

What If You Were Recently Diagnosed With A Life Threatening Immune Disorder?

Thousands of Americans are diagnosed with auto immune disorders every year. Don't let bad news get you down about your immune system because there is hope. You've likely heard that mushrooms are sometimes used for medicinal purposes. They have been used for centuries in China as an herbal remedy. Mushrooms have vital nutrients that protect and heal the body naturally.

Mushroom mycelium has intense antioxidant powers that deliver medical benefits in a natural way. Mushrooms are a highly beneficial food that is low in calories and high in valuable vitamins and minerals like iron, zinc, fiber and amino acids. Mushroom mycelium is converted into protein rich foods, has antifungal properties, has bioactive properties and significantly increases the natural killer cell activity. For this reason it is used to treat illnesses and help immune system problems. Because it is virus inhibiting, mushroom mycelia is also used to reduce the effects of cancer.

Using mushrooms to treat illnesses is not a new practice; however, doctors and practitioners don't always see the value in natural cures. Speak to a pharmacist or a homeopathic doctor about the benefits of mushroom mycelia and the amazing things it does to protect and heal the body.

The Antioxidant Properties Found in Mushroom Mycelia

Mycelium is the nourishing part of the mushroom. It is rich in trace minerals and contains anthocyanin; which may be linked to antioxidants. Mushrooms are grown in rich soil to give them more benefits. Studies show that mushrooms are able to reduce the effect of free radicals, according to an abstract in Food Chemistry (Volume 86, Issue 1, June 2004, pages 25-31).

Mushroom mycelia offer the following health benefits:

- * Anti-aging properties
- * Supports connective tissue
- * Reduces body fat
- * Supports metabolism
- * Helps promote the immune system function
- * Supports healthy liver function
- * Treats illnesses
- * Enhances cytokine production
- * Increases natural killer cell activity
- * Protects and rebuilds cells
- * Relieves depression

Mushroom mycelia enhance cytokine production. Cytokine are small proteins that regulate immunity and inflammation. When too many or too few cells release cytokine there are usually adverse affects. Depression may actually be caused by pro-inflammatory cytokines. Changing the cells response may prevent cancer and anti-inflammatory cytokine may support cancer immunity. It also helps support a healthy function of the liver. It completes its job of removing toxins and reacting to viruses and other harmful substances in the body.

An increase in macrophage activity fights off viral infections and bacterial growth; which cuts back on illnesses in general. Mushroom mycelia also promote healthy cell replication. Mushrooms are used to prevent many liver problems; a big concern for a large number of obese people in society today.

It's hard to ignore something that has so many powerful benefits. Even those who don't particularly like the taste of mushrooms will benefit from the healing power of them by using a supplement form of it. The poor eating habits of people today almost ensure that they aren't getting enough antioxidants and immunity benefits from their diets. So don't hesitate to throw a handful of mushrooms on your next salad or to take a mushroom mycelia supplement, along with a daily multivitamin. There is no harm in trying to enhance the immune system, especially when increasing your mushroom mycelia intake would improve your fight against an illness or disease.

About the Author

More information on [mushroom mycelia supplements](http://vitanetonline.com/mushroom-mycelia-supplements) is available at VitaNet ®, LLC Health Food Store. <http://vitanetonline.com/>