

THE EFFECTIVENESS OF MUSHROOM NUTRITION IN WOMEN'S HEALTH.

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1. Introduction

2. Control Mechanisms
3. Associated Unbalances
4. Women, Health, Challenges
5. Women, Health & Mushroom Nutrition
6. Conclusions



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1. Introduction

Female Physio-energetic Complexity



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Women's health: Current Challenges



Saint Ana, Leonardo De Vinci.

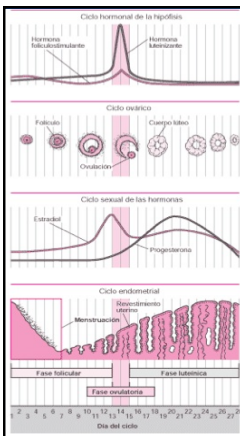
- ◆ Social and economical advances are so important nowadays, but still women have so much to do and to conquer.
- ◆ Statistics show that users of NCM are mostly women
- ◆ Female Physio-energetics & Conditions are complex.
- ◆ Several health conditions seriously affect quality of life and life itself.
- ◆ Many: related to current lifestyle.



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Female physiology

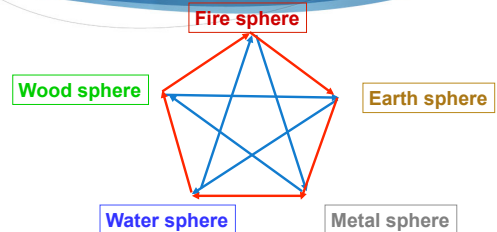


- ◆ Cyclic
- ◆ Menarche
- ◆ Menstrual years
- ◆ Pre-menopause
- ◆ Menopause
- ◆ Post-menopause



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Multi-disciplinary, integrative and holistic framework.



Five Elements: Yin Yang balance in TCM
«Las bases de la medicina china: fisiología» N. Lorite Ayán



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- 1. Introduction
- 2. Control Mechanisms**
- 3. Associated Unbalances
- 4. Women, Health, Challenges
- 5. Women, Health & Mushroom Nutrition
- 6. Final Ideas

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2. Control & Retro-control Mechanisms

Several in the organism.
To observe, assess, learn, decide, act.

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- ### Taking care.
1. Control
 2. If a change occurs: Assess
 3. Compare with previous experiences (if not: go to point 4)
 4. Decide an action or strategy Learning
 5. Act and solve the problem
 6. Memorize the solution (stored in cells, substances: Immune system)
 7. Rebalance the affected area. Back to control mode.
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- ### Holistic & Integrative Approach Resource Management
- ✦ SOCIAL & MATERIAL
 - ✦ MENTAL
 - ✦ KNOWLEDGE, INFORMATION
 - ✦ EMOCIONAL
 - ✦ PHYSICAL, METABOLIC (supra-celular, intra-celular)
 - ✦ ENERGETIC
- 
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Immune System	
Th 1 - CELULAR	Th2 - HUMORAL
Cell mediated defence. NK cells, citotoxic.	Substances such as antibodies.
Anti-bacterial, anti-viral, anti- microorganism, <u>intra-celular</u> , cancer.	Pro-inflammatory actions. <u>Extra-celular</u> conditions related to bacteria, parasites, toxins, allergens... <i>*Prevails in chronic viral conditions (HIV, Hep. C, EBV...) in which NK cells may be diminish.</i>
Interleukin 2, interleukin 12 & interferon gamma	TNF (Tumor Necrosis Factor), pro-inflammatory interleukins such us IL4, IL6, IL10, IL11
Activated with IL12	Activated with IL10

©NLA 2014 Source: www.mycologyresearch.com

Th1 - CELULAR	Th2 - HUMORAL
Yang activity phase. Anti-bacterial, anti-viral, anti-microorganisms <u>intra-celular</u> , cancer cells.	Yin activity phase. Inflammatory actions. <u>Extra-celular</u> conditions related to bacteria, parasites, toxins, allergens...
Diurnal. Defensive Qi flows cyclically in the external organs. Yang Organs: Tai yang (SI, BL), Shao yang (SJ, GB), Yang ming (E, LI)	Nocturnal. Defensive Qi flows cyclically in internal organs. Yin Organs: LV, H, SP, L, K.
Nutrients uptake. Yang Qi	Repair. Recuperate. Cleaning and draining. Yin Qi.
If Th1 decreases, infections are perpetuated.	If Th2 increases, inflammation remains and may be chronic. Chronic viral conditions.

