Ganoderma Coffee - 300 Million Cups A Day?

Do you like secrets? Well if your a coffee lover I think I have one for you that you are going to love. It's called Ganoderma Coffee and is a tasty, full flavored alternative to your normal cup of coffee and what’s more, it’s even healthy for you! With America chugging down a reported 300 million cups of coffee per day it's easy to see that coffee is no small time commodity but as you know there are 2 sides to every coin. Drinking copious amounts of coffee has been known to have side affects which can be detrimental to your health but now there is the alternative.

Ganoderma Coffee (pronounced GAN-O-DERMA) is a little known mushroom that has been around for thousands of years and through out time but Ancient civilizations in Asia. Ganoderma is also known as Reishi and has been prized for thousands of years, it was so revered that it was only drunk by emperors and kings.

Now thanks to modern day technology it has been brought back to the future. Ganoderma Lucidum has been scientifically proven to inhibit apoptosis (cells destruct themselves) which occurs in white blood cells. This is the cause of a lot of auto immune virus that human often fall prey to. Research has also found that compounds in Ganoderma can help lower blood sugar which can aid in such diseases as strokes and atherosclerosis. Every day as science pushes forward, new discoveries are being made, researches are currently looking at its properties to act as a natural Anti Inflammatory, a truly unique mushroom indeed.

It has become almost habit now to wake up and reach for that cup of coffee to “kick start” us in the mornings but now not only can you kick start your day but you can kick start your immune system while revitalizing your body at the same time, all while enjoying a cup of coffee.

Ganoderma is a natural way to get your morning boost so why not find a supplier in your area (try your local health food stores) and give it a go yourself, after all you have nothing to lose but a lot you could potentially gain!