

# Ganotherapy

*The key to good health*

A new day is dawning in the  
world of nutrition!

**“Super Herbs”**



**“Thy food is thy medicine and thy  
medicine is thy food”**

Hippocrates (460-377 B.C.)

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***Disclaimer: Individuals seeking relief from health conditions should seek the advice of a health practitioner. The information in this book cannot and is not intended to replace the advice of a professional.***

Address Correspondence to: [support@wonderherb.com.au](mailto:support@wonderherb.com.au)

Ganotherapy

PO Box 577

Cotton Tree, Australia 4558

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## Dedication

This book is dedicated to my father - Barry Plimmer, Dr Lim and Charlotte Gerson and the many others whom have supported me throughout my journey.

My Dad suffered from chronic Acid Reflux, which eventually led to cancer and ultimately, his premature death. I have no doubt that he would be alive today if he were privy to the information in this book.

I had the pleasure of meeting Dr Lim at the Sunshine Coast University Queensland in July 2008. Hearing him talk about his research into the health giving benefits of Ganoderma - conducted over a 20 year period - inspired and motivated me to change my own life.

Through the books and DVD's of Charlotte Gerson, I have learnt that quality food can confer profound powers of healing in one's body. She is a tireless advocate for her late father Dr Max Gerson's cancer treatment. As such, she has helped save the lives of many people, in many countries, by devoting her life to continuing and furthering that work.



## Preface

I'm pleased, proud and excited to be presenting this Ganotherapy booklet. I hope that you will get as much interesting and enlightening information, as I have through researching it.



As our population ages and the search for good health and long life continues, we are faced with some alarming thoughts. Will we be among the cancer statistics? Will we develop chronic conditions like diabetes, heart disease or arthritis? Will we endure diseases that render us unable to do the things we love? Or take us away prematurely?

I know, because I was one of those people – staring down the barrel of what I thought was the inevitable degeneration of my body. That is, until a friend persuaded me to try detoxing with traditional Chinese medicines. To my amazement, the acid reflux and heartburn that had dogged me for years was cured!

What was all this about then? I had to find out more, and thus began my quest. After all, if it could help that serious condition so readily, what else might it help? Maybe there might be something in what people were saying, "Prevention is better than cure" rather than simply taking a "Pill for Every Ill".

So I waded through truckloads of facts, figures and ideas to distil what I believe to be the essential truth of how we can help our bodies to work well.

Naturally, I drew on many sources of information and I'd like to acknowledge them. Principally, Dr Lim Siow Jin PhD, whose booklet Ganotherapy was the basis for my sections on Ganoderma and Ailment Reflection.

- Dr. Shigeru Yuji
- Dr. Taro Tamura
- Dr. Kazuhiko Asai
- Dr. Hiroshi Kawai
- Dr. Taro Kiyobara
- Dr. Mitsui Hashimoto
- Dr. Chirota Tenaka
- Prof. Kanata
- Prof. Ta-Cheng

- Prof. Tung Ui-Chi
- Prof. Cheng Hui-Hua
- Tohoku University
- Taipei Medical College
- Japanese Radiation Medical Association
- Imanish Gynaecology Medical Association
- Medical Research Institute of Kinky University
- Kyoto University Foodstuffs Scientific Institution
- Medical College of the National Taiwan University

I have no doubt that the average person in the western world is killing themselves prematurely simply due to what they eat and the lifestyle they follow.

So if, after reading this book, you don't take action to restore your body to better health, I'll be very surprised.

I decided not to settle for being sub-healthy. I decided not to roll over and meekly succumb to ageing. I decided that I wanted to tell others about what I'd found.

I've had my own journey of discovery and I'm still on it.

What about you? Will you join me?

**Yours Sincerely**

A handwritten signature in black ink, appearing to read 'Andrew Plimmer', with a stylized, flowing script.

Andrew Plimmer



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## Introduction

***In spite of so much information about living healthy lives, the levels of diabetes, obesity, heart disease and cancer are on the rise in the Western World.***

***But why is this so? Simply put, many of these are caused by the imbalance of body functions, brought about principally by lifestyle and the choices we make.***

Think about it. Each and every day our bodies are being continually bombarded with toxins; through the food we eat, the water we drink and the air we breathe.

But, the body is an amazing machine. It has an extraordinary capacity for self-repair. And not just from those daily assaults imposed by our external environment. Let's not forget those imposed deliberately and willingly by we ourselves!

At the heart of the body's fighting force is the immune system. But what happens when the assaults continue unabated and it starts to lose the battle?

Simple answer: too much stress is placed on those very vital organs such as our kidneys and liver, which are the body's frontline troops. And that is what can lead to disease.

***We were created to live LONG and HEALTHY lives.*** But this is mostly determined by how we live our lives from day to day. There are no short cuts or quick and easy routes to being healthy. Set your own health goals, have determination and most importantly commit to maintaining a healthy lifestyle...forever!

And it's no secret that we are all constantly searching for ways to improve our health and ultimately the quality of our lives. Otherwise we wouldn't be bombarded daily with self-improvement messages and information (some accurate and some not). How to lose weight, how to stop balding, how to have more pep, how to get rid of migraines, how to relieve soreness, tiredness, stress...and on and on it goes.

Information Overload? You bet. Which is why we get so confused grabbing at

any old thing and hoping it'll work. Or doing nothing - resigned to our fate – and enduring sub-optimal health because we have no idea what will or won't work.

## What is really meant by 'Good Health'?



Most people regard good health as merely being, “an absence of disease or illness”. Most people are content to just get out of bed in the morning and know that they are alive. For most to be healthy simply means, “Not to be Sick”

But the true definition of good health is much broader than that. Good health means being able to live life to the fullest. It means waking up in the morning in a clear, happy state of mind, with copious amounts of

energy and a spring in your step that lasts the whole day. This is living at one's peak!

***“Good Health is a state of OPTIMAL physical, emotional, mental and spiritual well-being.”***

## Our Immune System (*The Key to Good Health*)

Mostly, you don't think about your immune system – unless it's not performing. But is it truly functioning well, or are there areas that need improvement?

Well, let's go back to basics. We know it's at the heart of the body's fighting force. And in turn it relies completely on your input to keep it in good repair.

And that comes down to the air you breathe, the food you eat, the liquids you drink, and the workout you give it.

In an ideal world we would consume healthy organic food, drink only pure water, breathe only fresh clean air, and stay active.

But, here's the rub: most of us live in crowded cities, leading busy lives, rushing to fit in all that needs to be done in a hectic day. Fast food, short cut meals and



sugary food and drinks tempt us constantly. Who has time to source good ingredients to cook quality healthy meals? And as for exercise...well a weekly trip to the gym, a round of golf or a stroll through the shopping mall is about it. If all else fails, you can toss back a few vitamin supplements – that should do the trick!

So we do the best we can, and our bodies work hard to compensate and keep up. But this can't go on forever without something giving way. And imperceptibly, over the years, our bodies rebel.

