

P Why is the Agaricus Mushroom So Good for You?



In a small mountain town in Brazil, in an outlying rain forest area surrounding San Paulo natives of the village known as Piedad live long healthy lives, rarely suffering from common illnesses and degenerative diseases. At the time it was suspected that the consumption of a special kind of wild mushroom was the reason for their good health and longevity. This mushroom was known as *Agaricus Blazei*, but it wasn't just any *Agaricus Blazei* mushroom.

Harvested from lush, virgin rain forest soil where the days are hot and the nights are cool and the average humidity is 80% grew an Agaricus mushroom that displayed health miracles never seen before, in fact the Piedad natives referred to their locally grown Agaricus Blazei as the "mushroom of life". Word about the miracle mushroom from Piedad drew world-wide attention and strains of it were sent to Tokyo university and the National Cancer Center in Japan where it was concluded that the natives of Piedad who were eating dietary quantities of the Agaricus mushroom could attribute their exceptional good health to a very strong immune system.

Medicinal mushrooms have been used throughout Asia for 1000's of years for their health promoting properties and have a long history of use in Traditional Chinese Medicine. Their legendary effects on promising health and vitality and increasing our bodies adaptive abilities have been supported for decades through scientific studies. These studies suggest that mushrooms help or body strengthen itself and fight off illness by maintaining physiological homeostatis, restoring our body's balance and enhancing our bodies natural resistance to infection and disease.

Not all mushrooms are health promoting, in fact, some can be quite toxic and others hallucinogenic. Only certain types of mushrooms contain the key ingredients that help support our health, and the Agaricus Blazei family of mushrooms contains some of the highest concentrations of these helpful compounds. These compounds and their metabolites can have powerful immune system enhancement properties. So powerful in fact that they are currently being used as adjuncts to cancer treatments in Japan and China and are also used throughout the world to promote the immune system and benefit a variety of health problems.

So you can understand why this particular mushroom that was discovered and studied from Piedad was so intriguing to both eastern and western medical

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practitioners. But the story of this Brazilian “mushroom of life” doesn’t end there. Over the years the industrial growth in and around San Paulo led to the disappearance of the Agaricus Blazei mushroom grown in Piedad, but this miracle mushroom was not lost. Fortunately the strain sent from Brazil were well maintained and stored in Japan and DNA fingerprinting identified and confirmed these cultures as the original healing mushroom from Piedad. Years later, when researchers from Western medicinal backgrounds began studying this healing Brazilian mushroom, it was discovered by looking at its nutrient content they could make it even stronger.



So here was this mushroom that for centuries provided a lifetime of health free from disease for the people of Piedad and it could be made stronger? This is what a team of researchers set out to do, and over the course of their research the original Piedad mushroom was combined with over 100 other high potency mushroom varieties. Finally they came upon a mushroom found in a raspberry field in the mountainous regions of coastal California, that when combined with the original mushroom of life sent the levels of nutrients even higher. This hybrid mushroom named H1X1 is the most powerful Agaricus mushroom grown, with significantly higher beta-glucan levels and nutrient levels than either of its parents. This Agaricus mushroom is so rare and so powerful, each crop is tested using DNA fingerprinting to ensure the potent properties from each mushroom are maintained.

Further collaboration with leading mushroom experts led to the creation of Agarigold, a product that contains this proprietary H1X1 Agaricus Blazei mushroom hybrid in addition to other bioactive ingredients making it the most unique Agaricus mushroom product available anywhere.

A doctor by the name of Dr. John Zenk met with the scientist who was part of the team which created this “super mushroom”. The goal of creating the H1X1 was to create a proprietary mushroom strain that contains all the remarkable properties of the original Agaricus Blazei from the Brazilian rain forest, and also to have a higher natural concentration of beta-glucan, the active ingredient responsible for its remarkable and unimodulating properties. Through a painstaking breeding process that took over 2 years where the scientists took the

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original Agaricus Blazei strain was bred with over 100 other mushroom varieties, he was finally successful in creating this new strain of mushroom. The scientist said that H1X1 grows very efficiently in old limestone mines which provides a stable environment that is certified organic. It meets the requirement of low levels of heavy metal content and has a higher level of beta-glucan than even the original Agaricus Blazei strain. In fact, the growing process is so unique, there is a patent pending on the procedure. The scientific evaluation of H1X1 reveals that it surpasses the immunomodulating properties of the original Agaricus Blazei strain and it is now the scientist's mushroom of choice. This scientist has personally been taking H1X1 and says his health has never been better and cannot remember the last time he had a cold.

