



ELITE
Personal Training and Fitness Solutions

HEALTH TIP OF THE WEEK

2/28: Mushrooms

Would you like to live longer and be healthier? Consider adding mushrooms (any kind will do!) to your diet on a regular basis.



Mighty Mushrooms



A landmark study published in April 2021 followed the dietary patterns of 15,000 Americans for nearly 20 years.

Compared to no consumption, those who consumed mushrooms had a 16 percent lower mortality risk. When one serving a day of mushrooms was ingested, there was a 35 percent reduction in all causes of mortality. A trend toward even lower mortality was found in people who consumed even higher amounts of mushrooms.



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](https://www.eliteptf.com) for more information and to schedule your evaluation.

Elite Personal Training and Fitness Solutions | 215-947-2099 | 1800 Byberry Rd # 703 Huntingdon Valley, PA 19006

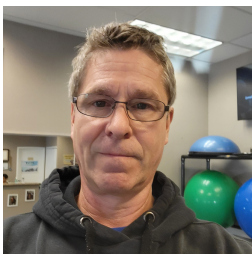
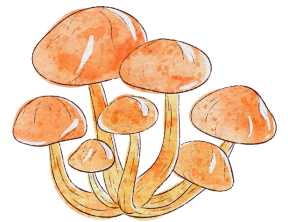
So, what's in mushrooms that enables people to live longer?

The answer is the L-ergothioneine content. L-ergothioneine is an amino acid that is not produced in the body. It is found in mushrooms more so than any other food.

L-ergothioneine works through complex mechanisms to reduce DNA damage, slow the aging process and defend against age-related disorders, including cardiovascular disease and cognitive decline.

Studies are finding that higher blood levels of L-ergothioneine are associated with lower incidence of:

- Cardiovascular disease
- Cognitive decline/mild cognitive impairment
- Parkinson's disease
- Crohn's disease (an inflammatory bowel disease)
- Frailty
- Death from cardiovascular disease or death from any cause



David Trumbore
PT, DPT, CSCI, CWT, CPI

Take-Home Message

Mushrooms are great for health and longevity. If you aren't already doing it, include mushrooms in your diet and eat them regularly. Can't stand the taste but want the benefits? Contact us to discuss L-ergothioneine supplementation.

If you have questions about training time frames or anything else related to exercise or nutrition, please reach out to us so we can partner with you and help you improve your health and wellness.