maitake are the stars of the mushroom realm, they also convert our own metabolic and psychic wastes, transforming our stagnant or festering emotions and negative feelings, offering the opportunity to raising the spirit and freeing the mind toward more spiritual pursuits. Just see what they have been proven to do bio-chemically and hope fully you'll be inspired to add them to your Wellness Supplement Plan or at least regularly to your diet.

Reishi Mushroom (*Ganoderma lucidum*)

This mushroom has been much sought after in the East for the last four thousand years. It was fervently looked for because of its "Elixir of Life" qualities. It has also been known under various other names: holy mushroom, herb of spiritual potency, herb of deathlessness, and shaman's tree fungus. This mushroom was held in such high esteem by the Daoists of Ancient China as the "Supreme Tonic" ever since the first Chinese Emperor (221-210 B.C.) is said to have sent envoys on a search throughout the Eastern Seas, to search for the herb of immortality, and they returned from Japan with Reishi mushroom. It would have been a tough search then as now, for in Japan one mushroom is said to be found on 10,000 Japanese plum trees. Extremely rare, until the cultivation of this mushroom. In the 1980s, a Japanese researcher Shigeaki Mori developed an intricate and effective method of cultivating them, which has made them widely available and affordable. Today they can even purchased in most health food markets for cooking. Its classified by TCM as sweet in taste, neutral leaning to gently warming.

I often use this herb in formulas to "Calm the Spirit", (it has demonstrated the ability to calm caffeine jitters,) strengthen immunity, strengthen the heart, lungs and liver. This mushroom is used as a general health tonic and as folk medicine for liver problems, heart conditions, asthma, cancer, high blood pressure, and arthritis. Reishi is central to *Fu Zheng* therapy of Traditional Chinese medicine. *Fu Zheng* is a class of herbs that Chinese herbalists believe to be the most powerful herbs for all-around strength and health, these herbs are often formulated together for cancer and other chronic illnesses. Reishi has been well researched and tested, mostly in China and Japan. Scientists have researched several ingredients in them that have pharmacological (medicinal) effects on the body. Reishi mushrooms contain compounds called polysaccharides, which have been shown to help the body fight cancerous tumors and also stimulate the immune system to combat infections and viruses. In studies on mice, reishi mushrooms have shown very strong results against cancerous tumors. Other substances, called triterpenes, have been found in Reishi