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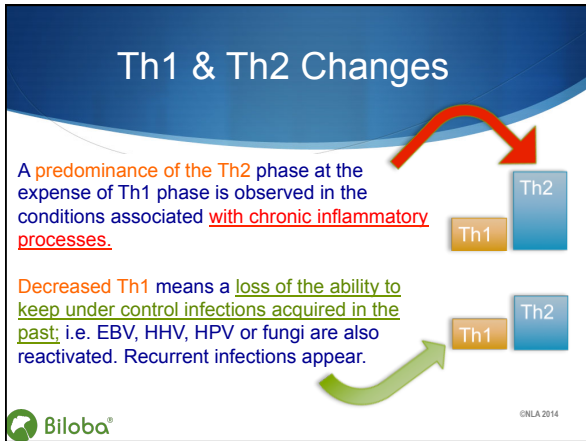
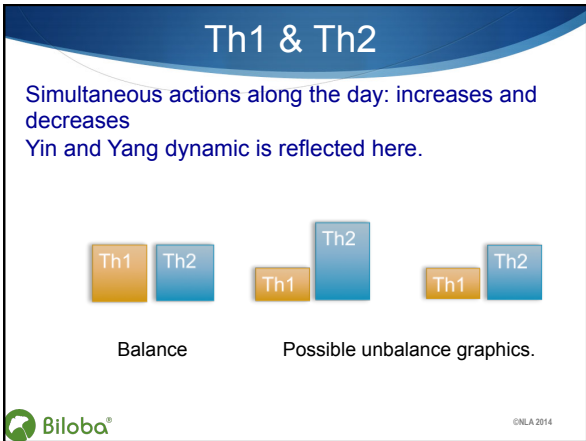
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3. Associated Unbalances

Types, etiology, characteristics.




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- ### Why? Th1 to Th2 change: etiology
- ✓ Irritants agents
 - ✓ Vaccinations (stimulate Th2)
 - ✓ Intense expositions to carbamate and organophosphates insecticides (IL2 inhibition – Th1 decrease)
 - ✓ Repetitive *E. coli* infections
 - ✓ Alcohol abuse
 - ✓ Leaky Gut Syndrome, intestinal impairment
 - ✓ Hydrochloric acid and enzyme insufficiency
 - ✓ Glucocorticoids (anti-inflammatory)
 - ✓ Heavy metals
 - ✓ Poor sleep
 - ✓ Poor nutrition
- 
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Th1 to Th2 change: etiology

- ✓ Acidity: low pH
- ✓ Psychological and physical stress
- ✓ **Negative attitudes:**
 - ✓ Living emotionally “swollen” or “inflamed”.
 - ✓ Long feelings or experiences of fear, helplessness, frustration, sadness, worry.



WOOD
 WATER-WOOD
 WOOD-EARTH
 UNBALANCE



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Accumulation of Toxins and Reactive Loci Importance

Th2 phase prevalent: acute inflammation, chronic inflammation

Chronic Fatigue Syndrome is a manifestation of the TH2 prevalence over Th1 immune defence.

1. Breast lumps or fibromas, ovarian cysts.
2. Myomas_
3. Endometriosis
4. Arthritis and rheumatoid arthritis
5. Oncogenic conditions: breast, lung, liver, bones...

Possible evolution? Related areas?
Causal relationship? Confirmed!



