

# How Mushrooms Benefit your Health

Mushrooms are a high quality health food. They are low in calories, high in chitin, vegetable proteins, iron, Fiber, Zinc, Vitamins, Minerals, and essential amino acids. Mushrooms have been used a lot in traditional Chinese medicine. They are known to have great effects on promoting health and vitality. They increase your body adaptive abilities according to recent studies. The studies suggest that mushrooms are probiotic. They help the body strengthen and fight off illness by maintaining physiological homeostasis, which is restoring the body balance and natural resistance to disease and illness.



**Agaricus Mushroom:** In many places the agaricus mushroom is considered a health food because of its medicinal qualities. The agaricus mushroom is the most widely used mushroom in a lot of countries that consider it healthy and medicinal. The agaricus has been traditionally known as “god mushroom” because of its healing benefits to a variety of disorders. People have used this mushroom to treat various diseases and

disorders including ones that's related to the cardiovascular system, immune system, weight management, digestion, diabetes, cataracts, stress syndrome, hearing difficulties, chronic and acute allergies, diarrhea, chronic fatigue, disorders of the liver, and constipation.

**Cordyceps Mushroom:** The Cordyceps mushroom can be a wonderful stimulant for macrophage activity and making your immune system stronger to fight against viral and bacterial infection. According to clinical studies cordyceps can be successful in the treatment of arrhythmia, lung cancer, high cholesterol, poor libido/impotence, and chronic kidney failure. Also cordyceps can cause smooth muscle relaxation, which in return can be helpful for asthma, chronic coughs, and bronchial conditions.



**Maitake Mushroom:** The maitake mushroom is known for its health benefits and taste. This mushroom is also known by the name dancing mushroom. It's called "king of mushroom" in japan. The mycelium and the fruiting body of the mushroom are used medicinally. Maitake mushrooms have been eaten for 3000 years in japan and china. In Japans past the maitake mushroom have been used for monetary value and was worth its weight in silver. It's also has been used as an adaptogen and tonic. It was used to help promote wellness and vitality. Traditionally consuming the mushroom was believed to prevent cancer and high blood pressure. More research is being done for that matter. Laboratory studies show that maitake mushroom extract can inhibit the growth of tumors and stimulate the immune system

of cancerous mice.

**Reishi Mushroom:** Studies suggest that Reishi can have several effective abilities which include anti-inflammatory, antioxidant, analgesic, lowers blood pressure, antiviral through inducing interferon production, expectorant and antitussive, cardiotonic action through lowering serum cholesterol, liver (hepatitis)-protecting and detoxifying, protection against ionizing radiation, antibacterial, and anti-HIV activity. Reishi contains Iron, Calcium, and phosphorus, Vitamins C, D, and B-including pantothenic acid, which is needed for the adrenal glands and nerve function.

**Shiitake Mushroom:** Shiitake was called the “elixir of life” for centuries. It has been licensed in Japan as an anti-cancer drug by the Japanese FDA. Lentinan has shown some effects on liver cancer, ovarian cancer, bowel cancer, stomach cancer, and lung cancer. Lentinan stimulates the production of natural killer cells and T lymphocytes and can increase the effectiveness of AZT in the anti-viral treatment of A.I.D.S. Shiitake is high in several anti-oxidants including uric acid, selenium, and Vitamin A, E, C, and D. Shiitake mushrooms may also lower serum cholesterol levels, increase libido, lower blood pressure in those with hypertension, stimulate the creation of interferon which has anti-viral effects, and is effective against hepatitis in some circumstances.

**Yun Zhi Mushroom:** Yun Zhi also known as the cloud mushroom has been used to reduce phlegm, strengthen bones and tendons, treat pulmonary infections, support liver health, promotes good health and vitality, help with immune function, and is high in vegetable proteins.

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