It shows in a hundred different ways. Like frequent colds, low energy levels, recurrent infections, sleepless nights, heartburn or eczema. And then, when you don't pay attention to these early warning signs, it progresses. To diabetes, high blood pressure, major inflammatory infections, chronic fatigue or recurrent bronchitis. And these are only a few of the obvious signals of your body under stress.

*So consider this list. How often you answer 'yes' to the following questions shows you might just be suffering from immune dysfunction and not even realize it!*

**Do you have recurrent viral infections or suffer any of the following?**

- Frequent colds or flu
- Inflammation and or infections in the upper respiratory track e.g. sinus, ear infection, sore throats, or swollen cervical gland on a fairly regular basis
- Recurrent bronchitis
- Recurrent cystitis

**What about skin reactions?**

- Do you suffer from recurrent skin infections?
- Have you suffered from recurrent infections of Candida or other yeast problems?
- Do you have herpes (Genital and or cold sores)?
- Do you have bleeding gums?

**How are your energy levels?**

- Do you experience reduced stamina and resistance when under stress?

- Do you feel tired & exhausted by mid afternoon?
- Are your energy levels constantly below normal?
- Are you having sleepless nights?
- Have you been diagnosed with chronic fatigue syndrome?
- Have you been diagnosed with Epstein Barr?

#### **Or even painful experiences?**

- Do you suffer from Gout?
- Do you suffer with Rheumatoid Arthritis?
- Do you suffer from heartburn and Acid Reflux?
- Do you have skin problems such as Eczema?

#### **And on a more serious level...**

- Do you have high blood pressure?
- Do you have high cholesterol?
- Do you have Diabetes?

*Checking your symptoms is the first step to discovering the state of your health. It can be alarming when you actually see in black and white just how many symptoms you are experiencing. But it's never too late to do something about it.*

## **Improving our Immune System**

***Our body is the best doctor. We are designed to fight disease with our natural immune systems. We need to help it along a little.***

***Just because you think you don't have the time, energy or resources to lead a healthy lifestyle doesn't mean you can't. Supplementing your dietary intake with a super herb like Ganoderma is a great beginning.***



Naturally, your choice of food and cooking methods should be of prime importance; so let's take a look at some do's and don'ts.

- **For starters, eat immune boosting foods.** Many of these you're familiar with already. Foods such as raw fruits and vegetables, free range eggs, oily fish, (salmon, sardines, tuna), avocados fresh seafood, legumes, raw nuts and seeds. Then there are those wonderful spices - chilli, ginger, raw garlic and onion to add interest. Use cold pressed seed and vegetable oils. Then why not try something you're not so familiar with, like raw vegetable juices, raw fenugreek, fresh wheat-germ, flaxseed (cold pressed oil) barley grass, (juice or sprouted seeds) wheat grass juice, and freshly spouted seeds and beans.
- **Want to get serious?** Eat seaweeds such as kelp, dulse, agar-agar, nori, arame, kombu, wakame and hijiki – all are excellent for improved immune function.  
These are widely used in Japanese sushi and sashimi.
- **Your Mum said 'eat your greens'** and she was right all along! Cruciferous vegetables like broccoli, cauliflower, cabbage, brussel sprouts and kohlrabi contain phyto-nutrients that protect against infections and cancer. And if you don't like them, it's time to get more creative in your cooking and learn to love them!
- **Foods containing plant hormones** (known as Phytoestrogens) such as Isoflavones and Ligands, are known to reduce the risk of many cancers. Good sources of these plant hormones are soybeans, alfalfa, and flaxseed.
- **Ensure an adequate intake** of the most important minerals for the immune system, Magnesium, Zinc Chelate and Selenium. These minerals are needed for the immune system and are anti-inflammatory. High quality supplements such as Ganoderma and Spirulina will provide these
- **Avoid mucous-producing foods**, tempting though they are, such as animal milks, cheese, ice cream, preserved meats and processed foods.
- **Do we need to say it?** Avoid tobacco smoke and alcohol.
- **Drink 8 to 10 glasses of filtered water daily.** You lose more than you think during the day, and thirst is a sign of dehydration and a body under stress. So what if you have to 'go' more often?

- **Ensure adequate vitamin C intake** by eating citrus fruits, red onion and green peppers, kiwi fruit, tomatoes, and supplement if you need to, with Roselle Juice or approximately 1000 > 2000 mg of vitamin c per day .
- **Make regular exercise a part of your daily regime.** Exercise does wonders for your immune system and overall health, not to mention your looks!
- **Consume “Super Food” Supplements;** Spirulina, Cacao, Maca, Aloe Vera, Hempseed, Goji Berries.
- **FINALLY but MOST IMPORTANTLY** take [GANODERMA](#).

## **All fresh food is not created equal**

### ***How old is your food, and just where did it come from?***

Now we know what to eat for an improved immune system, the question is, how good is the quality?

In the US, food travels between 1500 and 2000 miles before it reaches the consumer. And this may be no different in Australia when you think about it. In most supermarkets, fresh food is despatched from major centralised warehouses. Even if it's grown locally! It's not unusual for your fresh food to be more than a week old before it even hits the shelves.

This brings us to the next question. How much nutritional value is left in the food by the time you get to eat it? If you're lucky you might be getting 40% of its nutrients...and that's *before* it's been cooked

### ***Then there's the question of nutrient deficiency.***

Those fresh fruit and veg may look shiny and wholesome, but if we eat commercially farmed food, we still run the risk of eating nutrient-deficient, even toxic food! And in turn, our bodies cannot help but be deficient with our immune system working so hard to overcome this negative.

Our soils are used over and over again. Soils become desert-like without the addition of vast quantities of fertilizer which agriculture uses to assist crops to grow. But modern fertilizers are mainly made up of only 3 minerals; Nitrogen, Phosphorus and Potassium.



Without adequate supplies of the other 50 or so different minerals essential for soil health (Calcium, Manganese, Zinc and the Iron to name a few major players), plants that grow in nutrient deficient soils are in turn nutrient deficient. Weakened, lacking adequate defences against the bugs and disease that attack them, more chemicals are added in the form of growth stimulants and pesticides.

Even if you are lucky enough to have access to organic raw produce from reliable quality suppliers, it can also cost more. But is it more 'expensive'? Stop and think for a minute about cost, and consider this – what price do you put on your health? And the much greater cost of treatment when things start to go wrong?

***We can choose to do something about it! Even if we are unable to completely control our food source, we can take Ganoderma to help offset the effects.***

## **Ganoderma – strange name, looks weird, works wonders**

### **What's is Ganoderma and why is it so good?**

In short, Ganoderma lucidum is the scientific name for a strange looking species of red mushroom. It has been used for over 2000 years and is one of the most revered herbs in traditional Chinese and Japanese medicine. Ganoderma is known as Ling Zhi in China and Reishi in Japan.



