



灵芝(多孔菌科)

Botanical name: *Ganoderma lucidum*

Family: Ganodermataceae (polypore basidiomycetous fungi having a double-walled basidiospore)

Common name: Reishi [dialect of Japanese]

More names: Lingzi [dialect of language spoken in so called China; "god's herb"], Spirit plant, Basidiomycetes Mushroom, Champignon Basidiomycète, Champignon d'Immortalité, Champignon Reishi, Champignons Reishi, Ganoderma, Hongo Reishi, Auspicious mushroom Divine mushroom, Ling Chih, Mannentake, Mushroom, Mushroom of Immortality, Mushroom of Spiritual Potency, Red Reishi, Reishi Antler Mushroom, Reishi Rouge, Rei-Shi

Parts of the plant used: fruiting body

When to harvest: when conk is mature; thin white tip to a deep deep red with brown spores on top layer

Herbal actions:

adaptogen, immunomodulator, slight sedative, anti-cancer, anti-tumor, healing tonic, heart tonic, anti-biotic, anti-bacterial, anti-viral, nutritive, anti-inflammatory, hepatoprotective, antidiabetic, aphrodisiac, sedative, antioxidant, analgesic

Active constituents:

polysaccharides (b-glucans), beta (1>3),(1>6)-glucans [anti-tumor, immunostimulating]; triterpenoids 130, triterpenoids [ganoderic acids; blood pressure, anti allergenic], polysaccharides (beta-glucans), coumarin, mannitol, alkaloids, 8 proteins, flavonoids

Habitat & ecology:

Reishi enjoys temperate and subtropical locations including so called North and South America, Europe, and Asia. Commonly seen to the East of the Rocky Mountains, particularly in the Gulf Coast regions in woods, such as hemlock forests.

Energy: Cooling

Element: Earth

Taste: Bitter, pungent

Ethnobotany (People + the plant ancestor):

- The Latin name *lucidum*, which means "shining," adequately describes this shelf fungus's appearance + radiant medicine.
- The Mushroom of Immortality, Lingzhi was recognized as a medicinal mushroom for over 2000 years, their medicine has been documented in ancient scriptures found in so called Japan, China, and Korea; including the *Shen Nong Ben Cao Jing*, written in the Eastern Han dynasty of China (25-220 AD) also known as "Classic of the Materia Medica" or "Shen-nong's Herbal Classics."
- *G. lucidum* is also portrayed in paintings, carvings, furniture, and even clothing accessories.
- In TCM, reishi is considered one of the most sacred "tonic herbs," a plant ancestor that is foundational to overall health, vitality + quality of life.
- Taoists and monks have long claimed that Reishi is a powerful 'Shen tonic,' which translates loosely to an herb that 'nourishes the spirit'



Plant magick:

- Tree of life mushroom
- Fountain of youth
- Spirit Plant
- Activates the spirit
- Enhances vital energy/Qi
- Builds spiritual potency and longevity
- Calls on the spirit of protection
- Calls in peaceful energies
- Calls in wisdom
- Improved memory + mental clarity

Form: spirit

Medicinal uses:

- Tonic to the immune system
 - Reduces overactive immune system
- Working to balance the body's many glands and organs steadily overtime
- Major benefits in the lungs + liver, protecting from toxic chemicals through detoxification
- Supports the cardiovascular system; regulates coronary + cerebral blood flow, reduce levels of blood lipids + in lowering elevated cholesterol, repairs damaged blood vessels, promotes circulation
- Use to treat autoimmune diseases such as HIV/AIDs, hepatitis + cancer [especially prostate], as well as other degenerative conditions
- Represses tumor growth, diabetes, heart disease
- Nourishes + repairs adrenals → supporting chronic fatigue, anxiety + depression
 - Calming + nourishing to the nervous system, calm the mind and induce a state of relaxed focus
- Ability to stimulate activity in brain neurons by increasing nerve growth factor levels in cells
 - Bring about mental clarity
- Supportive to food allergies
- Enhances bone marrow nucleated cell proliferation
- Support hormonal imbalances caring for the endocrine system
- Treats asthma, bronchitis, cold + flu [swine, influenza, avian]
- Also supportive to chronic inflammation, high blood pressure, cancer, inflammatory conditions, radiation poisoning, insomnia,
- Offers strength and stamina
- Combats viral infections
- Treats urinary tract symptoms

***Contraindications:** May increase the risk of bleeding with existing use of anticoagulants/antiplatelets medication, + enhance immune response.

Recipes + Allies

Immune support: elderberry, echinacea, cat's claw, licorice root, ginger, oregano, garlic, medicinal mushrooms

Immortality: parsley, ginseng family, tulsí, cardamon, saffron, turmeric, sage, astragalus, ginger, jiaogulan, amanita muscaria

Shroom golden milk

- 1 cup coconut milk, well blended
- 1 cup [un]sweetened almond milk
- 1 tbsp minced fresh ginger
- 1 tbsp minced fresh turmeric
- Pinch ground black pepper
- Small pinch pink Himalayan or sea salt, optional

- In a saucepan, combine milks, ginger, turmeric, pepper + salt
- Bring to a simmer over medium-low heat, whisking occasionally.
- Turn off heat, cover + let stand for 5 minutes.
- In a high-speed blender, add milk mixture, reishi powder and honey; blend until smooth. Serve warm

Ganoderma coffee

- Blend powdered reishi with ground coffee



- 1 tsp reishi mushroom powder
- 1 tbsp raw honey

Preparation:
decoction, double decoction tincture,
tea, powder, extract

Recommended dose:
1 dropperful to 2 oz of water or juice 2-4x a day

Photos of the plant ancestor:

