



GANOTHERAPY

the miraculous king of herbs

by Dr. Lim Siow Jin, Ph. D.

dxnproducts.com

DXN HISTORICAL BACKGROUND

1970 - China and Japan successfully planted **Ganoderma** in laboratory using spore separation cultivation method.

1975 - Commercial production in Japan.

1980 - Commercial production in Taiwan.

1983 - Commercial production in Malaysia.

DXN TECHNICAL BACKGROUND

Spore Separation Method

Using spore to reproduce. The disadvantage of this method is the instability in species control.

Tissue Culture Method

Exact reproduction of the mother plant, so the control of high quality species is possible. DXN is using this method of cultivation.

Organic Cultivation Method

1. 100% organic farming.
2. No chemical fertilizer, insecticide, hormone etc.
3. Highly nutritional cultivation method, using paddy, brown rice powder etc.

Company Experience

1. Highest therapeutic effect is obtained from Red Ganoderma.
2. Many species are developed from Red Ganoderma which is a common term for a family of gano species.
3. There are more than 200 species from the Red family.
4. 6 species have the highest therapeutic effect.
5. DXN's Gano product is a combination of these 6 species.

Natural Concentration Method

1. Dehydration

Freeze and dry 5 kg (fresh) gano into 1 kg (dry).

2. Fibre Separation

Remove the less therapeutic fibre from the dried gano using a special technique developed by the company 4 kg. (dried) gano reduced to 1 kg. Total concentration 20:1.

3. Ultra-Violet Treatment

Treated with ultra-violet ray to enhance the therapeutic effect.

4. Micro Powderation

Crush hard cover of the spores and reduce them into micro size using a special technique developed by the company. All active ingredients of Ganoderma are conserved throughout the process.

GANOTHERAPY

Ganotherapy in general

In the world today, majority of the population are in the state of 'pre-illness' due to environmental pollution, stresses and unhealthy lifestyle such as consuming diets which are high in fats, cholesterol, sugar, salt and chemical additives. Under these circumstances, it is wise to prevent any deterioration in health rather than seek a cure after illness prevails as the saying goes: "Prevention is better than cure."

Ganotherapy is one of the holistic approaches to alternative complementary medicine. The underlying belief is that our body is the best doctor. Our body immune system when at its optimum condition is able to fight numerous diseases at one time, knowing the priority and without having side effects. All we see or feel is the reactions as it gets rid of the toxins and cures the illnesses. In Ganotherapy, it uses **Ganoderma** extracts from the fruit body and its mycelium to gain health.

The 4 basic principles of Ganotherapy are:

1. Illnesses are caused by 2 sources; Toxins in our body and disharmony in body functions.
2. Ganoderma does not cure illness, but it helps to balance up our body system and improve immunity against diseases.
3. Any reaction that takes place is caused by our body system and not by the intake of Ganoderma.
4. The dosage of Ganoderma taken is irrelevant to diseases.

Stages in Ganotherapy

There are several stages in **Ganotherapy**.

Stage 1: Scanning (1-30 days)

Ganoderma helps to regulate the body functions. During the initial intake, the scanning effect will reflect in several reactions of the body, through which we may identify the ailing areas of the body.

Stage 2: Cleansing -Detoxification (1-30 weeks)

1. Uric acid, excess cholesterol, fat and calcium deposit, bad tissue and other chemicals accumulated in our body are toxins
2. The toxins are removed from our body by:
 - o Sweating
 - o The circulation system - (Kidney & liver) and then discharged from the body through urination and stool.
 - o Boils, rashes, phlegm and mucus discharge

Stage 3: Regulating (1- 12 months)

1. Balancing effect of **Ganoderma** helps to regulate the body functions.
2. Many reactions can be observed during regulation. This is a sign that the body is healing and one should not worry about it.
3. One should continue to consume **Reishi Gano (RG)**.
4. If the reaction is too vigorous, reduce the dosage and/or increase intake of **Ganocelium (GL)**
5. After the reaction is reduced or over, resume normal dosage. The reaction may come back but proceed with the dosage.

Stage 4: Building (6 -24 months)

1. This is the process of building and healing body parts that have sustained injuries or damage.
2. Strengthening the immune system, improving physical strength and mental calmness and creating more resistance to diseases.
3. Supplying essential elements to the body, such as minerals and triterpenoid for the recovery of bodily functions.

