



Reishi

Mushroom Of Immortality

Properties & Artisanal Cultivation

by J. Bilbao



Reishi - Mushroom Of Immortality Properties and Artisanal Cultivation

Reishi, the Food that heals, The Mushroom Of Immortality, is anti-cholesterol and has anti-tumor effects. It is an edible fungus native to China and known for at least 2000 years. Reishi is a mushroom that has had great therapeutic importance since the beginning of the Chinese empire and that has only aroused interest among Western scientists in the last 50 years. It was originally cataloged as the "HEALING FOOD" or the "MUSHROOM OF IMMORTALITY" for its longevity properties.



Botanical Characteristics

It is a fragile mushroom whose colors vary from white to black, passing through yellow tones, the stem is pale, sinuous towards the cap, with a height of approximately 10 cm. Reishi grows in all the warm latitudes of the planet with a sub-tropical climate, it develops in the trunk of damaged or dead trees (elms, willows, oaks, plums and others).

Nutritional value

The nutritional value of Reishi Mushroom is relatively low. It is rich in carbohydrates and proteins, it has little fat but at the expense of oleic acid (Unsaturated Fat) with good anti-cholesterol effects, the caloric value is also low, it contains vitamins B, C, D and minerals such as germanium, iron, calcium and match.

Medicinal properties

In Reishi Mushrooms (*Ganoderma Lucidum*) are the following components that have anti-tumor effects, ganodeic acid has a cytotoxic effect, proteoglycans have immunomodulatory and anti-inflammatory activity, dietary fiber has high molecular weight emicellulose, not absorbable by the being human, related to the dragging of pre-cancerous substances,



preventing their absorption and facilitating their excretion. These fibers seem to act against some cancers. Germanium facilitates the production of interferon and reduces pain in the final stages of cancer due to its anti-inflammatory effect.

Reishi Mushrooms also have immunomodulatory effects, polysaccharides increase the production and life of CD4 helper lymphocytes, which are destroyed when invaded by the virus and collaborate in reducing the intensity of symptoms, both in viral infections and in produced by the virus (HIV).

Other components found in Reishi Mushrooms have cardiovascular effects, it is an arterial hypotensive, it can decrease blood pressure by 10% to 20%, both diastolic and systolic, it is a good cardiotonic, it helps improve blood flow to the heart, it decreases the oxygen consumption of the heart muscle, it is useful in the treatment of angina pectoris, it is lipid-lowering, due to the presence of low-density lipoproteins (Oleic Acid), it decreases the concentration of cholesterol notably, it is anti-arterosclerotic, it helps to decrease the production of atheromatous plaque that restricts blood flow by narrowing the arteries resulting in arteriosclerosis.



Reishi Mushrooms notably help to overcome states of tiredness, reducing stress and chronic fatigue, they also help to improve some symptoms in neuropsychiatric disorders, such as anoxia nervosa, insomnia, Alzheimer's and it is a powerful antioxidant.



Reishi Mushroom Artisanal Cultivation

The artisanal cultivation of the Reishi mushroom is for cultivation lovers, it requires some learning and above all attention for the cultivation to be successful.

The first step of cultivation is to create the mycelium

The mycelium ceration of the fungus is almost a laboratory task that, although



it is not very complicated in most cases, turns out to be a difficulty for people who are fond of artisanal crops due to the lack of a specific space to carry out this work, for this reason in most cases, it is usually chosen to buy the seed or mycelium of the Reishi mushroom directly from producers of this product and it can be purchased through the internet without any difficulty. Once the mycelium is purchased, it should be stored in the refrigerator between 1 and 3 degrees centigrade until use.

Second step of the cultivation is the preparation of the substrate

We will make the substrate with hardwood chips and fine sawdust, this preparation will represent 80% of the total of the final mixture, later we will add 10% of cereal (It can be any cereal, example Barley) and finally, we will add 10% of bran The humidity of the substrate must be around 62% / 63%, if it is drier it will have to be moistened.

Third step, introduction of the substrate in bags and sterilization

Once we have created the substrate, it will be bagged in small bags or polypropylene bags with filters, in each bag around 3 kg of substrate will be introduced.

Subsequently, the substrate will be stylized, it can be done in a conventional



kitchen oven, but previously the oven will have to be thoroughly cleaned with a cleaning product that is usually used for this purpose so that there are no traces of bacteria from uses previous. To carry out the sterilization, we will proceed to heat the oven to approximately 120° C. Once the oven is hot, we will introduce the bag with the substrate and we will have it there for approximately 5/7 minutes, so that the entire substrate has been heated to that temperature for at least a few minutes.

Fourth step, mix mycelium and Reishi cultivation

Once the sterilization phase has been completed and the substrate has cooled, we will proceed to mix the Reishi mycelium with the compost, this mixture will be 2% mycelium, taking into account that the substrate weighed 3 Kg., it would be 60 grams of mycelium, the mixture will be will do in the upper part of the bag will be open to put it in the area where we are going to carry out the cultivation.

The incubation phase usually lasts around 18 days and the area or zone where it is carried out must have an ambient temperature of around 24/25 degrees centigrade and must be in the dark, this production is carried out with very little light 500/1000 lux , the premises must be well ventilated so that



CO2 concentrations do not exceed 2000 ppm.

The maturation phase usually lasts around 35/45 days after the incubation days, the average temperature in this phase should be around 20 degrees centigrade and the light around 500/1000 lux, the place should be well ventilated so that CO2 concentrations do not exceed 2000 ppm.

Fruiting phase, after maturation the reishi mushrooms already cultivated and ready to harvest begin to be seen, in this phase the same conditions are required as in the previous ones except for the temperature that can be lower than in the previous ones phases, be around 15/25 degrees centigrade, it can be room temperature of the place without having to use artificial means.

Reishi Crop Yield

In optimal cultivation conditions such as those exposed in the different phases of this, the reishi mushroom can produce up to four harvests per season and each harvest occurs with an interval of 25/30 days.

In general terms, the Reishi mushroom produces around 150/200 grams per kilo of substrate and mycelium used in production.



Important information:

Although the Reishi mushroom has many medicinal properties to improve people's health; does not replace traditional medical treatments.

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