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Th1 to Th2 shift Introducing progress

- ✓ CFS > inflammation, weakness > **virus** > inflammations / chronic inflammations > **virus** > masses, degeneration / neoplasia > oncologic conditions
- ✓ Autoimmune conditions with inflammatory aspects:
 - Thyroiditis, Rheumatoid Arthritis, Intolerances & allergies
- ✓ Oncologic conditions development.
- ✓ Viral implication*: EBV: CMV, HHV, HPV

BASIS: WOOD
UNBALANCE



* Lorite, 2002 Mycology News nº 2 (RA, CFS, EBV)

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4. Women, Health, Challenges

INITIAL HIPOTHESIS DR. LORITE AYÁN:
Liver physio-energetic sphere.
THE LIVER LINK©
Hypothesis confirmation and on going work

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Last decades challenges

- ✓ Since the late 80s and in the 90s: **Chronic fatigue** cases, formerly called ME, PVS, PVCF.
- ✓ In the early years: little clarity about the genesis of the **manifestations**, so **diverse** and so **variable**.
- ✓ A "post-viral condition" itself; was not always the cause, but was similar.
- ✓ **Woman disappointment**: she feels ill, sad o tired, but her family did not understand or believe her, nor the health care environment or at work.
- ✓ Health care **practitioners frustration** about the results.



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Chronic Fatigue Syndrome

- ✓ A condition treatment can be focused:
 - ✓ on agent (anti-),
 - ✓ on environment / miasm,
 - ✓ on both.
- ✓ In late 90s: CFS is defined and described, at least "it exist" for scientific community, which is important for patients...
- ✓ A relationship with viral agents is found: **EBV**, HHV6, CMV
 - ✓ CFS ↔ Virus
 - ✓ EBV triggers HHV, CMV



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Chronic Fatigue Syndrome

- ✓ A **immune unbalance relationship** is found:
 - ✓ Th1 / Th2 shift, Th2 predominance over Th1
 - ✓ Acute, sub-acute and chronic inflammation of locomotors (mainly) and other tissues.
 - ✓ EBV is an intra-cellular virus, supposed to trigger Th1 but it doesn't... It misleads immune system, to survive ;)
 - ✓ Women with CFS usually show blood titles to EBV, even CMV and an unbalance in T4 and T8.
 - ✓ Some times we found the viral titles are very low.



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Potential Symptoms of CFS

- ✓ Continuous fatigue, not relieved by sleep.
- ✓ Poor concentration, brain fog
- ✓ Poor memory, decreased cognitive ability
- ✓ Inability to do everyday task
- ✓ Multifactorial headaches and migraines
- ✓ Neuralgias.
- ✓ Body aches
- ✓ Inability to move
- ✓ Depression, anxiety, distress
- ✓ Frustration.
- ✓ Lack of vitality
- ✓ Biologic system fatigue



UPS AND DOWNS
Poor quality of life
Disables.

Fibromyalgia**



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The Liver Link

Is there a specific social environment?

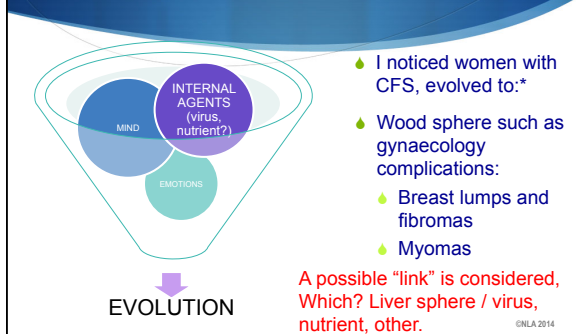
- ◆ Women situation is not simple.
- ◆ High mountains have been climbed in terms of social, economic, cultural and personal development.
- ◆ Still so much to do...
- ◆ This all comes at a price.
- ◆ Spent / lost time?
- ◆ High auto-exigency levels
- ◆ High level of responsibility
- ◆ Working hard
- ◆ Incompatibility between professional and personal life.



• Lortie, 2002, Westminster University, Seminar «Understanding Wood»®, Una reflexión biológica sobre el SFC y la mujer. Lortie Ayán, N Biorritmos, 2006

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Hypothesis: The Liver Link. CFS > masses



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Stasis evolution and masses formation



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The Liver Link

- ◆ **Liver Patterns:** Qi stasis, Qi & Blood stasis, Yin Inf. Fire
 - ◆ Affect: Specific emotions, creativity, resources, projects, mobility, gynecologic and masses/"Tan" formation, etc.
- ◆ **EBV** implication
- ◆ New approach with **Mushroom Nutrition Coriolus, Reishi, Cordyceps, Poria, etc.** show relevant results.

