

## Medical Mushrooms

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### Introduction

In a 2011 study of 52 healthy adults, aged 21 to 41, they were given to take home a 4-week supply of shiitake mushrooms. They were told to eat one 4-ounce serving of the mushroom every day. Then after the 4 weeks were completed, they returned for some simple blood work. Their results showed a decrease in inflammatory proteins which the researchers thought was a pretty good benefit in itself. However, then they looked a little deeper at the data and saw that each patient's B cells, T cells, and natural bacteria-killing cells had all increased. When they finally figured out what triggered this response, it was no surprise that it was all connected back to the  $\beta$ -glucans that came from the shiitake mushrooms they had been eating. She also said that those  $\beta$ -glucans were not only able to enhance the immune system, but also reduce the inflammation that the immune system produces. Plus, the enzymes packed into shiitake also make it easier for your body to absorb almost any nutrient. Which means if you're already taking a vitamin C or D supplement for your immune system, shiitake will actually make those supplements? The first is shiitake mentioned in figure 1.



Figure 1: The first is shiitake

The 2nd immune supporting mushroom is reishi is mentioned in figure 2, Known as the Mushrooms of Immortality, reishi mushrooms are packed with polysaccharides, antioxidant properties, and those crucial  $\beta$ -glucans that can help with immune

function. As early as 206 BC there are writings about reishi mushrooms being used to help people live longer. And while those who used, them probably thought they were given a gift from a caring higher Entity. Simply put, those of 206 BC had super strong Cellular Immunity Defense Systems fortified by Reishi.



Figure 2: Immune supporting mushroom is reishi

Many studies have demonstrated that maitake mushroom has complex immunomodulatory effects on the immune system shown in figure 3. And not only is maitake effective at supporting a healthy immune system, but it can also help regulate blood pressure, support healthy blood sugar, fight off abnormal cell growth, maintain healthy inflammation and etc. It's no wonder many cultures around the world use the Herbological maitake mushroom as a powerful healing tonic and medicinal food. Maitake is not the only mushroom researchers have studied for the immune response While it was by far the strongest in supporting the immune defense reaction.



Figure 3: maitake

Chaga has been used for centuries primarily in the East. It's known for its immune support and soothing properties. Many traditional healers have used it as a soothing tea for a powerful and natural digestive support. It's also shown the potential to help maintain healthy blood pressure levels that are already within the normal range. Chaga is shown in figure 4.



**Figure 4:** chaga

Cordyceps from figure 5 mushrooms have been shown to help regulate a healthy immune system. Cordyceps were at one time so highly valued that they were only allowed to be consumed by the Emperor of China. Also known for the ability to support sexual health and athletic ability, cordyceps have been the most sought-after nutritional mushroom in the Orient.



**Figure 5:** cordyceps

Lion's Mane is known to support brain health, support cognitive

function, and aid against age-related memory loss was shown in figure 6. It also helps maintain mental focus and function, as well as promoting healthy digestive function through its powerful regulation of internal bacteria.

Turkey tail is considered one of the best-researched mushrooms on Earth. Its benefits are just as strong as the other nutritional mushrooms such as reishi, cordyceps, and maitake. It contains a spectrum of powerful antioxidant nutrients and high levels of selenium, vitamin D, and vitamin B3, which are crucial for maintaining immunity shown in the following figure 7.



**Figure 6:** Lions mane



**Figure 7:** Turkey tail

However, there's something else to be done with this formulation to make the immunity-supporting effects of this gathering of the 7 mushrooms even stronger.