There are references in China going back as far as 100 B.C. where it was referred to as the “Herb of Spiritual Potency” and the “Ten Thousand Year Mushroom” These days it is commonly referred to as the **“King of the Herbs”**.

Its big claim to fame is that ***Ganoderma Lucidum is the MOST ALKALINE FOOD IN THE WORLD!***

***So what? Well, in a nutshell, this is good news for your health. Because it has been suggested that there are 150 diseases that cannot survive in an alkaline body. And most of the foods we eat actually result in an acid body.***

Word about this super herb has spread and with its health benefits widely acknowledged by Western experts; it's being cultivated at special farms in pristine growing conditions.

In 1970 China and Japan successfully planted Ganoderma in a laboratory. Commercial production commenced in Japan 1975, Taiwan in 1980 and Malaysia in 1983.

## **What's in Ganoderma?**

***Ganoderma contains more than 400 active elements that are known to improve health, that's what.***

Ganoderma provides help to the body through its wide range of nutraceuticals (nutrients found in plants that have therapeutic properties). Ganoderma contains at least 400 nutrients (as attested to at a recent health conference in Canberra). Some of the most important are: Polysaccharides Beta-D-Glucan, FA, F1, F1-1a, D-6, A, B, C-2, D, Organic Germanium, Adenosine, Triterpenes, Ganoderic Acids B, D, F, H, K, Mf, R, S, T-O, Y, Ganodermediol, Alkaloids, Anti Oxidants, Protein, Lingzhi 8, Plant Sterols.

Ganoderma Lucidum is cultivated using the tissue culture method to guarantee quality and potency every time. The processing of the Ganoderma mushroom uses the cold-drying and centrifugal separation technique, which means total retention of the nutrients.

**Ganoderma is one of the most highly regarded medicinal mushrooms. It is probably the best choice when looking for a general health tonic to improve overall health and well-being and is classed as an Adaptogen.**

- Ganoderma contains nutrients that can help the human body maintain its health, or improve its level of health if there are problems.
- *"Ganoderma works on the body not on the disease"*. Promoting your natural immune system helps in balancing the body and in turn the body treats itself for a wide range of health problems.
- Ganoderma promotes general good health and vitality. It also has a harmonising effect on the body and helps maintain body balance.

Modern clinical research also supports many of the uses of Ganoderma as described in traditional Chinese medicine. It benefits: immune health, cardiovascular health and assists with liver and kidney function.

## **How does [Ganoderma](#) work?**

### **With Powerful Polysaccharides and Terrific Triterpenoids!**

International research has demonstrated that Ganoderma has several different active constituents. One major group of active constituents is the polysaccharides.

The various types of polysaccharides found in Ganoderma have demonstrated immune enhancing properties. One of the popular polysaccharides found in Ganoderma is Beta-D-glucan. Polysaccharides help raise the levels of INTERFERON in the body by stimulating the release of this protein from the white blood cells. This gives a person a better immune resistance.

Dr. Fukumui Morishage M.D., Ph.D. (renowned Japanese surgeon and member of the Linus Pauling Institute of Science and Medicine), in his studies, found that the polysaccharide in the Ganoderma mushroom activates the macrophages and the T-Killer cells of the immune system early on in the battle against disease. It makes them aggressive in Phagocytosis or EATING THE ENEMY and neutralizing their toxins. These white blood cells help in the battle early, which may assist in limiting the spread of disease more effectively.

Polysaccharides can also improve the ability of the antibodies to fight bacteria, according to a study published by the Drug Research Institute in Toyoma, Japan. The production of the antibodies, especially antibody immunoglobulin G is improved by the polysaccharide extract of Ganoderma.

Another major class of compounds found in Ganoderma is Triterpenes. These compounds have been reported to have adaptogenic, anti viral, hypertensive, and anti allergy effects. They are extracted from the shiny red surface of the mushroom.

## **Key benefits of Ganoderma**

**Heart disease, diabetes, immune disorders, cancers – these are the banes of the affluent Western world. So are we killing ourselves unnecessarily?**

Research into the positive qualities of Gaoderma reveal how it can help reduce the incidences of all the following big-ticket health problems – and a few others besides!

### **Cardiovascular Benefits**

Ganoderma Lucidum has been shown in some studies to inhibit platelet aggregation and reduce blood pressure. In studies of people with hypertension, researchers found blood pressure was significantly reduced over two-weeks' time with Ganoderma (Reishi) supplementation.

### **Immune Benefits**

Practitioners for long-term immune system support commonly prescribe Ganoderma Lucidum. In studies involving patients with advanced tumors, the patients were given Ganoderma Lucidum for thirty days. Researchers found a marked immune-modulating effect as demonstrated by an increase in T lymphocytes and decreased CD8 counts. Patients also reported reduced side effects due to chemotherapy or radiation as well as post operation recovery.

### **Blood Sugar Balance**

Studies have shown Ganoderma Lucidum to have a blood sugar lowering effect. Much of this activity appears to be due to polysaccharides known as Ganoderans A, B, and C.

It appears there are three main mechanisms behind this hypoglycaemic effect. This includes Ganoderma Lucidum's ability to elevate plasma insulin levels, to enhance peripheral tissue utilization of glucose, and to enhance liver metabolism of glucose.

### **Anti-inflammatory Effects**

Studies have shown that hot-water extracts of Ganoderma Lucidum have anti-inflammatory effects. One study found that 50 milligrams of reishi powder had comparable effects to 5 milligrams of hydrocortisone.

### **Liver Protector**

Ganoderma Lucidum is commonly used for its hepatoprotective (liver protective) action. One study of patients with hepatitis B and elevated liver enzymes (SGOT/SGPT) and bilirubin were given reishi for three months. Significant reduction in SGOT and SGPT were noticed within one month. After



three months all values were within normal range.

## Oxygenation

One of the unique uses of Ganoderma Lucidum is for altitude sickness. Red Reishi appears to reduce altitude sickness by oxygenating the blood. This benefit was studied in Asian mountain climbers that ascended mountains as high as 17,000 feet with minimal reaction.

## Detoxifying your body with Ganoderma

There's nothing magical or mystical about detoxification. Our bodies are extraordinarily complex machines, and just as you service your car or computer to keep them running in tip-top condition, so too you need to give your body a service every so often.

But how many of us get so used to sluggish performance, we don't bother to do anything about it? That is, until the car conks out on a busy road or the computer freezes in the middle of an important document. Oh yes, then we take action!

## So what's involved in detoxification exactly?



Just as old oil and grease, dust, dirt and rubber collect inside your car's engine, slowing its performance and – without attention - eventually causing permanent damage environmental pollutants and food contaminants get stuck in our bodies. We breathe them in, we eat them, and we absorb them through our skin on a daily basis.

*So, put simply, detoxification refers to the elimination of these poisons or toxins.*

Detoxification is vital to maximising the body's energy and to prevent chronic illness. It is also a time-honoured way to keep digestive elimination regular, circulation under control, and stress to a minimum.