• Lortie, 2002, Westminster University, Seminar «Understanding Wood»®, Una reflexión biológica sobre el SFC y la mujer. Lortie Ayán, N Biorritmos, 2006

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The Liver Link

Initial presentation available

- Chronic Fatigue Syndrome and Breast Lumps / Myomas: the Liver Link - a TCM perspective, available at www.mycologyresearch.com presented at: 4th International Symposium on Mushroom Nutrition, The use of mushroom nutrition as adjunct nutrition in oncology. Westminster University, June 15th, 2002.
- VII International Congress on TCM (Fundación Europea de MTC) y II International Congress on TCM (Pefots) (also Congress President) Barcelona 2002
- Chronic Fatigue Syndrome and Breast Lumps / Myomas: the Liver Link - a TCM perspective, III Eurotcn International Congress on TCM. Brussels 2003.

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Initial hypothesis, confirmed: The relationship "exists"

WOOD
Origin and generation

CFS (Evolved sphere) Th1/Th2 (Modification)

Breast Lumps (Qi masses, Benign) Uterine Myomas (Qi/Blood masses, Benign) Ovarian Cysts (Qi masses, benign)

Several viruses. Main: EBV; triggers other viruses

Liver Qi/Blood/ Yin, altered dynamics

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Most frequently affected areas

Prevalent Th2: Chronic inflammation, benign masses development, oncologic masses development. Specific psychological and mental aspects.

Reflex areas of Wood Sphere in different levels :

- Physical
- Mental
- Emotional

- Wood is the origin and explains evolution.
- Even oncological masses

EARTH
WOOD
WATER METAL

«Chinese medicine basis. Physiology». Lorite Ayán, N, 2013

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Initial hypothesis, confirmed: Relational progress

WOOD
Origin and generation

CFS (Causal sphere) Th1/Th2 (Modification)

Multiple unbalance (Involved spheres) Oncologic Neos (Several)

Physio-energetics and biology match. Matter = Energy

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Initial hypothesis, confirmed: Relational progress

WOOD
Origin and generation

CFS (Causal sphere) Th1/Th2 (Modification)

Multiple unbalance (Involved spheres) Oncologic Neos (Several)

Presence of different VIRUSES, and INFLAMMATORY, CHRONIC AND OXIDATIVE SITUATIONS.

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Understanding, prevention & therapeutics

Immune Disorder
Viral presence

Liver Unbalance (Physioenergetics)

CYSTIC MASSES

MULTIPLE SENSIBILITY MYOMAS, ENDOMETRIOSIS

ONCOLOGICAL MASSES BASIS-L CFS VIRUS* HPV

RA

*EBV, CMV, HHV, HPV

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Understanding, prevention & therapeutics

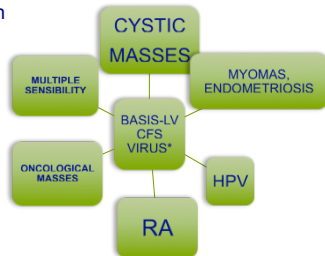
PREVENTION

Avoid or minimize evolution to more severe and deeper conditions.

First symptoms can appear relatively soon, approx. 30 y.

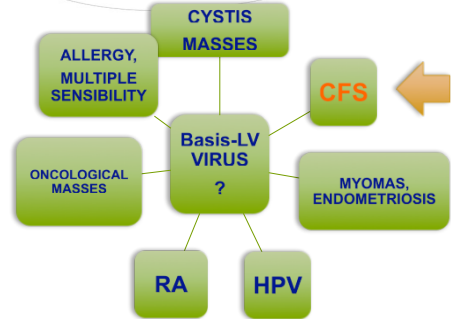
THERAPY:

Mushroom Nutrition:
Immune modulation
Organs support



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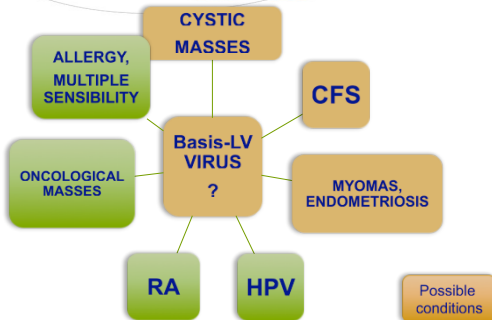
Beyond CFS



