

Reishi (*Ganoderma lucidum*)

Common Names: Ling chi, ling zhi.

Location: Japan.

Description: Reishi grows in six different colors, but the red variety is the most commonly used.

Properties: It is reported to boost energy, help the body resist disease and stress, and promote longevity.

Uses: Reishi is an adaptogen and recommended to stimulate the immune system to activate several different phases of immune defense. It is used to treat allergies, altitude sickness, asthma, and mushroom poisoning. It specifically benefits specific health conditions such as leukemia, age-related intellectual decline, alcoholism and cirrhosis of the liver, bronchitis and yeast infection, cancer, fibroids, high blood pressure and stress.

Doses: It is available as a food-stuff, tea, syrup, tincture and in tablet form.

Warnings: Do not use raw pulverized reishi. It is best to boil the mushrooms to kill any bacteria. Side effects are very rare, but may occur after three to six months of continuous use. They are dryness of mouth, throat, and nasal passages; chronic itch; stomach upset; or nosebleed. Reishi should be avoided by people who have known allergies to mushrooms or molds. Take a one month break every three months. If you take any blood-thinning medications, use reishi only under a doctor's supervision.