As well as its role in the promotion of a healthy body, detoxification can often help reverse many of the illnesses and diseases related to the presence of

toxins in the body. After detoxification our major organs, especially our liver does not have to work overtime 24/7 in an attempt, to catch up and process unwanted toxins.

But there's a catch! When natural healing begins, the body is self-protective. It proceeds to heal the most vital organ first, followed by the most recent problem. Because this can cause discomfort, some people wish to avoid this part of healing!

Uncomfortable though it may be, this is a positive sign and should be celebrated. Finally, your body is working as it should be! Doing its job of processing and getting rid of those nasty toxins.

## **Symptoms of detoxification: what to expect.**

As the toxins exit the body, they take one or more of the three main exit routes: the SKIN, the RESPIRATORY SYSTEM, or the DIGESTIVE TRACK.

- When exiting through the skin, you may experience excessive sweating, and rashes and itchiness may occur.
- When going out through the respiratory system, coughs or cold-like symptoms are common.
- And when they go out through the gastro-intestinal system, constipation or loose motions sometimes appear.

### ***Just remember; this won't last forever!***

As the internal organs adjust themselves, you may get headaches, your pulse rate may increase irregularly, blood pressure may vary, and blood-sugar levels may vary irregularly.

But all such symptoms should be looked at in context. If you feel well, when your blood sugar levels indicate that you should feel unwell, you should realize that you are detoxifying. Because the toxins are carried away from your cells by your blood, those blood tests can be misleading during this time.

*Such symptoms may cause alarm. But remember that most of these symptoms are a natural part of the body healing. In fact, it's a POSITIVE SIGN that a cleansing reaction is occurring and your body's immune system is causing the reactions.*

While you're at it, it's also simple common sense to ensure that you don't hamper the healing process by poor diet! Just because you're 'detoxing' doesn't mean you can go binge on unhealthy food. Make sure you drink plenty of fresh, clean water too – and remember that the chlorine in tap water is a toxin.

While on the subject of food...the right kinds of foods are essential in healing, providing the nourishment that the body needs for tissue repair and balance of systems. Juicing is an easy and fantastic way to get plenty of fresh raw vegetables and fruits into your system. These supply the cells with enzymes, vitamins, minerals, antioxidants and fibres that we need to sustain life.

Too few 'right' foods and too many 'wrong' foods (containing excess salt, sugar, preservatives, colours, flavour enhancers and nitrates) are the source of many of our ailments. Unsurprisingly, some diseases that plague us today are caused by such basic and avoidable malnutrition.

***Detoxification both maintains good health and promotes healing from illnesses.***

## **Alkalizing your body using Ganoderma**

**Ganoderma - The Most Alkaline Food in the World and why that's good news!**

***Let's take a look at the common diet and what it's doing to our bodies.***

What with picky eating habits, cheap processed foods and easily available take-away, healthy eating is easier said than done! Where and how in our fast paced lifestyles, eating on the run, are we going to be able to achieve healthy and balanced nutrition. We need help.



Take for example, a typical breakfast – the most important meal of the day.

Orange juice, toast, honey, sweet rolls, sugary cereals, muffins or pancakes are not uncommon (that's if we even bother to eat breakfast!). These all contain huge amounts of sugar and simple carbohydrates, thus promoting high levels of yeast and fungi to grow inside the body. Even a traditional high protein hearty breakfast like omelette, bacon and sausage compromises the inner fluid balance and ultimately lead to higher acid levels in our body.

***So what happens then? Acidosis, that's what. And that's not good news.***

Many people nowadays suffer from the over-acidification of their body, also known as acidosis. All food we ingest influences our body pH level. By regularly consuming acid-forming or acidic food, such as continental breakfast, hot-dogs, muffins or soft drinks, our body is continuously fighting to neutralize the excessive acid and to retain its correct pH balance.

Symptoms of a pH imbalance can be weight problems such as overweight and underweight, as well as other health conditions such as allergies, arthritis, acne and heart attacks.

*It has been suggested that there are 150 diseases that cannot survive in an alkaline body.*

To decelerate or, even better, interrupt these critical processes, the over-acidification of the body should be reversed by creating a proper nutritional balance of alkaline-forming and acid-forming foods in your diet.

As our normal body pH level is 7.356 on the pH scale (slightly alkaline) you should seek to maintain this by adding large amounts of alkaline water and alkaline food to your daily diet. Only then will your body be able to easily maintain its ideal pH, get rid of acid wastes and create a healthy inner environment.

## **The 80/ 20 rule**

Nutritionists and scientists from all over the world state that we should take in **at least** five serves of vegetables and green foods per day, every day!

And they're right. A proper, slightly alkaline diet, suggests taking in at least 80% of alkalizing foods, like green vegetables, sprouts, soy products and most kind of seeds and never more than 20% of neutral and acidifying foods. Acid



forming foods are, amongst others, meat, dairy products, chocolate, bread and all kind of other yeast products, alcohol, carbonated drinks and coffee and tea.

Yes, all the foods you know you like too much! But you don't have to stop eating them altogether, just remember the 80/20 rule and think before you include them in your diet. And if that's too much change for you to undertake, taking a food supplement like Ganoderma is a good start!

Eating alkaline foods transforms your body pH from dangerously acidic to slightly above neutral. Above that, alkaline water neutralizes harmful acid wastes and gently dismantles them from cells and tissues. Alkaline water has a pH value between 9 and 11 on the pH scale.

An alkaline way of life is the perfect start to restore your overall health. Transforming your nutrition into an alkalizing pH diet could certainly be achieved by eating vegetables all day long.

BUT... a somewhat easier and more convenient way is by taking food nutritional supplements like Ganoderma or Spirulina! This will gradually balance the body's pH level.

When the nutrients of alkaline foods get into your bloodstream, every cell in your body will thank you! An alkaline diet helps to boost your energy levels, improve skin, reduce allergies and enhance mental clarity.

And there's further good news. When pH balance is achieved, the body instinctively drops to its ideal, healthy weight. As soon as the acidic environment is eliminated, there will be no need for new fat cells to form to store acid wastes. And with an improved diet, the excess fat cells are no longer needed to store eliminated wastes, and therefore simply melt away. An alkaline way of life will restore good health. *You'll not only see but also feel the difference.*



## Increased Energy Levels with use of Ganoderma!

We'd all like a little more energy. And one of the most frequent things people say after use of Ganoderma is a dramatic increase in energy levels along with a greater sense of overall well-being.

*Of course, in an ideal world, if people would only improve their dietary and exercise habits, it is likely that they would experience improvement in energy levels and reduce fatigue without Ganoderma!*

But herein lies the rub; sometimes it's just too damn hard to maintain a healthy alkaline diet due to the somewhat limited choice of high quality food and overabundance of processed food that is available to us on the supermarket shelves today.