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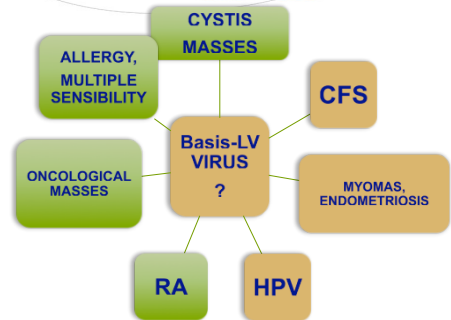
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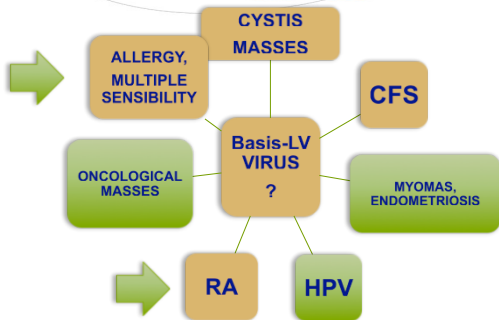
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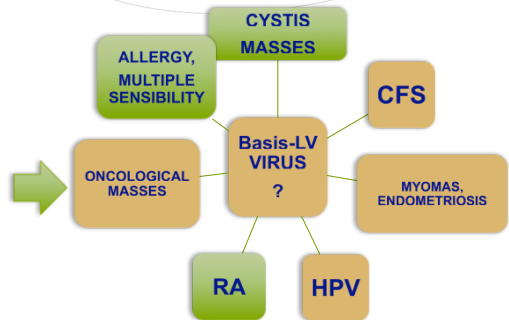
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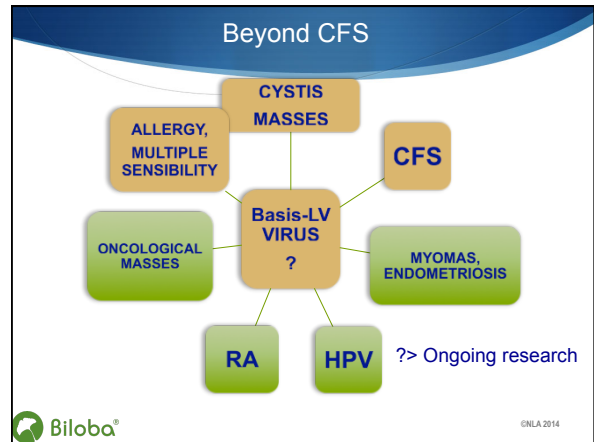
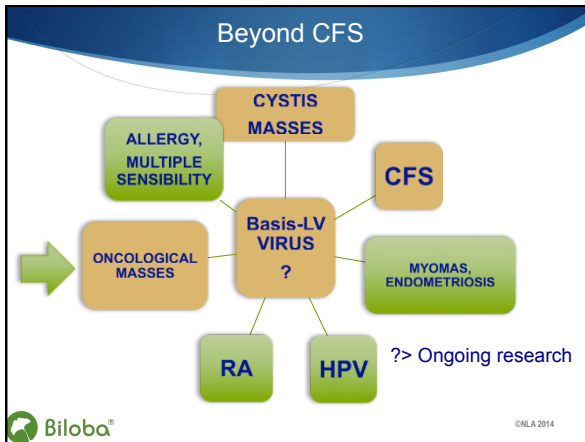
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Beyond CFS



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- ### Similar Etiology. Similar Condition. Similar Environment.
- ◆ "What moves does not stagnate".
 - ◆ Maintain the adequate flow of: Qi, Blood, Emotions, Body Fluids...
 - ◆ Avoid proper bio-environments for disease
 - ◆ Remember "the Essentials" in therapy
 - ◆ CFS is key because can evolve to other phases. FBM is an advanced case in CFS
 - ◆ Different CFS intensity
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- ### 5. Women, Health & Mushroom Nutrition.
- TO SUPPORT EVERY LEVEL
 - TO BALANCE WOMAN HERSELF:
 - INTERNAL LEVELS
 - RELATIONSHIPS
 - THERAPEUTICAL RESOURCESS:
 - FOCUSING ON MUSHROOM NUTRITION
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- ### Nutritional mushrooms A kingdom apart
- Very simple structure. Complex composition. Presence of Glucanes.
 - Enzymes* with immune modulation/ stimulation activities. Highest activity in mycelium.
 - Complete mushroom: body fruit and mycelium (biomass).
 - Biomass: global composition, with enzymes and more powerful interaction with our body.
 - Lots of references and research. Led by coordinated independent professionals and practitioners.
- Biloba®** ©NLA 2014

Some relevant mushrooms and activities.