As mentioned, medicinal mushrooms have a profound effect in enhancing our immune function. In order to really understand what this means let's talk for a while about the immune system and why it is so important to our health. The basic function of the immune system is to protect us against infection, illness, and disease. It fights off thousands of predatory and environmental infectious microorganisms that can invade and damage every part of our body. The immune system also expels pathogens, toxic chemicals, and tumor generating cells that may have formed by mutation. In addition, it aids the body in tissue repair and healing and provides us with the balance we need to maintain overall health. The immune system's role is so important in every disease we encounter so it is studied extensively in medical school. It is a finely tuned, highly integrated system of events that identifies unwanted invaders and renders them useless. This intricate and elaborate cascade of events has built in checks and balances allowing it to discriminate between self and non-self, this ensures that the body does not turn on itself, but rather remains focused on unwanted foreign invaders. Some diseases like Lupus, asthma, and rheumatoid arthritis actually occur because of a defect in immune function, where it loses its ability to distinguish between good cells and bad cells and the body starts attacking and destroying itself, this phenomenon is called "auto-immunity"

So what things weaken our immune system and what are the signs that we may be in trouble? When the immune system is working properly we remain healthy. However, the immune system can and does become compromised. This may be the result of constant environmental assault such as exposure to pesticides and other pollutants in our air, water, and food. It may also be the result of certain medications, or nutrition, chronic disease infection, or advancing in age. These factors and many more may affect the various components of the immune system and cause it to malfunction.

Some of the signs that your immune system may be weakened are:

- fatigue and loss of stamina
- frequent colds or infection
- loss of appetite and weight loss

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- skin rashes
- cold sores
- increase severity of allergy symptoms

In time a weakened immune system can lead to more serious health problems because our first line of defense is under performing. Therefore to maintain good health, minimize frequency and severity of all illnesses and recover from them more quickly, it is important that the immune system is functioning efficiently and optimally.

A healthy immune system, according to doctors, a patient's immune system is mostly responsible for healing and good health and doctors simply help that process along.

When you suffer from diseases and other factors that suppress the immune function, the harder it is to keep your stable health, and when your immune system is healthy, you do not see the doctor as often.

So how do mushrooms strengthen the immune system? Mushrooms contain several notable medicinal compounds. The most significant are the **polysaccharides**, which are in high molecular weight complex sugars. The **polysaccharides** and their derivatives are able to stimulate **cytokine** production in humans. **Cyokines** are protein, messenger molecules, which facilitate communication between cells and fight against pathogens. **Cyokines** also mobilize the immune system and increase bone marrow production of other important immune system cells. Complex cellular processes such as proliferation and differentiation are regulated in part by cytokines and other extra cellular signaling molecules. **Cytokines** can exert their effects by binding to specific cell receptor proteins called "Tyrosine Kinase" (T-cells) this interaction triggers numerous biochemical responses including **phospholipid metabolism**, deactivation of a protein phosphor relation cascade and the enhanced expression of specific response genes all of which are vital for normal immune function. Some common cytokines include:

- Interlukins
- Interferon
- Natural killer cells
- Tumor necrosis factor alpha (aka TNF alpha)

In a study published in the journal of "International Immuno Pharmacology", extracts of Agaricus Blazei were found to significantly increase the expression of **Interlukin 1** and **Interlukin 6**, two potent stimulators of the immune system. The most notable of the mushroom polysaccharides is called **beta glucan**. **Beta glucan** has attracted a lot of research attention in the past 10 years and as a result we are now beginning to understand its health promoting benefits. Oriental mushrooms have a very high content of beta glucan and the species, Agaricus

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Blazei has the highest concentration of any of the other mushrooms. The mushroom hybrid, H1X1, that I mentioned has an even higher amount of beta glucan than even the Agaricus Blazei mushroom. Beta glucan is a unique complex compound that benefits an imbalanced immune system in several important ways.

Beta glucan helps to trigger an immune response in the body, creating a system of defense against viral, bacterial, fungal, parasitic, or potentially cancerous invaders.