Stage 5: Regenerating (1 - 3 years)

1. This is the ultimate aim of Ganotherapy.
2. It is the process whereby our body is functioning at its optimum level and has a rejuvenating effect (restore youthful appearance, strength and peace of mind).

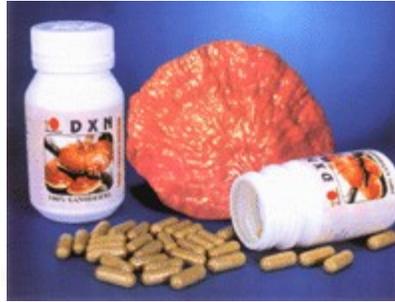
Misconception of herbal medicine

When a person has a disease or illness, they usually turn to a prescription drug to solve that problem. Unknown to most patients, however, is the fact that prescription drugs only mask the symptoms of the disease they don't actually eliminate the source of the problem. Many users of herbs, nutritional supplements and other complementary or alternative health solutions view those solutions in the same way they view conventional medicine. That is, they are asking for an herb to cure their symptom. If they have pain, they want a pill that will eliminate the pain, and the only difference between patients who turn to conventional medicine and patients who turn to natural medicine is that the natural patient wants a pain pill from a plant.

All this is extremely frustrating for practitioners of alternative medicine, holistic medicine, herbalists, nutritionists, etc. Because they want to help patients, but most patients really aren't looking for long-term solutions: they're looking for short-term masking of their symptoms, using products that they can call "natural." Alternative medicine is no better than conventional medicine if you treat it as a temporary cover up for a pattern of symptoms that you created in your life through your unwillingness to make changes that lead to long term health. Herbal medicine has a much higher purpose than to be relegated to the limited worldview of conventional medicine. Herbs should be used holistically to support a healthy lifestyle. Some herbs are truly powerful and can, indeed, help a person overcome practically any disease: cancer, heart disease, diabetes, depression, you name it, but to maintain long term good health we need to change our lifestyle by consuming healthy diet and exercising.

Ganotherapy supports in achieving good health by detoxifying and regulating the body. However as these products are actually food, we need to consume enough regularly, for them to make a difference. Perseverance and commitment to change ourselves is important as the body may feel some reaction as it gets rid of the toxins accumulated over the years!!

GANOTHERAPY



DXN Ganoderma

How does it act on body?

In the body, all the five active elements of Ganoderma act in synergy (coordination) to bring in total health, which is the basis of **GANOTHERAPY**. Ganoderma, when consumed, reaches all the cells in the body due to its unique quality of being an Adaptogen. Then the following five steps of health improvement take place.

SCANNING: During this process, the body cells are checked for Toxins and Inactivity. Most of these kinds of defects at the cell level are reported by way of REFLECTIONS through the external organs like eyes, nose, ear etc. This is just a diagnostic phase which normally occurs within 6 weeks of starting Ganotherapy and lingers for about 5-7 days.

DETOXIFICATION (CLEANSING): (8 30 weeks): During this phase, the unwanted / harmful matters (called the toxins) are removed from the body. The body using its own natural excretory mechanism, which is activated by Ganoderma, carries out this process. This phase takes place for about 5 - 12 days, depending on the level and quality of toxins.

During this process of detoxification, water soluble toxins (eg., sugar, uric acid) find their exit through urine and sweat. Fat soluble toxins (eg., cholesterol) are easily disposed off through phlegm.

REGULATION (1 ~ 12 months) : The bio-Chemical as well as bio-electric factors of the body are balanced and the organ functions are regulated to normal levels.

BUILDING (6 ~ 24 months) : In this phase, the damaged cells are repaired and reconstructed. Inactive cells are re-activated. Body's natural immune system is activated.

REJUVENATION (1 ~ 3 years) : It is a continuous process through-out life and during the process, body gains youthfulness. Oxidation of the cells prevented and ageing of the cells delayed. The natural immune system is activated at all levels.

Dosage Schedule for DXN Gano

Gano is not a **DRUG (or MEDICINE)**, but a **FOOD SUPPLEMENT** only. Therefore, there is no dosage regime as such for Gano. However, based on the practical experience, certain dosage guidance has been arrived at for the Healthy as well as Unhealthy people. Optimum results have been observed by following this schedule.

It is to be understood that the health improvement largely depends on the consumers own body condition, level of toxins in the body, duration of suffering from any ailment and the other lines of treatment one is undergoing. But one can certainly expect a good overall improvement in health on continuous consumption for more than 12 months. Long term health recovery and protection are more appreciated in Ganotherapy than the short term relief, as noticed in many other lines of treatment.