***This is why it has almost become a prerequisite that in this day and age we supplement our diet with a Super Herb such as Ganoderma.***

## Ganotherapy – not a treatment, not a pick-me-up, not a cure-all

**Yes, you read right. It's about a holistic approach.**

Ganotherapy takes a holistic approach to alternative complementary medicine. The core belief of Ganotherapy is simple: **“Our body is the best doctor”** and **“Prevention is better than cure”**.

Our body will take care of its own health problems given the right inputs. But everyone can use a little help, and the many helpful nutrients in Ganoderma can provide that help.

Our body's immune system when at its optimum condition is able to fight and defend off numerous diseases without having side effects from drugs. All we see or feel is some discomfort through detoxification as the body rids itself of toxins that may have caused illness and disease over time.

*It is believed that the majority of the Western population is in a state of 'pre-illness' without knowing it, due to the bombardment of toxins, environmental pollution, stresses and unhealthy lifestyles together with our diet which is high*

*in fats, cholesterol, sugar, salt and chemical additives.*

## **The 4 basic principles of Ganotherapy are:**

1. Illnesses are caused by two sources: toxins in our body and disharmony in body functions.
2. Ganoderma does not *cure* illness, but gives your body the fuel and nutrition that your body needs to help balance your body's immune system to *improve immunity* against disease and illness.
3. Any reaction that takes place is caused by our body's systems and is not directly related to the intake of Ganoderma.
4. The dosage of Ganoderma taken is irrelevant to disease. The 'correct' dose is that which works for you.



## **Let's talk about herbal medicine and deal with some misconceptions**

***“Herbal medicine has a much higher purpose than to be relegated to the limited worldview of conventional medicine”.***

In the West, when a person has a disease or illness, they usually turn to prescription or over-the-counter drugs to solve the problem. Unbeknown to most patients, prescription drugs frequently only mask the symptoms of the disease; or treat that particular outbreak. *They don't actually get to the source of the problem.*

Many users of herbs, nutritional supplements and other complementary or alternative health solutions view those solutions in the same way they view conventional medicine. By expecting the herb to cure their symptoms quickly. So if they have pain, they want a pill that will eliminate the pain.

In this instance the only difference between patients who turn to conventional medicine versus patients who turn to natural medicine is that the latter want a pain pill from a plant.

All this is extremely frustrating for practitioners of alternative medicine, holistic medicine, herbalists, nutritionists, etc. **Because they want to help patients find and repair the cause of the problem.** But most patients really aren't looking for long-term solutions as much as they're looking for short-term masking of their symptoms. And thus, all they stand to gain is the 'feel good factor' by using products they can call "natural."

**Alternative medicine is no better than conventional medicine if treated as a temporary cover up for a pattern of symptoms created in life through an unwillingness to make changes that lead to long term good health.**

## **Herbs should be used holistically to support a healthy lifestyle**

***Some herbs are truly powerful and can, indeed, help a person maintain overall well being and good health. Ganoderma is indeed one of those herbs, but it's taking an overall approach that'll see real results.***

Ganotherapy offers support in achieving good health by detoxifying and regulating the body. But don't expect a one-off set and forget! These products are actually food, and need to be consumed regularly for them to make a difference. Perseverance and commitment to change is important, especially as the body may feel some reaction as it rids itself of toxins accumulated over the years.

## **How can Ganoderma improve your overall well-being?**

In the body, all the five active elements of Ganoderma act in synergy improving overall wellbeing, which is the basis of GANOTHERAPY. Ganoderma, when consumed properly, reaches all the cells in the body due to its unique qualities.

***Long term health recovery and protection are more appreciated in Ganotherapy than short term relief, as noticed in many other lines of treatment.***



## SIX STEPS TO REGAIN YOUR HEALTH

*"If healthy, the body has a healthy heart, healthy blood pressure, healthy cholesterol levels, normal blood sugar levels, and a healthy respiratory system. All the organs in the body operate without problems".*

### PREPARATION

***Ready, set, go! Prepare your body to gain maximum health benefits.***

First we need to talk about the health of your digestive tract.

The function of the colon is to absorb water and nutrients into our body, not merely to eliminate wastes through bowel movements. But the average adult has compacted waste in their colon, leading to poor absorption of nutrients from digested food.

So a good 'house clean' prior to using Ganoderma is in order. And to do that, we recommend the 4R's of Naturopathy.

### ***4 R's - Remove, Replace, Re inoculate, Repair***



**Remove** - yeast, viral infections, bad bacteria, parasites and packed faecal matter. Treatment: 6 x [Andro G](#) per day for 14 days. 2 in the morning, 2 at lunch time and 2 at night.

If the person is frail or aged, try a lower dose (4 per day) as for some it can be quite uncomfortable.

**Replace** - enzymes in the digestive tract.

Treatment: 20-25ml [Cordypine](#) x 2 daily for the first bottle, then just once daily as a routine aid to digestion and energy. The enzymes found in Cordypine also enhance the action of the kidneys to remove acid from the body (arthritis).

*Water intake should be adequate. Up to 2 litres*



of fresh water daily is suitable for most adults, but reduce if the body weight is less. Say, an old person of 50kg might need only 1-1.5 litres per day.

**Important:** *The Andro G and Cordypine should be taken together before meals for 14 days.*

*These [DXN](#) products are available from your local [DXN distributor](#) or [online](#).*

**Re-inoculate** - with good bacteria (pro-biotics) in the digestive tract.

Recommend Inner Health, available from any Health Food shop. Follow the course instructions on the bottle. The Ganoderma should be taken at the same time as the Inner Health.

**Repair** – The bowel lining using Ganoderma.

Treatment: Ganoderma RG & GL (1or 2 of each per day). When taking [RG & GL](#) Ganoderma, accompany with [Spirulina](#) at 3 - 4 grams per day. (i.e. 12 – 16 x 250 mg tablets)

## **A word here about RG and GL**

**Reishi Gano (RG)** is crushed spore powder, which is extracted from the fruit body of the adult Ganoderma Lucidum mushroom.

**Ganoderma lucidum (GL)** is the Mycelium of (the root of the Ganoderma Lucidum mushroom)

[RG & GL](#) are generally consumed in pairs. In combination, they are the elements that underpin Ganotherapy.

*RG & GL are available from your local **local** [DXN distributor](#) or [online](#).*

### **SCANNING (1 - 30 days)**

Reishi Ganno performs an important role as a 'scanner' i.e. it 'checks' the body cells for toxins and inactivity. According to the precepts of Traditional Chinese Medicine, most kinds of defects at cellular level are reported by way of REFLECTIONS through the external organs like eyes, nose and ears. eg dried and cracked lips suggest a high level of toxins in the stomach.

This is just a diagnostic phase, which normally occurs within 6 weeks of starting Ganotherapy and lingers for about 1 - 30 days.

From the external reactions identified by reflection theory, the ailing area can be identified. This is known as the scanning effect of RG.

RG then proceeds to help regulate and rebalance those body functions which have been compromised by disease.

