



## Empowering You Organically - Season 7 - Episode 47

**Title:** The Magic of Mushrooms

**Hosts:** Jonathan Hunsaker, TeriAnn Trevenen

**Guest:** None

**Description:** Mushrooms are magical! We've talked about the amazing benefits of mushrooms before but today we dive deeper into the top 7 mushrooms that support our health. Listen in to learn how chaga, turkey tail, shiitake, maitake, cordyceps, lion's mane, and reishi mushrooms work hard to keep us healthy and our immune systems strong.

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### What Mushrooms Are In 7M+?

Turkey tail, chaga, shiitake, maitake, cordyceps, lion's mane, and reishi.

#### Chaga

- Chaga has been used for centuries, primarily in the East. It's known for its immune support and soothing properties.
- Many traditional healers have used it as a soothing tea for a powerful and natural digestive support.
- It's also shown the potential to help maintain healthy blood pressure levels that are already within the normal range.
- Chaga also has very powerful antioxidant properties that make it a powerhouse on its own.

#### Cordyceps

- Cordyceps have been shown to help regulate a healthy immune system.
- They're also strong inflammation fighters.
- Cordyceps were at one time so highly-valued that it was only allowed to be consumed by the Emperor of China, who lived 100+ years, and still fathered children into his 100s.
- Also known for the ability to support sexual health and athletic ability, Cordyceps have been the most sought-after nutritional mushroom in the Orient.

#### Lion's Mane

- Lion's Mane is known to support brain health, boost cognitive function, and aid against age-related memory loss.
- It also helps maintain mental focus and function, as well as promoting healthy digestive function through its powerful regulation of bacteria.

### Turkey Tail

- It's considered one of the best-researched mushrooms on Earth.
- Its benefits are just as strong as other nutritional mushrooms, such as Reishi, Cordyceps, and Maitake.
- It contains powerful antioxidant nutrients and high levels of selenium, vitamin D, and vitamin B3, which are crucial for boosting and maintaining immunity.
- Turkey Tail is so effective, we've put it in several of our supplements.

### Shiitake

- The benefits of Shiitake mushrooms for your immune system are some of the most well-documented for any type of nutritional mushroom.
- Perhaps its greatest influence is in the activity of the tiny cells responsible for protecting your immune system from inflammation.
- A recent four-week study showed that daily use of Shiitake mushrooms boosted the immune response in young adults. They have the potential to keep your immune cells protected from inflammation and the signs of aging.

#### *Lentinan*

- Lentinan is a polysaccharide extracted from the fruit body of the Shiitake. So, deep within the Shiitake mushroom is Lentinan.
- Lab studies show that not only is Lentinan effective at supporting a healthy immune system, but it also has cholesterol-lowering properties.

### Maitake

- Lab studies show that this nutrient-rich wild mushroom is not only effective at supporting a healthy immune system.
- It can also help regulate blood pressure
- Support healthy blood sugar
- Fight off abnormal cell growth
- Maintain healthy inflammation... and much more! It's no wonder many cultures around the world use the magical maitake mushroom as a powerful healing tonic and medicinal food.

### Reishi

- Nicknamed the "Mushroom of Immortality." It's not hard to see why Reishi mushrooms have been used in natural health remedies for hundreds of years.
- It seems every year, science uncovers new uses for this wonder nutrient.

- It may be thanks to the complex compounds found in Reishi mushrooms that help regulate and support an aging immune system, reduce inflammation, and assist in healthy heart function.

### Why Take 7M+?

- You're going to have a hard time going to the grocery store and picking out all these mushrooms and getting them into your diet.
- And not only that, but you can buy a lot of these different mushroom products individually, in their own capsule form, in a bottle, and pay \$50 for each one in a bottle, or you can get all of these wrapped into one product, a blend of all of these mushrooms that work synergistically together.
- The reason why I think this product is so powerful and mushrooms are so powerful, our immune system, and we also talked a lot about the gut and the bacteria and the gut health, all of it supports our overall health, not only from the physical perspective, but our emotional perspective.

### What Is the Aging Process?

- It's all of the functions and systems in our body slowing down, shutting down in a sense, going slower, slower, slower, slower, to the point where you're just not as healthy as you once were.
- But we're seeing through the research, we've talked about today in this podcast, in the [last podcast](#), that we actually can do things to keep ourselves healthier longer.

