REISHI
The Food of Gods can also Treat Hypertension

Everyday, many drugs, natural remedies, and medicines once hailed as the next miracle cure are recalled due to harmful side-effects, or even because they simply don’t work at all. With a number of health concerns on the rise, such as high cholesterol, hypertension (high-blood pressure), lupus, and allergies, the need for wonder-drug and remedies becomes greater and greater. This is why there are often reports of medicines, a high blood pressure treatment for example, being recalled: quite simply, the drug was released before adequate research was done.

So how much research is enough before a high blood pressure treatment is given the green light? Six months? A year? How about 2000 years? Reishi mushroom has long been used in Chinese traditional medicine to boost energy levels. Research also shows that this new ancient supplement (new, that is, to most Americans) could also be a potent high blood pressure treatment (http://www.mitamins.com/disease/High-Blood-Pressure.html).

Reishi: A Herb for High Blood Pressure
Reishi has been used in Traditional Chinese Medicine for at least two millennia, and archaeological evidence indicates people may have been eating it for almost 7000 years. Reishi mushrooms grow wild on decaying logs and tree stumps in the coastal provinces of China. It grows in six different colors, but the red variety is most commonly used as a health food and supplement. The Romans believed reishi mushrooms to be the “food of Gods” while the Chinese believed it to be an elixir of life. This may just look like ancient marketing spiel, but there are certainly a number of reasons to believe reishi extract can relieve hypertension symptoms.

What makes Reishi a good High Blood Pressure Treatment
Reishi is beneficial in hypertension treatment because it contains several constituents known to be beneficial in reducing high blood pressure: mannitol, sterols, triter-penoids, coumarin, and polysaccharides. All these constituents are heart-saving substances helpful in lowering high blood pressure. Reishi is effective in the treatment of high blood pressure by:

1. Increasing blood Flow: Reishi improves blood flow to the heart, and so treat high blood pressure, by reducing artery clogging cholesterol and widening the arteries. It also reduces the chances of blood platelets sticking together, reducing the chances of blood clotting in the coronary arteries: a leading cause of heart attack.

2. Lowering Triglyceride Levels: Reishi is beneficial in high blood pressure treatment because it contains ganoderic acid, which lowers triglyceride levels and takes away excess cholesterol from the blood. Triglycerides are used as a measure of fat ingestion, metabolism, and to evaluate the risk of heart disease or stroke. High triglyceride levels causes high blood pressure and creates a higher risk of heart stroke. Daily supplements containing reishi can reduce high triglycerides and lower high blood pressure.

3. Preventing Oxidation of Blood Fats: Reishi aids in high blood pressure treatment through its antioxidant properties. It helps in reducing free radicals in the body and prevents the oxidation of blood fats, thus reducing blood cholesterol levels. It reduces coronary demand for oxygen, controls blood pressure, and maintains a strong, steady heart beat.

Besides 2000 years of use as a traditional medicine, modern research also indicates reishi’s use as a high blood pressure treatment and overall “heart tonic” that promotes blood flow. A study conducted on 54 patients suffering from hypertension showed a significant drop in blood pressure by taking reishi mushroom extract three times a day for four weeks. These patients were not responding well to conventional hypertension treatment prior to taking the natural alternative. It appears the food of gods can also treat the disease of men.