



ELITE

Personal Training and Fitness Solutions

# HEALTH TOPIC OF THE WEEK

## 4/3 - Medical Mushrooms



### Introduction

Did you know there are over 50,000 mushroom species in existence? Some are edible, while others are hallucinogenic or poisonous. Edible mushrooms are highly nutritious, and several are also considered medicinal. Research into this area is exploding. For example, new findings have some oncologists recommending specific mushrooms along with their patients' conventional cancer treatments. Mushrooms contain antioxidants, vitamin D, selenium, zinc, and vitamin B.

Certain mushrooms are deemed medicinal due to their adaptogenic properties. Adaptogens counteract the ravages of stress. We've noted in previous articles that stress causes physical changes in the body, including harm to our neurological, endocrine, and immune systems. Adaptogens can be compared to a thermostat, adapting the body's stress response like a thermostat controls temperature. The compounds in adaptogens possess opposing qualities. They can be relaxing or energizing, depending on the body's specific needs.



**Not all mushrooms are adaptogens,  
but all mushrooms are nutritious!**

### Overall Mushroom Benefits

- **Blood pressure reduction**

Mushrooms help relax blood vessels and reduce blood pressure according to a 2021 systematic review published in The American Journal of Medicine. Mushroom consumption is also associated with improved blood lipid profiles, including lower total cholesterol and triglyceride levels.



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](http://Eliteptf.com) for more information and to schedule your evaluation.

- **Lowers inflammation**

Several antioxidants, fatty acids, plant metabolites, and vitamins found in mushrooms fight and prevent inflammation throughout the body.

- **Boosts immunity**

Mushrooms activate specific immune cells that help your body fight disease. If you are feeling under the weather, add mushrooms to your menu.



- **Promotes brain health**

Mushrooms have neuroprotective properties. They contain an antioxidant called ergothioneine, which has been associated with decreased risk for cognitive decline.

- **Improves gut health**

Mushrooms contain a fiber called beta-glucan, a prebiotic that feeds the good bacteria in your gut microbiome. As we've continually stressed, a well-functioning gut microbiome is essential for overall health. Beta-glucans jump start the immune system. Think of them like a key in a lock. They activate your immune system to be battle-ready.



- **Helps prevent certain diseases**

Compounds found in mushrooms have been studied for the prevention and treatment of Alzheimer's, cancer, hypertension, and Parkinson's.

## The Top 5 Medicinal Mushrooms

### 1. Turkey Tail

Turkey tail is well-known for its immune-boosting properties. It benefits gut health by feeding and promoting the growth of beneficial bacteria. Turkey tail contains an impressive array of antioxidants, including phenols and flavonoids. The turkey tail mushroom has been used in conjunction with traditional chemo and radiation in the treatment of breast cancer, gastric cancer and colorectal cancer. This particular mushroom is one of the best-researched herbal medicines, with over 400 trials demonstrating its effectiveness as an adjunct to standard cancer care.



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## 2. Stout Camphor Fungus

Stout camphor fungus contains over 78 compounds. Its unique biological makeup has anti-inflammatory and antioxidant effects, both of which target free radicals. Free radicals are the leading cause of accelerated aging and oxidative stress. Research has found that stout camphor fungus supports the immune system, protects brain health and bolsters the liver (specifically with detoxifying effects related to alcohol intake).



Numerous studies have suggested that this fungus is effective in preventing and treating various health problems, including liver diseases, food poisoning, drug intoxication, diarrhea, and hypertension.

## 3. Reishi

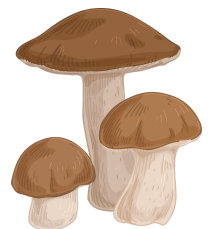
Research tells us that reishi mushrooms (alone or when combined with other medicinal mushrooms) can boost the number of white blood cells, enhance their efficiency, and increase their activity, all of which help the immune system fight disease. Other studies suggest that supplementing with this mushroom may improve symptoms of depression, boost energy levels and lower cholesterol.



Reishi supplementation has also been used to help males with various lower urinary tract symptoms. These symptoms include having to urinate at night, weak urine flow, frequent urination and not being able to control urine flow.

## 4. King Trumpet

King trumpet is an “oyster” mushroom – one of the most widely consumed mushrooms in the world. Oyster mushrooms get their name from their oyster-shaped cap and very short or completely absent stem. Oyster mushrooms of all kinds help reduce chronic inflammation. These mushrooms may also lower the levels of LDL (“bad”) cholesterol, thereby helping to protect the heart. King Trumpet contains organic selenium, which is much easier for our bodies to absorb than inorganic selenium, the variety found in many dietary supplements.



Oyster mushrooms can lower cholesterol since they contain statins. Statins work to reduce the LDL or bad cholesterol in your body by signaling your liver to remove cholesterol from the body. If you have high cholesterol, your doctor may have put you on a statin drug such as Lipitor. It’s good to know that oyster mushrooms have the naturally occurring form of this compound.

When a mushroom species tastes amazing AND offers serious science-backed benefits, it can be considered royalty in the fungi kingdom. So, sound the trumpet. This mushroom has truly earned its name.



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## 5. Maitake Mushroom

Compared to other mushrooms, maitake has shown better results in preventing and treating cancer and other health conditions. An extract of maitake called D-Fraction has been shown to kill human cancer cells. It is taken alongside a protein that also fights cancer and its use increases the protein's effectiveness.



Results of 2015 showed that maitake mushrooms can have a positive effect on rats with type 2 diabetes. During the study, maitake mushroom consumption had a positive effect on the rats' glucose levels. This points to the maitake's potential to treat type 2 diabetes in humans. Maitake has a positive effect on overall immunity. The polysaccharides in maitake can reduce LDL (bad) cholesterol without affecting your triglyceride or HDL (good) cholesterol levels.

### Bottom line

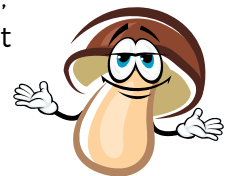
Medicinal mushrooms have been used in traditional medicine for thousands of years, and now modern science is finding that they could make a real contribution to keeping us healthy, strong, and happy. Mushrooms are nature's miniature pharmaceutical factories, rich in a vast array of beneficial compounds and worthy of continued scientific exploration.

Don't like the taste of mushrooms? Don't know where to find medicinal mushrooms or how best to consume them? Our Certified Functional Nutritionists can help. For supplementation, the appropriate dosage depends on your age, weight, and health. It also depends on the actual strength of the brand you select. Please contact EPT for research-based guidance.



### Bonus Corny Mushroom Joke

A mushroom walks into a bar and orders a drink. The bartender looks at the mushroom, points to a sign, and says, "We don't serve mushrooms here." The mushroom just looks at the bartender and says, "Oh come on, bartender! I'm a fun guy!"



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