RG contains all the natural water soluble, organic and volatile elements of Ganoderma.

### **DETOXIFICATION (CLEANSING) (1 - 30 weeks)**

***Detoxification is the first step to healing, and healing the body is your first step to a longer life.***

During this phase, the unwanted / harmful matters (called the toxins) are removed from the body. The body using its own natural excretory mechanism, which is activated by Ganoderma, carries out this process.

#### **Here's what to expect:**

1. Uric acid, excess cholesterol, fat deposits, calcium deposits and chemicals are toxic. The detoxification phase helps to release such toxins from within the body.
2. The toxins are in turn eliminated from the body via:
  - a. The skin (sweating)
  - b. The kidneys and liver (urination & stools)
  - c. Nose, lungs, and skin breakouts (boils, rashes, phlegm and mucus discharge).

Water soluble toxins (e.g. sugar, uric acid) find their exit through urine and sweat while fat soluble toxins (e.g. cholesterol) are easily disposed off through phlegm.

During the detoxification phase sometimes body feels hot and thirsty. This is a sign that the body needs more water to discharge the toxins. Ganoderma by itself is not heat inducing.

**Sleep and eating times are most important and vastly underrated in our hectic lives.**

When you are healing, your body uses energy to self-restore. If you eat late (after 8 pm) it will use that energy to digest your food instead. The healing process occurs between 11 pm and 2 am, while you are (or should be) in deep sleep. If your body systems are not in “rest” mode at those times, the healing is drastically hampered.

When detoxifying for the first time, some may experience a reaction within 3-10 days, and some can have a reaction 2-3 months later. The reaction may not be limited to one experience only. Most people will get some sort of reaction. A light reaction may last up to 2-5 days; a severe one may last 7 to 30 days.

## **We're all different.**

That's why it's important to understand that health improvement largely depends on several factors, namely: each person's body condition, level of toxins within the body, how long any ailment has been present and any other lines of treatment one is undergoing.

***But one can certainly expect a good overall improvement in health with continuous consumption of Ganoderma over a 12-month period.***

### **REGULATION (1-12 months)**

The bio-Chemical as well as bio-electric factors of the body are balanced and the organ functions are regulated to normal levels.

### **BUILDING (6-24 months)**

In this phase, the damaged cells are repaired and reconstructed, inactive cells are re-activated and the body's natural immune system is activated.

1. Process of building & healing parts of the body that have sustained injuries or damage commences.
2. The immune system, physical strength, and mental calmness, more resistance to diseases is strengthened.
3. Essential elements to the body, such as minerals and triterpenoids for the recovery of bodily functions are in increased supply.

## **REGENERATING (1-3 years)**

This is an ongoing and continuous process. The natural immune system is activated at all levels. It is a process where our body continues to function at its optimum level, and as oxidation of the cells is prevented; ageing of the cells is delayed. In effect, during this process our body gains youthfulness.

## **Ganoderma RG & GL**

The underpinning elements of Ganotherapy are Reishi Gano (RG) and Ganoderma Lucidum (GL). Taken in easily swallowed and convenient capsule form, the regime is undertaken as a pair. Only the dosages vary.

Ganoderma RG & GL are available from your local [DXN distributor](#) or [online](#).

## **Reishi Gano (RG)**

RG (Reishi Gano) is a mushroom extract (Ganoderma Lucidum) widely known as the “king of the herbs”. Composed of 100% crushed spore powder, it’s extracted from the fruit body of the adult Ganoderma Lucidum mushroom.

Reishi Gano contains more than 400 active elements, which can be divided into 3 categories.

- 30% water soluble elements.
- 65% organic soluble elements.
- 5% volatile elements.

Of these, there are 5 absolutely key elements – Polysaccharides, Organic germanium, Triterpenoides, Adenosine and Ganoderic Essence – along with protein and fibre.

**What do these active ingredients in Reishi Gano actually do?**

### **Polysaccharides (The Cleanser) *Water Soluble***

- Strengthens the body’s immune system
- Balances blood sugar level and improves pancreatic functions
- Protects against degeneration of skin cells and eliminates dead surface cells, thus improving skin texture and reducing the appearance of aging



- Controls the destruction of healthy cells throughout the body
- Helps cleanse toxic deposits from the body (Detoxification)
- Strengthens cell membranes
- Increases the oxygen carrying capacity of the red blood cells.

### **Organic Germanium (The Balancer) *Partially Soluble***

Increases the oxygen content in the body and regulates the electrical charges in the body. (Electrical Charge Balancer) Removes abnormal electrical charges around abscess cells.

- Increases oxygen in the blood system
- Reduces fatigue and increases vitality
- Strengthens the immune system
- Increases the metabolism
- Contains an abundance of anti-oxidants that control or inhibit damaging free radicals. Free radicals are a major cause of cell degeneration, cancer and aging.
- Assists our body's natural ability to fight cancer cells
- Revives cell tissues by increasing oxygen supply to body oxygen
- Cleanses blood
- Serves as a brain tonic and stabilizes the nervous system
- Stabilizes blood pressure
- Stabilizes electrical function in the body
- Eliminates water-soluble toxins
- Prevents numbness in the hands and the legs
- Helps patients recover from stroke

### **Adenosine (The Regulator) *Organic soluble elements***

- Reduces cholesterol and body fat
- Helps to unclog arteries plugged with fatty deposits, and supports liver function

- Lowers the level of blood lipid and stabilizes red cell membranes
- Can lower the level of platelets agglutination and can reduce the risk of thrombosis
- Prevents fragmentation of platelets which can cause blockages in the circulatory system
- Improves the function of the cortex of the adrenal glands to maintain endocrine balance
- Balances the metabolic rate and boosts energy
- Balances the pH of the blood

### **Triterpenoids (The Builder) *Organic Soluble***

- Fortifies and improves the digestive system
- Inhibits allergies, relieves sinus congestion, and helps with respiratory problems
- Reduces cholesterol and neutral fats in the body
- Rejuvenates the body's tissues and cells
- Boosts all the body's functions
- Helps to maintain youthfulness and contributes to improved vitality
- Overcomes skin disorders and beautifies the skin
- Is effective for relieving external problems such as scrapes, skin wounds, psoriasis, bug bites, stings, sunburn, mouth ulcers, and external bleeding.

### **Ganoderic Essence (The Regenerator) *Volatile Elements***

- Can assist in the treatment of skin diseases
- Beautification of the skin
- Can be used as an external application on skin diseases, mouth ulcers, and external wounds (also stops bleeding)
- Rejuvenates body tissues

**Effects of RG:**

- *RG is a scanner* (1-30 days). RG has the wider range of scanning because it contains all the natural elements of Ganoderma - water soluble, organic soluble and volatile elements.
- *RG performs important functions* like cleansing and detoxification (1-30 weeks).
- *RG removes toxins* such as uric acid, excess cholesterol, fat deposits, calcium deposits, bad tissue and chemical accumulation.
- *RG is a regulator* (1-12 months). After the toxin removal from the body, RG exerts a balancing effect to restore the body function to normal.
- *RG is a builder* (6-24 months). RG builds and heals body parts that are injured or damaged. It strengthens the body's immune system, restores mental calmness and gives more resistance to disease.
- *RG supplies essential elements* such as Minerals and Triterpenoides for the recovery of body function.
- *RG is a regenerator* (1-3 years). It ensures our body is functioning at its optimum level, which has a rejuvenating effect and thus helps restore youthful appearance, strength and peacefulness of mind.

