



WHAT COFFEE DOES TO YOUR BODY

Regular Coffee	OrGano Gold Healthy Coffee
<ul style="list-style-type: none">◆ Dehydrates◆ Very acidic and toxic◆ Raises blood pressure◆ Raises stress levels in the body (can increase production of stress hormone cortisol in the body)◆ Coffee jitters and caffeine crash ◆ Price comparison: \$1.25 to \$4.00 per cup	<ul style="list-style-type: none">◆ Balances Ph level◆ Natural detoxification◆ Increases immune system◆ Oxygenates the body◆ Provides energy◆ Certified Organic Ganoderma◆ No jitters or caffeine crash due to ganoderma ◆ Price comparison: \$.50 per cup

IT'S YOUR HEALTH...YOU CHOOSE!

Miraculous Ganoderma Lucidum

In ancient times, Ganoderma **Lucidum** or Reishi was considered so auspicious that its medical efficacy has been attested to in the oldest Chinese medical text, known in Japan as "Hinnoh Honsokyo". The "Hinnoh Honsokyo" is now accepted as the original text book of Oriental Medical Science. This medical text classifies and examines over 365 kinds of herbal medicines which are grouped into 3 categories: Superior, Medium and Low. Superior medicinal herbs are for perpetual youth and longevity. Of the Superior medicines listed in the text, Ganoderma Lucidum is rated *number one*. Centuries ago, Ganoderma Lucidum was said to be a medicine that would grant you eternal youth and longevity. After 2,000 years, Ganoderma Lucidum has again entered into the spotlight and has been recorded as having the most extensive and effective healing powers.

Ganoderma Lucidum (linghzi) is a woody, reddish colored mushroom that provides an excellent natural health supplement. In recent research, Ganoderma Lucidum has shown to be effective in treating many disease including, cancer, HIV, hepatitis, liver disorders, diabetes, cholesterols, hypertensions, nervous tensions, chronic bronchitis, leukocytopenia and reticuloendothelial systems. Ganoderma Lucidum is highly recommended for people who are suffering from lung, heart, spleen, liver and kidney diseases. Ganoderma Lucidum can also be used to help with insomnia, anorexia, palpitation, dizziness, forgetfulness, and boosting of the immune system. Ganoderma Lucidum is also an excellent supplement for lessening the burning sensations of lactic acid build up from exercises while shortening recovery time such as after weight training by promoting self-healing, and lessen fatigue. Studies have also shown that patients, who were given Ganoderma Lucidum as supplements, were able to lower their blood cholesterol and blood pressure while improving their overall blood circulation.

Ganoderma Lucidum contains protein, various amino acids, polyose, fats, terpenes, ergosterol, organic acids, aldoloid, adenine, uracil, various enzymes and various trace elements as Ge, with some main pharmacological actions such as: Anti-aging, Anti-tumor, Strengthen the heart, Improve immune function, Improve adrenocortical function, Anti-fatigue, and Reduces the excitability of parasympathetic nerves.

Scientific Name:

Ganoderma lucidum, Ganoderma japonicum

Other Names:

Reishi, Chi zhi, Hong ling zhi, Linh chi, Ling chih, Ling qi, Ling zhi, Ling zhi cao, Lucid ganoderma, Mannentake, Rokkaku reishi, Young ji, Zi zhi.