

What Organic Medical Mushroom Extracts can do for Sports Performance



Cordyceps Mushroom Organic Extract

Known also as the caterpillar mushroom, cordyceps received a lot of attention in 1993 when it was attributed to world record breaking runs performed by the women of China's national track and field team. Word spread as to the mushroom's tonic effects and positive impact on sports performance and some people were classifying it as an illegal performance enhancing drug.

Cordyceps have been used for thousands of years by millions of people as a safe medicinal. Cordyceps extract is in great demand as a supertonic that builds physical stamina, sexual power and mental acuity, as well as life prolonging benefits.

In traditional Chinese medicine, cordyceps is held as a potent tonic and as one of the very few medicinal plants with obvious performance-enhancing effects in athletes. It is also recommended to increase energy and improve lung capacity. Athletes claim that it enables them to work harder and recover faster.

Cordyceps, like other mushrooms, are best absorbed in extract form and the

purchaser should always seek a “certified organic” source as these are grown under a very strict environment. 5to 7 drops 3 x’s a day in juice or water is the prescribed daily amount. When the body is in a heavy training period, athletes may optimize the effect by taking 2 drops in liquid prior to working out or competition.

Available at www.evolutionwell.ca or call 403-313-1865.

Reishi Mushrooms Organic Extract

It is one of the most popular mushrooms in the East and West for enhancing a compromised immune system. The reishi mushroom’s active constituents are polysaccharides, primarily beta-D-glucan.

Beta-D-glucan has immune-stimulating qualities as well as liver protecting and antioxidant qualities.

It could be said the reishi, along with other mushrooms, is essential for the optimum health of the liver since the multitude of metabolic reactions it is responsible for are increased dramatically during intensive training.

Reishi has also been examined by herbalists in China for anti-fatigue properties. A study involving 196 “medal-winning” athletes found that during competition taking an extract of reishi mushrooms caused an improvement in sleep and less fatigue in comparison to the control group. To use reishi extract, take 7 drops 3 x’s daily. Drops may be mixed with juice or water if desired.

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Be Well.