## **Ganocelium Lucidum (GL)**

GL Ganocelium is the Mycelium of Ganoderma lucidum (the root of the mushroom), which has been dried and powdered at only 18 days old. It supplies a whole spectrum of vitamins to our body and serves as an oxygen supplier.

**GL primarily contains some 200 active elements, the most important being**

Polysaccharides and Organic

germanium, together with a whole spectrum of Vitamins and Minerals, and Amino acids.

In fact, according to a report from Japan, GL contains 6000 parts of Organic germanium per million (PPM) whereas RG has 800-2000 PPM of Organic



germanium. Thus it increases the oxygen-carrying capacity of hemoglobin by 1.5 times.

GL is also one of the most potent antioxidants at 23,500 IU. Such antioxidants neutralize the oxidant effect of free radicals on normal cellular respiration and metabolism.

### **Benefits of Ganoderma Lucidum (GL)**

- Enhances the Immune System
- Promotes stamina and endurance.
- Relieves the symptoms of heartburn and acid reflux
- Relieves the symptoms of allergy and hay fever.
- Temporary relief of the pain associated with rheumatoid arthritis.
- Relieves the symptoms of influenza/flu.
- Helps relieve nervous tension, stress and mild anxiety.
- Temporary relief of migraine headaches.
- Relieves symptoms of PMS/PMT and of menstrual symptoms.
- Relieves sleeplessness.
- Temporary relief of coughs.
- Formula to support liver function.

### **Effects of GL:**

- It enhances a whole spectrum of vitamins and minerals to our body.
- It serves as a brain tonic, oxygen supplier and provides the basis for body growth.
- Through its polysaccharide content, GL effectively prevents growth of abnormal cells and controls their spread.
- Helps in strengthening the body immune system.
- Reduces sugar level in blood and revives pancreas function
- Discharges water-soluble toxins.

## Dosage Regime

Improvement in one's health and overall well-being using Ganotherapy will largely depend on pre-existing conditions. The level of toxins in the body, the duration of suffering from any ailment and any other lines of treatment one might be undergoing at the time will all have a bearing.

Likewise you need to be sincere to yourself! If you truly want to see a marked improvement in your overall health and wellbeing, you also need to commit to making changes to your lifestyle and eating habits. There is no point in regularly taking Ganoderma from one hand while the other hand is continually stuffing your mouth full of takeaways, processed foods and alcohol for example.

It is also strongly recommended that you drink plenty of clean or filtered water and exercise at least 2 to 3 times per week.

***RG & GL is taken in pairs (1 RG +1 GL; 2 RG + 2 GL etc) preferably on an empty stomach, in the morning and night. The recommended dosage depends upon your health condition and it may vary from person to person.***

When you first start taking Ganoderma (detoxification stage) the following dosage regime is recommended.

### **Week One:**

Take one pair (one RG and one GL) on an empty stomach in the morning.

### **Week Two:**

Take two pairs (2RG + 2GL) per day. Take the first pair on an empty stomach in the morning. Take the second pair on an empty stomach (about half an hour before supper) in the evening.

### **Week Three:**

Take four pairs (4RG + 4GL) per day. Take two pairs on an empty stomach in the morning. Take the remaining two pairs on an empty stomach (about half an hour before Supper) in the evening.

### **Week Four:**

Take six pairs (6RG + 6GL) per day. Take three pairs on an empty stomach in the morning. Take the remaining three pairs on an empty stomach (about half an



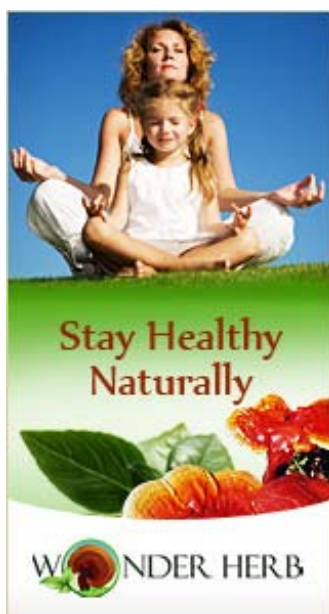
hour before Supper) in the evening.

*Any discomfort caused as your body is detoxifying should be celebrated....  
DONT STOP! However if you feel you cannot cope, cut back on the dosage and  
increase the dosage when you feel more comfortable.*

## Ongoing Maintenance

To maintain overall well being, the dosage may vary from person to person. So let your body be the judge! Determine the dosage that you take on an ongoing basis by what makes you feel best.

As a guide, suggested long-term maintenance dosage is 2 to 3 pairs of RG and GL per day taken as specified above.



*Follow these simple guidelines along with continuous consumption of Ganoderma for more than 12 months and you are most likely to see great improvements in your general health and overall well being.*

It may help to keep a diary. After all, you didn't really notice your health slipping away, so you may not notice its gradual recovery!

**Note:** *Ganoderma is not a DRUG (or MEDICINE), but a FOOD SUPPLEMENT only. Long term health recovery and protection are more appreciated in Ganotherapy than short term relief, as noticed in many other lines of treatment.*

## Signs of Ailment Reflection

According to the precepts of Traditional Chinese Medicine and confirmed by Dr Lim, founder of DXN and developer of the super mushroom, Ganoderma, certain symptoms demonstrated in the body reflect ailments of various body parts. eg dried and cracked lips suggest a high level of toxins in the stomach.

These are some of the more visible elements that can be monitored. During detoxification, many will be affected and some of these symptoms may become pronounced.

### **FACE:**

#### **EYES:**

*The eye reacts to the condition of liver.*

#### **Reddish eyes (one or both eyes)**

- Liver has a high level of toxicities.
- Reddish eyes are an indication that the body is discharging toxins.

#### **Blurry eyesight**

- Usually occurs in the morning. Indication that liver is regulating itself.

#### **Waste disposed from eyes**

- Liver is functioning irregularly as detoxification is in progress.
- Also indicates excessive amount of acid in the body.

#### **Teary eyes**

- Emotional disturbance, especially anger.

#### **Tension in the eyes and eyelids**

- Mental stress due to dissatisfaction or excessive workload.

### **NOSE:**

*The nose has a close affiliation with the lungs and throat.*

#### **Running Nose**

- Toxic removal process from the lungs. (Excessive level of acid in the body - usually the body temperature is high).

### **Blocked Nostrils**

- The lungs have a high level of toxins. (Regulating process for allergies taking place).