Coriolus versicolor
Cordyceps sinensis
 Reishi - *Ganoderma lucidum*
 Maitake – *Grifola frondosa*
 Shiitake – *Lentinus edodes*
Agaricus blazeii
Poria cocos
 ... and others.

- Anti-inflammatory
- Antioxidants
- Cellular metabolism enhancers
- Tissue repair
- Detoxification
- Specific organs synergy
- Conventional therapy synergy
- Safe



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Select



Selection related to condition's depth. Imp.: similar actions, recommendations in different CFS levels.



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CORIOLUS VERSICOLOR – CORIOLUS MRL

- **EBV:** CMV, HHV, HPV.
- Muscle and joints complaints. Pain, Arthritis, Neuralgias, Lack of energy. CFS. RA. (Lorite, 2002) – Look for: lymphocytes types and serology.
- **Leaky gut syndrome.** Corticosteroids abuse. Adrenal Exhaustion (not necessary a "clinical" condition).
- **Fibromyalgia,** Pain, Tiredness, Menopause (masses related to...)
- **Ovarian, Uterine and Breast Masses**
- **Autoimmune conditions:** RA, thyroiditis.
- **Chemo and Radio support**
- Helps improving energy sensation.



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CORIOLUS VERSICOLOR – CORIOLUS MRL

- Recommended doses:
 - 2 weeks (min.): 3g biomass/day. (6 tablets per day)
 - 6 weeks: 1,5g biomass/day.* (3 tablets per day)
 - *Individualize. 6 weeks: important changes can be achieve.
 - Control needed to avoid or minimize aggravations.
 - In advanced cases: supplementation program can vary.
- Confirmed by several studies: Coriolus, J Integrative Medicine 2004;8:101-108
Jean A. Munroe, MB, BS, MRCS, LRCP, FAAEM, DIBEM, MACOEM



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CORIOLUS MRL

HPV (LSIL, HSIL), Hepatitis C, CFS, HIV...

PATIENTS with HPV - LSIL

HPV – LSIL/HSIL responsible for cervical cancer.
6 months to 1 year treatment: negative.

HPV negative in 85% cases
(9% of patients in control group)

Dr. Silva Couto

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CORIOLUS MRL - HPV (LSIL, HSIL), Dr. Silva Couto, 1 year survey

Table 1. Results of the treatment of LSIL lesions

	With Coriolus versicolor		Without supplementation		Total
	Negative after 1 year	Positive after 1 year	Negative after 1 year	Positive after 1 year	
Citology	13 (72,5%)	5 (27,5%)	10 (47,5%)	11 (52,5%)	39
HPV	9 (90%)	1 (10%)	1 (8,5%)	11 (91,5%)	22

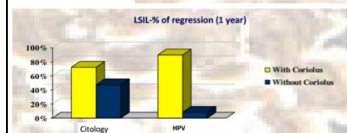


Fig.1 - Percentage of regression of cytologies LSIL and HPV+ in LSIL patients

Good results have also been achieved in 6 months
(depending on patient's age, among other factors).

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GANODERMA LUCIDUM, REISHI MRL

- ◆ **Antiinflammatory/analgesic:** detoxifies, nourishes Blood, hydrates elastic tissues.
 - ◆ Promotes regulation and reuptake of inflammation mediators. Modulates inflammation, clears heat and toxins.
- ◆ **CFS and its manifestations.** Immune regulation. Beta-glucans, oligo-elements, sterols and others. (supporting above all: Qi Level)
- ◆ **Adaptogen, sedative, cardiogenic.** (Heart/Shen, Heart Blood, Spleen Qi promotes Heart Blood.



