

Health and longevity – it's all about balance

If you take time to watch a child, you will soon understand the miracle of life. A child lives every moment to the fullest. Children contain the essential mechanics of life that keep them in a constant state of rebuilding and renewing their bodies, they are the most incredible self-repairing organism of all.

Optimal aging, as opposed to premature aging, is what I call healthy longevity and it is all about maintaining balance within the body's internal systems. When we are healthy, we can rebuild and replace our structures at the rate of almost 200 million cells per minutes. In a sense, we wake up as a different person each morning!

Premature aging really begins the day your body breaks down faster than it can rebuild itself.

Even before Spanish explorer Ponce de Leon set out to find the 'Fountain of Youth' in 1513, people have been infatuated with the possibility of growing younger. The question is what if a so-called Fountain of Youth did exist? Perhaps if he searched for it on land instead of water, he may have found something that ancient Oriental medical text called 'Nature's rarest and most beneficial herb' – Red Reishi mushroom (*Ganoderma Lucidum*).

Even though there are numerous varieties of mushrooms that are revered for their unique health enhancing qualities, no other mushroom – or herb for that matter – is believed to be more powerful in helping to balance and restore the body's systems to their natural state than the Red Reishi mushroom.

The balancing and restorative quality of Red Reishi is believed to be attributed to its unsurpassed levels of phytonutrients called polysaccharides (a specialised group of water-soluble complex carbohydrates that have anti-tumour, immune modulating and blood pressure regulating effects), triterpenoids, (plant chemicals that have powerful anti-tumour and anti-inflammatory effects), proteins and amino acids.

The polysaccharides contained in Red Reishi – especially beta – 1,3-D glucan – have an incredible ability to enhance immune health and exert protective anti-tumour activity. This is extremely important when you consider that 80 per cent of all cancers occur after the age of 65, making cancer a disorder associated with aging.

Research indicates that these bitter phytonutrients, triterpenoids, may be able to protect us from inflammation (which is a known indicator of premature aging), diabetes, allergies and help enhance liver health – the body's chief detoxifying organ. The combination and quantity of powerful phytonutrients found in Red Reishi is what makes it stand out from all the other herbs – including mushrooms – when it comes to re-balancing our body's systems and helping to maintain healthy longevity.

Brad J. King, MS, MFS, is a nutritional researcher and author of ten books, including *Fat Wars: 45 Days to Transform Your Body* and the new *Awaken Your Metabolism, Your Ultimate Guide to Abundant Energy*. *Mikei Red Reishi Essence (30 capsules)* is available from all branches of Planet Organic, www.planetorganic.com, or directly from Haeon. Visit www.haeon.com, email haeon@btinternet.com or call 020 7481 1777.