### **Sneezing**

- *Toxic removal process from the lungs. Regulating process for nose allergy.*

### **Coughs**

- *Coughing with a discharge of mucus* means the removal of toxins from the body is in progress.
- *Dry coughs* means the lungs contain an excessive amount of toxins. *(Thick mucus is usually discharged a few days after starting Ganoderma)*
- *Coughing with an itchy throat* means the removal of toxins from the throat and lungs is in process. *(This usually happens to heavy smokers and to those who breathe polluted air)*

## **THROAT:**

### **Dry Throat**

- Detoxification process taking place throughout the whole body. An indication that the body needs more water to assist with the discharge of toxins.

### **Sore Throat**

- Same as the above - but the toxic levels are more serious.

## **LIPS:**

*Related to the digestive system function.*

### **Pale Lips**

- A weak digestive system
- Gas inside the stomach.

- A lack of blood due to an improper digestive system, leading to an insufficient amount of iron. The digestive system should be enforced with Ganoderma before being treated with iron.

### **Dry and Cracking Lips**

- Too many toxic substances inside the stomach.

## **MOUTH & TONGUE:**

*Both have close connections to blood circulation.*

### **Tongue or gum swelling and pain.**

- Indication of a heart problem such as excessive fat, weak valve function, blocked coronary etc.

### **Tongue, mouth tissue or gum with ulcers.**

- Indication of excessive acid in the blood.

### **Bad Breath.**

- Stomach regulation, discharging toxins.

## **EARS:**

*Associated closely to the kidneys.*

### **Blocked ears**

- Excessive toxins in the kidneys

## **SKIN:**

### **PERSPIRATION**

#### **Salty Perspiration**

- Excessive amounts of uric acid in the body.

#### **Foul Sweat**

- Body emitting toxins by perspiring.

#### **Rashes and Boils**

- The body is emitting toxic fat and non-soluble toxins.

#### **Itchy Skin and Rashes**

- Process of discharging toxins through the skin, due to excessive consumption of modern medicine.

### **Blistered and Watery Skin**

- Body discharging water soluble toxins. Apply Ganoderma powder to the spot.

### **Hair Falling Out**

- Indicates a weak function of kidneys. New and healthy hair will emerge after the process.

## **JOINTS, HANDS and FEET:**

### **Painful Joints:**

#### **Hot Sensation**

- Indication of injury in the joints or gout.

#### **Cool Sensation**

- Indication of rheumatism.

### **Pain in the Shoulders**

- Indicates that the blood vessels are hardening and an imbalance of metabolism functions.

### **Numbness in the hands**

- Irregular blood circulation in the upper part of the body.

### **Numbness of the left hand & arm.**

- Indication of a weak heart, If the pain moves to the arm and stays there, a heart attack may happen anytime.

### **Numbness of the feet**

- Irregular blood circulation in the lower part of the body.

### **Painful Soles**

- An indication of weak kidneys, usually caused by lack of exercise or movement.

### **Painful Heels**

- Indication of a weak sex function.



### **Hot Sensation in the Soles**

- Regulating process of the kidneys due to a weak sex function.

### **Itchiness between the Toes**

- Early indication of the Hong Kong Foot disease.

## **HEAD:**

*Generally all reactions that occur on or in the head are related to blood circulation system, heart and brain nerves.*

### **Pain / Dizziness on the Front side of the head**

- Indication of neurosis due to mental burden and too much thinking.

### **Pain / Dizziness on the Rear side of the head:**

#### **Upper Part**

- Indication of high blood pressure

#### **Lower part (Neck)**

- Indication of high or low blood pressure.

### **Headache and gases emitted out from the earlobes.**

- Indication of migraine.

### **Boils on Head**

- Toxic disposal in progress. Sometimes due to migraine.

### **Dizziness**

- Indication of insufficient blood supply or irregular blood circulation.

## **MOUTH & THROAT:**

### **Vomiting**

- Disposal of toxins from the stomach.

### **Blood in Vomit:**

#### **Red Blood**

- Dead tissue disposed from the throat and lungs.

#### **Dark Blood**

- Dead tissue disposal from stomach; usually due to an ulcer.

### **Stressed and Tensed Tongue**

- Indication of heart diseases.

#### **Thick Saliva**

- Toxic disposal process from the throat due to infection or cancer.

### **URINATION:**

#### **1. Frequent**

Indicates that the kidney has an excessive amount of toxic waste.

#### **2. Chalky**

Indication of kidney stone.

#### **3. Oily**

Indication of lipid waste in kidney.

#### **4. Thick and Brownish**

Indicates that toxins are being disposed.

#### **5. Bloody**

Kidney stone or injured kidney.

### **STOOL:**

#### **1. Diarrhea**

Cleansing toxic waste from the colon. Diarrhea that immediately occurs after consuming Ganoderma indicates that there are abnormal cells in the colon.

#### **2. Constipation**

Cleansing of toxins from the small intestine.

#### **3. Blood in Faeces**

##### **Red Blood.**

- Piles or cancer problem in the intestine.

##### **Dark Blood**

- Ulcer problems.

#### **4. Dark Faeces**

- Indicates that the Intestine is disposing of toxic waste.

## **BODILY REACTIONS:**

### **Pain**

*Generally, all bodily pain is caused by clogged vessels or arteries.*

#### **1. Sharp Pain**

Regulating process for nerves.

#### **2. Numb Pain**

Indication of internal injury.

#### **3. Jolting Pain**

Regulating process for nerves that is related to internal organs.

#### **4. Tense Pain**

Process of regulating blood circulation.

### **Feeling heavy, lazy or tired**

Acidic body. It indicates that the body is regulating itself and needs a good rest.

### **Hot Sensations.**

An indication that body needs a lot of water to discharge toxins.

### **Light & Feeling Relieved**

Indicates that the body is fresh and regeneration is happening.

## **EMOTIONAL REACTIONS:**

#### **1. Fearful**

Kidney function is weak. Weak sex desire.

#### **2. Bad Tempered**

Liver function is weak. High blood pressure.

#### **3. Nervous and Sad**

Lungs functioning improperly.

#### **4. Lethargic**

Heart function is weak. Brain nerve system is poor. Blood circulation not functioning properly.

#### **5. Dreamy**

Digestive system is weak.

***Disclaimer: Individuals seeking relief from health conditions should seek the advice of a health practitioner. The information in this book cannot and is not intended to replace the advice of a professional.***

\*\*\*\*\*

## **Business Opportunity**



If you were told that you could be earning a **reoccurring** income of \$12,000 per month inside 6 months with a minimal investment. **What would you say?**

**Most people would say “That sounds too good to be true!” But seriously is that a good enough reason to stop looking?**

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**"Our body is our best Doctor"**



*Everyone has the ability to fight off and cure disease  
with their natural immune system.*

Gantherapy



**Ganoderma is commonly referred to as the "King of the Herbs"**