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GANODERMA LUCIDUM, REISHI MRL

- ◆ **Promotes:** General energy, weakness in loin region and knees, fatigue, exhaustion, CFS. Beta-glucans, triterpenoids and others. (Ando, 2007)
- ◆ Supports Water Element/Kidney Sphere: Essence or Jing.
- ◆ **Oncologic conditions:** breast, lung, bones, along with Coriolus MRL and Cordyceps MRL.
- ◆ Dose: 1 to 3 g biomass /d. If combined: support all levels, including Liver sphere.



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CORDYCEPS SINENSIS – CORDYCEPS MRL

- ◆ Relevant actions in CFS, related closely with infections and oncologic degeneration.
- ◆ Related to Yin, Blood and Essence: a deeper level.
- ◆ Extreme weakness, chronic and severe conditions, oncologic conditions, bones, liver.
- ◆ Autoimmune conditions: vasculitis, fertility support.
- ◆ Dose: 1 to 3 g biomass/day.



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LENTINULA EDODES, SHIITAKE MRL

- ◆ Pain
- ◆ Weakness
- ◆ Tiredness, in general
- ◆ Regulate cortisol levels,
- ◆ Regulate HHA axis
- ◆ Great combination with biomass of Coriolus, Reishi, Poria.
- ◆ Dose: 1 to 3 g biomass /d.



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PLEOROTUS OSTREATUS - PLEOROTUS MRL

- ◆ PAIN
- ◆ Contractures
- ◆ Tendons, ligaments relaxation.
- ◆ TENSION AND STRESS SUPPORT
 - ◆ These can be the first symptoms, if something is not working, of CFS along with physical and mental stress.



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PORIA COCOS - PORIA MRL

- General regulation, sedative, enhances Spleen Qi.
- Diuretic pattern in TCM. Does not harm body fluids.
- Degenerative conditions.
- Long term use, possible.
- Doses: 1 to 3 g biomass /d.

Can be combined with any other mushroom.



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6. Conclusions

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CONCLUSIONS

- Each life stage in women has its own characteristics.
- Those presented challenges can seriously affect women's lives.

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CONCLUSIONS

For practitioners:

- ◆ Pay global attention to:
 - ◆ **any sign or symptom**, wherever it appears (body, mind, emotion).
 - ◆ **any inflammatory** change.
 - ◆ causal agents interfering **Wood dynamics** and Qi/ Blood flow.
- ◆ **Antiviral support. Immune balance.**
- ◆ Detoxify. Promote enzymes activity.
- ◆ **Daily mushroom doses** can be adapted - can be even higher than 3g biomass/day.

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CONCLUSIONS

- ◆ Do not let CFS spread and evolve as a wider and more complex syndrome.
 - ◆ i.e.: RA, difficult treatment: RA related to CFS: more difficult
- ◆ Consider an **early treatment** of those manifestations related to Wood, CFS, breast lumps or myomas, before they get worse.

◆ *"The Art of Diagnoses uses the smallest number of manifestations"*

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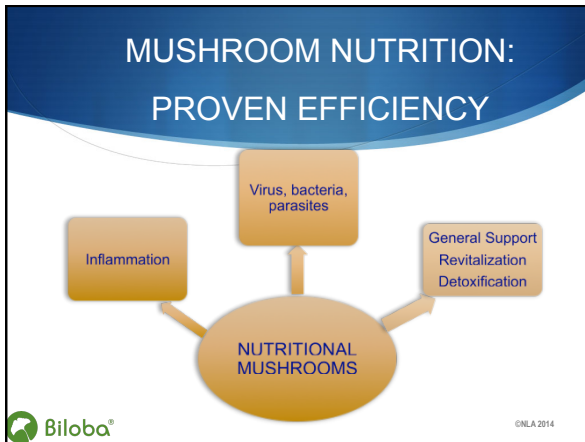
CONCLUSIONS

◆ **"Prevention is the best ally"**

For patients:


- ◆ Express, let it go, let it flow
- ◆ Take charge of your life
- ◆ Relax, Sleep
- ◆ Optimal nutrition
- ◆ Meditate about life style and beliefs, maybe some decisions should be done.
- ◆ Listen to your body
- ◆ Be happy

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Thank you Dank Je Wel

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