

## MUSHROOMS FOR PROSTATE CANCER?

Ganoderma lucidum Japan Reishi mushroom extract

Compiled by Charles (Chuck) Maack – Prostate Cancer Activist/Mentor

**DISCLAIMER:** Please recognize that I am not a Medical Doctor. I have been an avid student researching and studying prostate cancer as a survivor and continuing patient since 1992. I have dedicated my retirement years to continued research and study in order to serve as an advocate for prostate cancer awareness, and, from a activist patient's viewpoint, to voluntarily help patients, caregivers, and others interested develop an understanding of prostate cancer, its treatment options, and the treatment of the side effects that often accompany treatment. There is absolutely no charge for my mentoring – I provide this free service as one who has been there and hoping to make your journey one with better understanding and knowledge than was available to me when I was diagnosed so many years ago. Readers of this paper must understand that the comments or recommendations I make are not intended to be the procedure to blindly follow; rather, they are to be reviewed as my opinion, then used for further personal research, study, and subsequent discussion with the medical professional/physician providing your prostate cancer care.

There has been interest regarding Reishi mushroom extract from Japan that is claimed to have a strong effect on cell lines of prostate cancer and how the compound can kill cancer cells and reduce inflammation. I've done some research (see below) to learn more and hopefully identify the best product providing this extract for those who may be interested.

But first, take the time to review the information in this paper from WebMD that describes uses, side effects, interaction with other medications and supplements, etc.

<http://tinyurl.com/7cm8vo8>

A recent New Zealand report - <http://tinyurl.com/odhd3hr> - noted:

“For this study we compared four different extraction methods to see which is the most powerful and to see how it exerts its effects. Two extracts were made using ethanol based extraction and two used water-based extraction methods. The ethanol-based extracts had the more direct effect on cancer cell growth by

inhibiting the cell cycle and were more powerful than water-based extracts. For the water-based extracts, the mechanism of action involved the immune and anti-inflammatory pathways within the cell. The *Ganoderma lucidum* was shown to have a strong effect on limiting cell growth in the cancer cell lines and no negative effect on normal cell lines.”

A lengthy U.S. study here <http://www.ncbi.nlm.nih.gov/books/NBK92757/> includes these words in its conclusion:

“*G. lucidum* is a well-known Asian herbal remedy with a long and impressive range of applications. Global consumption of *G. lucidum* is high, and a large, increasing series of patented and commercially available products that incorporate *G. lucidum* as an active ingredient are available as food supplements. These include extracts and isolated constituents in various formulations, which are marketed all over the world in the form of capsules, creams, hair tonics, and syrups. With its growing popularity, many studies on *G. lucidum* composition, cultivation, and reputed effects are being carried out, and there are data that support its positive health benefits, including anticancer effects; blood glucose regulation; antioxidant, antibacterial, and antiviral effects; and protection against liver and gastric injury. However, most studies have been performed on animals or in cell-culture models. Human experimental studies have often been small, and the results are not always supportive of the in vitro findings. Now, the great wealth of chemical data and anecdotal evidence on the effects of *G. lucidum* needs to be complemented by reliable experimental and clinical data from well-designed human trials in order to clearly establish if the reported health-related effects are valid and significant. Many challenges are encountered due to a range of factors from dosage to production quality. Strategies for enhancing quality control procedures to define and standardize *G. lucidum* preparations are needed to determine mechanisms of action and to help characterize the active component(s) of this putative medicinal mushroom.”

Consideration:

Ganoderma lucidum Japan Reishi mushroom extract

Likely the best – but also most expensive at \$116.00 per month if taking 2 tablets daily – Reishi mushroom extract “Mikei Red Reishi Essence EX” from Japan can be found at this website:

<https://www.ke321.com/health/43-mikei-red-reishi-essence-ex.html>

The same company has a less expensive – but still expensive at \$98.00 per month if taking 2 tablets daily – “Mikei Red Reishi Essence” (note not “EX”) can be accessed from this same website.

If you become a “Premier” member of their website at \$25.00 per year, you get a 5% discount with  
Mikei Red Reishi Essence EX for \$110.20 per month and  
Mikei Red Reishi Essence for \$93.10 per month

If you click on their menu word “Specials” you can get the above products at a reduced cost when purchasing two boxes of 60 capsules each..

They indicate that with any order over \$50.00 regular shipping is free and will be delivered via UPS as explained at this website <https://www.ke321.com/content/1-delivery> where ordering with a U.S. phone number shown can be accomplished.

Payment can be made with Visa, MasterCard, or PayPal.

Also for your consideration is a much less expensive product that indicates 224mg Reichi mushroom extract as well as 90mg Shiitake mushroom extract as part of its daily two tablets. Info here:

New Chapter - LifeShield Immunity 100% Vegan - 60 Vegetarian Capsules Whole Life-Cycle Activated Mushrooms

<http://tinyurl.com/px7w5ve>

**PLEASE NOTE** that I cannot vouch for the quality of the above products. Their explanation of quality/content is up to you to accept if wishing to purchase.