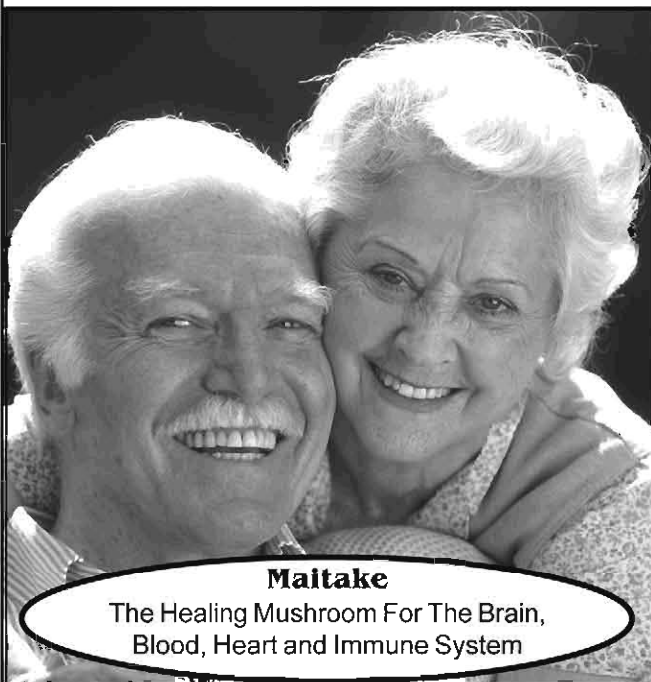


Organic Maitake

Organic Maitake

The Ancient Healing Mushroom



Maitake
The Healing Mushroom For The Brain,
Blood, Heart and Immune System

Get The Best Maitake

- **Grown in open-air habitats in dense forests on real wood**
Not grown in basements on brown rice or synthetic fiber logs
- **Rich in maitake's famous phytonutrients such as grifolan and D-Fraction**
Not poorly grown maitake with no active healing factors
- **Low-temperature extracts for full activity of phytonutrient array**
Not highly heated extracts that are burned or solvent-extracted
- **The correct species of maitake**
Not similar species with few or no active healing factors

Thousands of Years of Use. Mushrooms have been eaten for thousands of years in many cultures. Out of an estimated 100,000 different species of mushrooms, only about 700 varieties are edible. Unlike the few common mushrooms with which most people are familiar, there is a special class of mushrooms called "medicinal mushrooms" which are noted for their unusual healing properties.

One species of these therapeutic mushrooms, called maitake, is becoming increasingly popular in America. They've been used effectively for thousands of years and have been proven to possess a vast array of health benefits which have withstood the test of time.

Since ancient times, maitake mushrooms have been revered in China and Japan as a medicinal-grade whole food to help attain and maintain health and to increase longevity. Only in the last 20 years has increased scientific interest spawned numerous studies on maitake and its healing properties.

The King of the Mushrooms. Maitake (*Grifola frondosa*), called the "King of the Mushrooms," was considered the most prized of the mushrooms in ancient times and credited in folk

history with near-miraculous results. Today, intensive research and clinical experience have proved that the maitake mushroom possesses a vast array of phytonutrients and components that indeed provide many spectacular benefits.

Maitake has been shown to boost heart health, lower the risk of cancer, promote immune function, fight viruses, bacteria, and fungal infections, reduce inflammation, combat allergies, help balance blood sugar levels and support the body's detoxification mechanisms.

Lowering Blood Pressure. Many doctors in Japan have used maitake to help lower blood pressure and blood cholesterol, two key risk factors in cardiovascular disease. Numerous medical doctors in the U.S. have also successfully used whole maitake extracts to help gradually reduce blood pressure in their patients. In addition to lowering blood pressure, no adverse effects were seen.

Cancer-Fighting Ability. Maitake may be best known for its cancer-fighting abilities. It contains grifolan, an important beta-glucan polysaccharide (a complex, naturally occurring molecule that boosts immune cells). Grifolan has been

Maitake's Wide Range of Benefits

- *An ancient medicinal food with amazing, broad-range healing powers
- *Contains a complex profile of naturally occurring, healing phytonutrients: grifolan, D-fraction, factor X and beta 1,6-glucans
- *Used internationally with success in many chronic diseases

● Cancer and Cancer Metastases	● Obesity
● High Blood Pressure	● High Cholesterol
● Diabetes	● HIV/AIDS

shown to activate the body's macrophages, a key type of protector immune that is the heavy artillery of the immune system. Maitake also contains the famous "D-fraction," another immune-modulating polysaccharide that helps enhance the body's cellular immune system.

Research has shown that taking oral maitake increased the activity of both natural killer cells and T-cells by over 50%. Maitake also increased the production of interleukin-1, which helps to activate T-cells, and helped increase superoxide anions, which help damage and stop tumor cells.

From studies conducted in Japan, the results suggest that maitake more favorably affects breast, lung and liver cancer than cancers of the bone, stomach or blood (leukemia) although maitake has been shown to be beneficial in all of these.

Blocking Cancer Tumors. Laboratory evidence confirming maitake's therapeutic value is impressive. Studies have shown that maitake extract can block the growth of tumors and boost the immune function of mice with cancer.

In a Japanese study reported in 1996, 165 patients with advanced cancer received either a maitake extract (D-fraction) alone or the extract with chemotherapy. Maitake was found effective against leukemia and stomach and bone cancers. Responses were further improved when the maitake extract and chemotherapy were used together. Those receiving the extract also experienced relief from the side effects of chemotherapy, such as loss of appetite, vomiting, nausea, hair loss, and deficiency of white blood cells.