### Supplements Jonathan Recommends Everyone Take

- Multi-Vita-Maxx
- Turmeric 3D
- 7M+

### [Deeper Dive Resources](#)

#### [Empowering You Organically Podcast on Telomeres](#)

<https://organixx.com/empowering-you-organically/telomeres-and-slowng-down-aging-episode-46/>

#### [Antioxidant properties of several specialty mushrooms](#)

<https://www.sciencedirect.com/science/article/pii/S0963996901001508?via%3Dihub>

#### [Chaga](#)

[https://en.wikipedia.org/wiki/Inonotus\\_obliquus](https://en.wikipedia.org/wiki/Inonotus_obliquus)

#### [Chaga mushroom extract inhibits oxidative DNA damage in human lymphocytes as assessed by comet assay](#)

<https://content.iospress.com/articles/biofactors/bio00676>

Ergosterol peroxide from Chaga mushroom (*Inonotus obliquus*) exhibits anti-cancer activity by down-regulation of the  $\beta$ -catenin pathway in colorectal cancer

<https://www.sciencedirect.com/science/article/pii/S0378874115300477>

**Cordyceps**

<https://en.wikipedia.org/wiki/Cordyceps>

**Lion's Mane**

[https://en.wikipedia.org/wiki/Hericium\\_erinaceus](https://en.wikipedia.org/wiki/Hericium_erinaceus)

Chemistry, Nutrition, and Health-Promoting Properties of *Hericium erinaceus* (Lion's Mane) Mushroom Fruiting Bodies and Mycelia and Their Bioactive Compounds

<https://pubs.acs.org/doi/abs/10.1021/acs.jafc.5b02914>

Gastroprotective Effects of Lion's Mane Mushroom *Hericium erinaceus* (Bull.:Fr.) Pers. (Aphyllorphomycetidae) Extract against Ethanol-Induced Ulcer in Rats

<https://www.hindawi.com/journals/ecam/2013/492976/abs/>

**Turkey Tail**

[https://en.wikipedia.org/wiki/Trametes\\_versicolor](https://en.wikipedia.org/wiki/Trametes_versicolor)

FDA Approves Bastyr Turkey Tail Trial for Cancer Patients

<https://bastyr.edu/news/general-news/2012/11/fda-approves-bastyr-turkey-tail-trial-cancer-patients>

**Medicinal Mushrooms (PDQ®)**

<https://www.ncbi.nlm.nih.gov/books/NBK424937/>

**Shiitake**

<https://en.wikipedia.org/wiki/Shiitake>

Consuming *Lentinula edodes* (Shiitake) Mushrooms Daily Improves Human Immunity: A Randomized Dietary Intervention in Healthy Young Adults.

<https://www.ncbi.nlm.nih.gov/pubmed/25866155>

Effects of shiitake (*Lentinus edodes*) extract on human neutrophils and the U937 monocytic cell line.

<https://www.ncbi.nlm.nih.gov/pubmed/10190187>

**Lentinan**

<https://en.wikipedia.org/wiki/Lentinan>

Gordon M, Guralnik M, Kaneko Y, et al. A phase II controlled study of a combination of the immune modulator, lentinan, with didanosine (ddl) in HIV patients with CD4 cells of 200-500/mm<sup>3</sup>.

<https://www.ncbi.nlm.nih.gov/pubmed/10503166>

Combination therapy with lentinan improves outcomes in patients with esophageal carcinoma.

<https://www.ncbi.nlm.nih.gov/pubmed/22200763>

## Reishi

[https://en.wikipedia.org/wiki/Lingzhi\\_mushroom](https://en.wikipedia.org/wiki/Lingzhi_mushroom)

Ganoderma lucidum ("Lingzhi"), a Chinese medicinal mushroom: biomarker responses in a controlled human supplementation study.

<https://www.ncbi.nlm.nih.gov/pubmed/14756912>

Randomized clinical trial of an ethanol extract of Ganoderma lucidum in men with lower urinary tract symptoms.

<https://www.ncbi.nlm.nih.gov/pubmed/18097505>

Study of potential cardioprotective effects of Ganoderma lucidum (Lingzhi): results of a controlled human intervention trial.

<https://www.ncbi.nlm.nih.gov/pubmed/21801467>

## Maitake

[https://en.wikipedia.org/wiki/Grifola\\_frondosa](https://en.wikipedia.org/wiki/Grifola_frondosa)

Anti-diabetic activity present in the fruit body of Grifola frondosa (Maitake). I.

<https://www.ncbi.nlm.nih.gov/pubmed/7820117>

## Organixx 7M+

<https://shop.organixx.com/collections/immune-support/products/7m-plus>

## Organixx Multi-Vita-Maxx

<https://shop.organixx.com/collections/daily-nutrition-multivitamins/products/multi-vita-maxx>

## Organixx Turmeric 3D

[https://shop.organixx.com/products/turmeric-3d?\\_pos=1&\\_sid=985c8e583&\\_ss=r](https://shop.organixx.com/products/turmeric-3d?_pos=1&_sid=985c8e583&_ss=r)

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