

Reishi mushroom

Botanical name: *Ganoderma lucidum*

Energetics/Actions: Bitter, cool, dry, adaptogen, immune activator, antiviral, antiinflammatory

Description

Reishi (Lingzhi in Chinese) has been used as medicine for over 2000 years. The mushroom cap is shiny and the species name 'lucidum' comes from a Latin word which means "shiny". It is also known as the "Mushroom of Immortality". Reishi is an excellent choice for people who feel run down or stressed out. It's also a good tonic for people who frequently get sick. Reishi is known for supporting immune system function without being stimulating, which is why it's a good tonic for people who feel exhausted. It can be used short term and long term.



Uses

Immune system support: Enhances the growth of several types of immune system cells.

Fatigue and stress: Supports the adrenal glands and has a calming effect.

Allergies and hayfever: Reduces histamine response.

Dose

Medicinal mushrooms work best when heated and Reishi is great in soups and teas.

Tea: Bring 2-3 slices of dried Reishi to a boil, then simmer for 20 minutes, strain and drink. It can be simmered with spices and served with milk and a little honey or stevia if you like. Drink up to 3 times a day.

Tincture: 2 ml 3 times a day for adrenal and immune support, 5 ml 3 times a day for active immune support during illness or when stressed and fatigued.

Safety Information

Talk to your health care provider if you are taking blood thinners or immune modulating medications.