It is also a potent antioxidant, free radical scavenger.

It is not toxic, water soluble, and effective when taken orally.

Beta glucan specifically benefits some white blood cells in the body, especially cells called “**macrophages**”. The name literally means, “big eaters”. These big eaters form the first line of defense against invaders and also act as internal regulators of the immune system. When triggered by stimuli such as bacteria, viruses, and toxic chemicals, macrophages can destroy dangerous cells and eliminate debris. Most importantly, macrophages produce their own cytokines that activate and mobilize the immune system and increase bone marrow production of immune cells. Beta glucans can help to stimulate macrophages, which jumpstarts this immune process in the event of an urgent threat.

Macrophage cell membrane possess specific receptors or docking sites for beta glucan upon binding to these receptors the macrophages are activated to identify and destroy invading pathogens. Essentially beta glucan triggers a chain reaction leading to the destruction of pathogens. It stimulates the production of interferon and interleukins and gears up defenses by activating T-cells and other immune system cells. In addition, beta glucan can trigger the release of t and f alpha a potent defensive protein for human blood cells such as monocytes to wage chemical warfare against invaders. Because of it's high levels of beta glucan the Agaricus Blazei mushroom has a 3 time greater effect in releasing t and f alpha than any of the other popular mushrooms such as Maitake, Rishi, or Shitake. Besides having these profound beneficial effects on the immune system, extracts of the Agaricus Blazei mushroom also play an important role in mutogenesis. Mutogens are physical or chemical that change the genetic information of an organism and thus increase the frequency of mutations above the natural background level. As many mutations cause cancer, mutogens are typically carcinogens. One of the most common mutogens is ionizing radiation and in particular ultraviolet light from the sun. The discovery of mutogenesis occurred in the 1920's when Herbert Muller found that x-rays cause mutations in fruit flies. He also discovered that x-rays not only mutate genes in fruit flies, but also have effects on the genetic make up of humans. Mutogenesis is a well studied science and one way of identifying if a cell has been affected by a mutogen is the presence of what is called micro-nuclei, where parts of the cellular DNA are found outside of the nucleus of a cell. In a study performed by scientists in Brazil, extracts of the Agaricus Blazei mushroom were found to significantly reduce the number of micronuclei in Chinese hamster cells that were

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exposed to powerful mutagens. In this study Agaricus Blazei extracts were found to be anti-mutogenic in this cell line, that is, they prevented cellular DNA damage caused by exposure to mutagens. In another study performed at the school of pharmacy at the University of North Carolina, Agaricus Blazei extract was given orally to mice exposed to chemical mutagens and ultraviolet light. This exposure results in the formation of skin tumors called patholomas. The mice that were given Agaricus Blazei extract had delayed formation of patholomas, and a reduced number of patholomas compared to the untreated mice. Although more research needs to be done this anti-tumor promoting activity could be quite promising for future cancer prevention therapy. In addition to beta glucans, the Agaricus Blazei mushroom also contains other important health promoting compounds. One of these is ergo sterol. Ergo Sterol is a component of mushroom cell membranes and is a precursor to vitamin D2. When it is exposed to ultra violet light it converts to ergo calciforal, an active form of vitamin D. As you probably know vitamin D is required for the efficient absorption of calcium, an essential process in maintaining good bone health. Ergo sterol has many other interesting properties that have been recently studied by scientists. In a research study which was done in 2001, ergo sterol was given orally to mice who were genetically programmed to grow carcinoma tumors. After only 20 days of treatment, the tumor growth in these mice was significantly less than with the controlled mice. Further investigation by these scientists revealed that the ergosterol was actually inhibiting the growth of new blood vessels in these tumors, a process called "angio-genesis". Since tumors grow faster than normal tissues, they need more blood supply to support this growth and without it the tumor withers and dies. Ergo sterol on these experiments was found to accomplish these amazing results without any side effects or adverse effects on the surrounding normal tissues and cells.

