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Volume II Third Edition



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GANO WHAT???

HEALTHY COFFEE, TEA, LATTE, MOCHA, & HOT CHOCOLATE

By Sharon Jackson, Ph.D

Ganoderma The Wonder Mushroom (Herb) that Withstood the Test of Time in China for 4000 years. Now re-discovered by the Western World. For over 4000 years Ganoderma Lucidum has been recognized by Chinese medical professionals as the highest ranked of all herbs found in the Chinese Pharmacopoeia. The Chinese name for Ganoderma is Lingzhi, means "spiritual potency". The Japanese name for Ganoderma is Reishi and is regarded as the King of Herbs. Dr. Shi-Jean Lee, the most famous Chinese medical doctor of the Ming Dynasty, strongly endorsed the effectiveness of Ganoderma in his famous book, Ban Chao Gang Moo ("Great Pharmacopoeia"). He stated that the "long-term taking of Ganoderma (Reishi) (Lingzhi) will build a strong, healthy body and assure a long life."

Reishi mushroom is a fungus that some people describe as "tough" and "woody" with a bitter taste. The fruiting body (above-ground part) and mycelium (filaments connecting a group of mushrooms) are used as medicine.

Reishi mushroom is used for boosting the immune system; viral infections such as the flu (influenza), swine flu, and avian flu; lung conditions including asthma and bronchitis; heart disease and contributing conditions such as high blood pressure and high cholesterol; kidney disease; cancer; and liver disease. It is also used for HIV/AIDS, altitude sickness, chronic fatigue syndrome (CFS), trouble sleeping (insomnia), stomach ulcers, poisoning, and herpes pain. Other uses include reducing stress and preventing fatigue.

How does it work?

Reishi mushroom contains chemicals that seem to have a variety of potentially beneficial effects, including activity against tumors (cancer) and beneficial effects on the immune system. Ganoderma shows promise in reducing cholesterol levels and easing allergy-related inflammation of the airways, according to preliminary evidence from animal-based studies. Here's a look at more of the science behind ganoderma's health-enhancing effects.

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Article continued on other side of next page for eCopy



FEATURED GUIDED MEDITATION

LEARN TO MEDITATE - FREE YOUR MIND 16:08 minutes

PATTERNS OF THE MIND - One of the finest instruments given to us at the start of our life here on earth is our wonderful and complex mind. From the point of view of our meditation life the mind can be a blessing, but, if not properly trained, a profound hindrance. Its main feature is its malleability. This is also its problem. It can be made to believe anything. Indeed, it can even believe that it is in charge. It is programmed by its own thoughts, its own creation, and the more a thought is repeated the more likely it is to be believed. The mind is a master of habit. A habit is a thought pattern that requires no decision making process. For a computer this would be called a program. We program our mind by repetition. Just reflect for a moment how powerful this is. Just by repeating a thought pattern over and over, firstly it becomes a habit (so we no longer make decisions about it) and most often it becomes a belief, no matter how wrong it might actually be. It is as though the

mind is on 'automatic' and it programs itself by the things we repeat to it. It's actually amazingly ingenious. With this very same process it creates an ego, which is really nothing more than habits and repeated thoughts about what has happened - our past, and what might happen - our future. The ego exists only in the mind's past and future. Whenever we observe the mind we see this play of time. The ego does not understand what exists in the now. The mind has very little to do with the flow of love in the present moment. However, the heart is completely in the present moment, which also contains within it the entire universe and all of time, i.e. eternity. From the present moment the heart in the flow of love projects out through the mind in intuition, inspiration and creativity. The mind and ego should really be a mouthpiece of the heart, but most often it gets so carried away with itself and its own noise that it completely shuts the heart out. It tries to make us believe that it is the only reality, and attempts to do this by always keeping us thinking about the past or the future, and never experiencing the present moment where it does not understand who it is.

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Continued... **GANODERMA REISHI - ORGANO GOLD**
HEALTHY BEVERAGES FOR YOUR HEALTH BY SHARON JACKSON, Ph.D

5 Amazing Components Of *Ganoderma lucidum*

Polysaccharide

The amazing nutrients that are known to help strengthen cell membranes, boost anti-oxidant levels, and cleanse toxins from the body! Important in the prevention of degenerative diseases, regulate digestive health, moderate cholesterol levels, and help maintain healthy blood sugar.

Triterpenoid

Known as Ganoderma's cholesterol-busting super-adaptogens!

According to research by G. Kuttan Ph.D., it has been shown to help prevent antigen-related allergies, aid digestive processes, hyper-boost and strengthen the nucleus of body cells, and scrub the body of cholesterol and neutral fats.



Ganoderic Essence

Source of Ganoderma lucidum's skin-healing properties! According to HealthCare Information Directory, Ganoderma extract shown to ease and/or heal certain skin diseases when applied directly to skin. Besides, it also helps in heal cancer sores and other oral ulcerations, rejuvenate body tissues and provide clear, smooth "new-you" skin!

Organic Germanium

Germanium's powerful potential healing capabilities are based on three major changes it makes in your body's overall balance. According to Huie, C.W. & Di, X. (2004), Germanium has been shown to discharge abnormal electrical impulses around cell abscesses, Boost your body's overall "good" oxygen levels, regulate your body's whole electrical system.

Adenosine

Contains anti-inflammatory properties, and is also known to help lower cholesterol and provide sustained energy. By helping to bring energy to the cells, adenosine serves an important function in human metabolism.

Benefits of Ganoderma

Ganoderma Lucidum is known by doctors and scientists to help with the following:

- Oxygenates the body and boosts stamina
- Provides more energy and vigor
- Increases brain power
- Improves quality of sleep
- Improves blood circulation
- Reduces allergies & inflammations
- Strengthens & boosts the immune system
- Strengthens the organs for the elimination of toxins
- Rejuvenates and makes you feel younger and more alert



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to the people of the world"

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- Balances blood sugar levels and pancreatic functions
- Protects against skin cell degeneration
- Improves skin texture
- Reduces the appearance of aging
- Eliminates toxins from the body
- Increases Metabolism
- Fights and inhibit Free Radicals
- Unclogs arteries and improves Liver function
- Improves sexual functions
- Reduces fatigue and improves sleep
- Improves the digestive system
- Relieves sinus congestion & other respiratory problems
- Rejuvenates body tissue and cells

- Balances cholesterol
- Provides energy and vigor
- Helps with weight loss and management
- Reverses the effect of arthritis, Diabetes, and Obesity
- Reduces Bronchitis and asthma symptoms
- Rejuvenates and oxygenates the body
- Strengthens the immune system
- Increases brain power and clarity
- Lowers high blood pressure
- Effectively aids in the healing of skin wounds, scrapes, psoriasis, mouth ulcers, external bleeding, bug bites and stings

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