Blocking Cancer Metastasis. When cancer spreads from one body area to another, it is called metastasis. This is a major concern for all people with cancer. In one landmark study, mice were injected with cancer cells. When two groups of mice were fed maitake, the spread of cancer metastasis was prevented by a stunning 81 to 91%. However, in the third group not receiving maitake, there was no inhibition of the cancer at all as it continued to spread.

Reducing Insulin Resistance. Research shows that people with non-insulin-dependent diabetes mellitus (NIDDM) may also benefit from maitake. Researchers have found a specific, high-molecular weight polysaccharide that naturally occurs in maitake called the X-fraction. The X-fraction appears to have anti-diabetic properties. In one study, mice that were given maitake had lower glucose levels while the control group had higher blood glucose levels. The researchers found that maitake can reduce insulin resistance, thereby increasing insulin sensitivity and reducing high blood sugar problems.

Relief From Stomach Problems. Some researchers have also found maitake works great for stomach ailments. Maitake can aid digestion by regulating the stomach and intestines and also helps eliminate food stagnation.

Consumer, Beware! Although there are several types of mushrooms in the maitake family (such as Tonbi-maitake, Shiro-maitake, Chorei-maitake) which are edible and do have some health benefits, it is only the maitake mushroom (*Grifola frondosa*) that is the most potent in its ability to enhance the

immune, nerve and cardiovascular systems.

Even if a mushroom may be true maitake, it may be grown very poorly and contain little or no amounts of the healing phytonutrients such as grifolan, D-fraction and X Factor.

Catching the Fakes. Ask your maitake provider if the company routinely uses a photoluminescent device. This high-tech device emits a directed, infrared beam that can be used to quickly scan every container of incoming herbal raw material. It provides a unique frequency fingerprint via a graph that can identify the true signature of maitake (or fake substitutes) as well as toxic peaks (if solvents or other impurities are present).

Companies without such a device are "running blind" since it is simply too expensive to perform lab tests on every batch of raw material. We've seen this device "catch" many so-called errors that we'd like to believe were innocent, including the wrong herbal species and different types of contamination including solvent extraction and adulteration of the herbs (such as padding the raw material with cheaper "look alike" materials). Beware, even a well-intentioned company may be unknowingly selling colored straw instead of maitake.

Get The Best Maitake. The best maitake is grown in open air in its natural habitat – in a forest on real wood – not on brown rice or on synthetic fiber logs. Poorly grown maitake often has no medicinal qualities at all. Maitake is occasionally available in grocery markets – but commercially grown maitake is often "poor grade," having been raised on commercial, often toxic fibers – typically containing none of the outstanding properties of medicinal-grade maitake.

The best maitake is the fermented mycelial extract, enabling you to receive the full spectrum of the mushroom's healing polysaccharides. Although concentrating only one fraction of the mushroom (such as the D-fraction) can be helpful, we have found the broad-spectrum array of phytonutrients in mycelial extracts to be far superior.

Beware of highly heated extracts which can literally ruin the healing properties of maitake as well as create toxic, heated byproducts. Open a capsule of maitake; smell and taste the powder. Is there a fresh aroma? Does it smell like a woody forest? If not, the maitake may have been highly heated and burned or solvent extracted (with liver-toxic solvents). Maitake extract may taste somewhat bitter, but it should not smell or taste burned.

- Adachi, K., et al. Blood pressure-lowering activity present in the fruit body of *Grifola frondosa* (maitake). *Chem Pharm Bull*. 1988, 36(3): 1000-1006.
- Borchers, A.T., et al. Mushrooms, tumors, and immunity. *Proceedings of the Society of Exp Biol Med*, 1999, 221(4): 281-93.
- Hobbs, Christopher. L. *Ac. Medicinal Mushrooms, an Exploration of Tradition, Healing, and Culture*; Botanica Press, Santa Cruz, CA, 1995.
- Jong, S. C., et al. The medicinal value of the mushroom *Grifola*. *World J of Micro and Biotech*, 1990, 6:227-235.
- Kubo, K., et al. Anti-diabetic activity present in the fruit body of *Grifola frondosa* (maitake). *Biol Pharm Bull*, 1994, 17(8):1106-1110.
- Lieberman, S and Babal, K. *Maitake: King of Mushrooms*, Keats: New Caanan, CT, 1997.
- Mizuno, Takashi and Cun, Zhuang. Maitake, *Grifola frondosa*: Pharmacological Effects. *Food Rev Int*, 1995, 11(1):135-149.
- Nanba, H. Maitake D-fraction: healing and preventing potentials for cancer. *Townsend Letter for Doctors and Patients*, Feb/Mar, 1996.
- Ohtsuru, M. Anti-obesity activity exhibited by orally administered powder of maitake mushroom (*Grifola frondosa*). *Anshin*. 1992, July:198-200.
- Wasser, S.P. and A.L. Weis, Medicinal Properties of Substances Occurring in higher basidiomycetes Mushrooms: Current Perspectives (Review). *Int J of Med Mushrooms*. 1999, Vol. 1(1):31-62.
- Yamada, Y., et al. Anti-tumor effect of orally administered extracts from fruitbody of *Grifola frondosa* (maitake). *Chemotherapy*, 1990, 38:790-796.
- Zhuang, C. and T. Mizuno, Biological Responses from *Grifola frondosa*. *Int J of Med Mushrooms*, 1999, Vol. 1(4):317-324.