Another useful compound in the Agaricus Blazei mushroom is called linoleic acid. Linoleic acid is a member of the group of essential fatty acids called omega 6 fatty acids, an essential dietary requirement for all humans. Chronically low levels of omega 6 fatty acids can lead to dry hair, hair loss, and poor wound healing. Most importantly, linoleic acid has the unique ability of inhibiting an enzyme in the body called "aromatase". Aromatase is required for the conversion of testosterone to estrogens in the body, because of this action linoleic acid has been studied for its effect on estrogen receptor positive human breast cancer cells that actually require estrogen for their growth. In a recent study at the University of Texas, Department of Medicine, linoleic acid was found to selectively inhibit the proliferation of estrogen receptor positive breast cancer cells. This anti-estrogenic activity was also confirmed in studies performed at Emory University in Georgia, and the Bequen Research Institute in California. Although early, this research could eventually lead to new treatment options for this devastating disease.

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As alluded to earlier, only certain types of mushrooms contain the key ingredients that help support our health and the Agaricus Blazei mushroom contains the highest concentrations of these helpful compounds. Therefore it is important that you only obtain Agaricus Blazei from a reputable source that can assure the product contains the authentic mushroom strain grown from the spores of the Piedad region of Brazil and can verify purity and consistency in their products.

The company I can trust with my dietary supplementation is Waiora. Waiora is a company that provides high quality products that have been proven safe and effective. Most importantly, Waiora has an exclusive license for H1X1 and Agarigold, and Waiora is the only place in the world that you can get this rare one of a kind product. Remember, Agarigold is the only product available that contains the original organic heirloom strain of the Agaricus Blazei mushroom first studied over 40 years ago that was the source of longevity and vibrant health for the Piedad natives. Not only that, Agarigold, contains the proprietary Agaricus Blazei hybrid, H1X1, that contains more beta glucan than any other Agaricus mushroom product.

If that was not enough, Agarigold also contains Sasa Bamboo, an exotic rare and powerful antioxidant. Sasa Bamboo is a native Japanese plant that has been used as a medicine in Japan for many centuries. The production of oxidative free radicals in cells and body tissues is known to cause many pathological disorders and Sasa acts as a potent free radical scavenger. Free radical scavengers like Sasa can play an important role in the prevention of various human diseases. In addition, Sasa contains 2 important ingredients “arabano zylan” and “lignan”. “Arabano Zylan” has been shown to augment natural killer cell activity as well as increasing the production of interleukins and interferon, 2 important immune system cytokines. Lignan is well known for its ability to stimulate macrophage activity and increase their production of immune stimulating cytokines. The addition of Sasa bamboo to Agarigold adds even more immune system promoting abilities to an already powerful product. Plus, Agarigold’s revolutionary patented extraction technology which extracts every nutritious element out of each H1X1 mushroom, and the Sasa bamboo, make it the gold standard for potency and bioactivity

I can’t emphasize enough how important normally functioning immune system is to your health. Without it we are susceptible to every conceivable pathogen, virus, and foreign invader. And remember, a weakened immune system can eventually lead to more serious health problems like cancer and other chronic diseases. Our immune function declines as we age, and we are all vulnerable to environmental pollutants and toxins that depress our immune system, it’s almost unavoidable. Immuno-modulating solutions like Agarigold are an ideal way of combating these assaults on our immune system and allow it to function at peak performance. The natives of Piedad discovered this secret many years ago and their long life and vibrant health are testament to the healing powers of what they

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called, the mushroom of life. Lucky for us, their secret still lives, and thanks to Waiora, we not only have access to the very same miracle mushroom that grew in the Brazilian rainforest so many years ago, but thanks to modern science we have access to a product that is even more powerful.

Don't be fooled by imitators and the other Agaricus Blazei mushroom products out there Agarigold is the only product that can promise potency, purity, and the highest levels of beta-glucan of any mushroom product on the planet. Discover for yourself the secret of a healthy immune system, and be surprised how great you feel everyday.

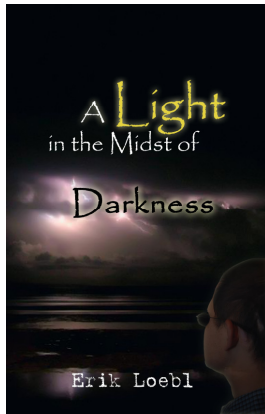
Thanks for reading and good health and best wishes to you all.

For more information or to order Agarigold with H1X1 go to:
<http://potenthealthsupplements.com/agarigold.htm>



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