

HEALTH RESTORATION

REISHI MUSHROOMS: THE KING OF HERBAL MEDICINE

Some of the other names for this incredibly powerful food is Ling Zhi, which means ‘spirit plant’, “ten thousand year plant”, “mushroom immortality”, because of it seems to promote longevity, “varnished conk” because of its shiny appearance, and “phantom mushroom” because of its scarcity. The Latin name for the reishi mushroom is *Ganoderma lucidum*. Gan means ‘shiny’. Derm means “skin”. Lucidum means “brilliant”. The reishi mushroom is known as “the king of all herbal medicines”. Professor Hirosoki Hikino, University of Tohoku, Japan is “one of the most important elixirs in the Orient”.

In 1995, researchers were able to isolate DNA of *Ganoderma tsugae* and *Ganoderma lucidum*. These two species are very hard to differentiate. More recent studies have classified *Ganoderma lucidum* from Asia as its own group. *Ganoderma lucidum* from Europe and the Americas is more closely related to *Ganoderma tsugae*. There are two different types of reishi mushrooms, one with the traditional wide, shelf-like fruiting body, and the other was an antler-shaped and known as *Rokkda-Reishi*. The *Rokkda-Reishi* was avidly coveted by the ancient Taoists. This type of mushroom appears prominently in art-work dating back centuries.

This is truly a food that facilitates functional aging. Beware, all products are not the same quality. This requires special processing to extract the medicinal properties.

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