

Reishi complex *Ganoderma lucidum* (*G. resinaceum*)

Characteristics : fan-like cap 30 cm in diam., glossy brown to burgundy, white margin; small white pores; excentric lateral stipe; flesh toughening with maturity; brown spores



Reishi cultivation in Asia



Where : hardwood (oak), mainly in Asia, scarce in North America; extensively cultivated worldwide

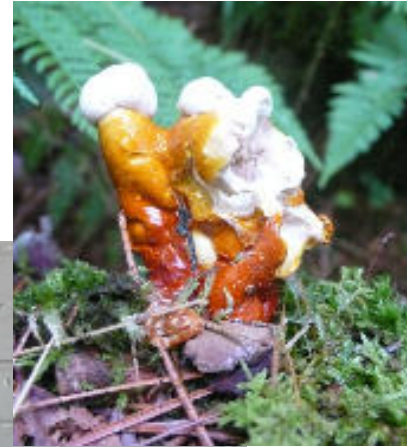
When: from May to Oct. in North Eastern North America

Hemlock Varnish Shelf *G. tsugae*

Characteristics: Same as *G. lucidum* except for substrate

When: occasional from June to Oct.

Where: on hemlocks and firs



Multilayered North Eastern specimen



Reishi – Medecinal uses



Active compounds and nutritional intake: β -glucan (G-I);
Triterpenoids (Ganoderic Acids); Ergosterol; ...

Effects sought: enhances immune response, quality of life for



radio/chemotherapy patients, reduces cough and asthma symptoms (proven by clinical tests);
alleviates arthritis pain; anti-tumor, -viral, -histamine, -microbe, -cholesterol, -inflammatory, -oxydant; lowers blood pressure; cardiovascular protection; adaptogenic; liver tonic; nerve tonic, stress reducer; releives of anxiety, insomnia; ...

Usual recipe: decoction of up to 15 g/d of dried reishi slices

