



ELITE

Personal Training and Fitness Solutions

HEALTH TOPIC OF THE WEEK

2/20 - Mushrooms and Memory

It's ironic, but we discussed mushrooms in February of last year, too. Several benefits have already been well-established.

(https://www.elitepersonaltrainingandfitnesssolutions.com/_files/ugd/3ad493_8b6f26ba548a4f299f7a84d2acb1d1a2.pdf)

To recap, consuming mushrooms as a food or in supplement form helps to:

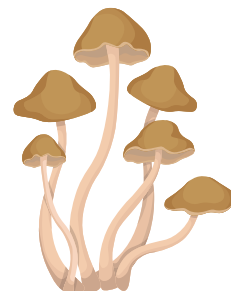
- decrease the risk of cancer
- lower sodium intake
- promote lower cholesterol
- protect brain health
- provide a source of vitamin D
- stimulate a healthier gut
- support a healthy immune system

Now there's more good news. A specific type of mushroom can help improve memory!

Researchers from The University of Queensland have discovered an active compound from an edible mushroom that boosts nerve growth and enhances memory.

Extracts from lion's mane mushrooms (*Hericium erinaceus*) have been used in traditional medicine in Asian countries for centuries to treat ailments and maintain health. Recently, these mushrooms were studied to determine their effect on brain cells.

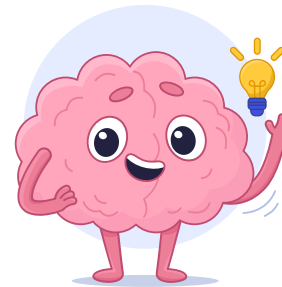
Pre-clinical testing found that lion's mane mushrooms promote the growth of brain cells, thus improving memory.



Elite Personal Training and Fitness Solutions does not provide medical treatment or intervention. We acknowledge scientific evidence that appropriately intensive exercise and sustainable nutritional intervention can have significant impact on chronic health disorders and obesity, dramatically improving symptoms when recommendations are followed. Please visit us at Eliteptf.com for more information and to schedule your evaluation.

Using super resolution microscopy, researchers measured the effects of compounds isolated from *Hericium erinaceus* on cultured brain cells and found that the active compounds promote neuron projections that extend and connect to other neurons.

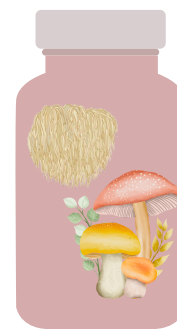
Dr. Dae Hee Lee, one of the chief investigators, said, "This important research is unraveling the molecular mechanism of lion's mane mushroom compounds and their effects on brain function, particularly memory."



The study's co-author, Dr. Ramon Martinez-Marmol, said, "This discovery has applications that could treat and protect against neurodegenerative cognitive disorders such as Alzheimer's disease."

The humble mushroom is small, but mighty. The new research presented gives you another good reason to eat mushrooms regularly.

Lion's mane mushrooms offer a mildly sweet flavor and a tender texture that mimics shellfish like scallops, crab, or lobster. For this reason, they are often used as an accompaniment or alternative to seafood.



Don't care for the taste? Can't find it in your grocery store? Give EPT a call to discuss appropriate mushroom supplementation.

References

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