Dosage for the HEALTHY:

One pair (1RG + 1GL) in the morning on empty stomach and one pair in the evening on empty stomach (about half an hour before Supper).

Dosage for the UNHEALTHY:

Gano dosage does not depend on the type of ailment. It is rather decided by the intensity of the ailment. All patients may be grouped under any of the three broad classifications, in order to arrive at the daily dosage.

Intensity of Illness	MILD & MODERATE	SERIOUS	TERMINAL
RG/GL pairs/day	3 ~~~ 4	5 ~~~ 12	More than 12 SPECIAL ATTENTION REQD.
Improvement noticed	Good	Good	Good support to other lines of treatments. Improves general condition and quality of life.
Recovery Period (months)	3 ~ 6	6 ~ 12	Overall improvement. Relief from pains and side-effects due to other drugs.
Post-recovery maintenance	2 pairs/day permanently	2 pairs/day permanently	6 pairs/day permanently. Continuous monitoring required.

Note:

Physician's advice should be followed for specific ailments. Gano is consumed in addition to the medications prescribed by the physician. Gano complements all other lines of treatment and it is not a replacement to medications, which are prescribed specifically for diseases.

- ✓ People suffering from acute Gastric ailments, Ulcers of the digestive system, Respiratory allergies and Epilepsy should avoid consuming Gano on empty stomach.
- ✓ In the case of terminally sick people, gano is advised in addition to the other lines of medical care. For such advices, good experience in Ganotherapy is essential.
- ✓ In the case of people suffering from congenital (by birth) defects and anatomical defects there may not be any direct improvement of the defect; but gano improves general health, energy and immunity.
- ✓ For effective treatment of Infertility as well as Impotency, personal counseling and the study of diagnostic reports are desirable. Experienced ganotherapist may be of great help.
- ✓ Always start the dosage with 1 pair a day during the first week, increase to 2, 4, 6 during the following weeks to reach the required dosage schedule as indicated above.
- ✓ In the case of children below 10 years and weak/very old people, start with GL alone and then add RG to make a pair.

Benefits of Using Ganoderma

Beauty is Skin-Deep! But Health is Cell-Deep!!

- ✓ Gano works at Cell Level on the entire body.
- ✓ Gano protects body from Diseases as well as Disorders.
- ✓ Gano gives Health, Vigour & Vitality.
- ✓ Gano reduces stress; retards ageing process and increases life span.
- ✓ Gano is effective for all age groups from Womb to Tomb!
- ✓ Gano suits anybody and everybody.
- ✓ Gano has no interaction with other lines of treatment. It complements the same.
- ✓ Gano overcomes the side-effects of other medications and relieves the patients.
- ✓ No diet restriction. Liberal dosage schedule; Mega dosages not harmful at all.
- ✓ No Side Effects! No Addiction!!
- ✓ Gano is for everybody Healthy as well as Unhealthy.

A single herb is able to give all the three benefits of health to the human body, which is very unique in the health sciences. It is an Elixir of Life!

RECOVERY from the earlier ailments!

MAINTENANCE of the present good health!

PROTECTION from the future problems to health!

GANO is for Health, whereas **DRUGS** are specific to Diseases (or Symptoms)

Directions for Using Ganoderma

1. Dosage Directions

- a. To maintain health: initial dose (first fifteen days), take one capsule before breakfast, and one before going to bed. After fifteen days, once a day is sufficient. (Each time one capsule). However, it may be taken whenever there is pain.
- b. Patients with rheumatism, thrachetitis, or pain, should take twice a day, before breakfast and dinner, until the symptoms disappear. After that, once a day is sufficient. However, it may be taken whenever there is pain. (Each time one capsule)
- c. Seriously diseased patients with hepatosis, cancer, diabetes, apoplexy, should take more than three times per day, 1-2 capsules each time. If needed, 1-2 capsules may be taken 4-5 times per day.
- d. Since many people have a sensitive stomach, it is better to take the first bottle after meals. After the first bottle, take it 30 minutes before meals.

2. Cautions

- a. Ganoderma is a natural food, which can be taken with other kinds of drugs.
- b. In the morning after using it, you should take a slow jog or a brisk walk to warm up the body. You may take deep breath to get some fresh air, and to supply the body with more oxygen, improving circulation and the metabolism.
- c. Eliminate once a day
- d. Avoid foods rich in animal fat, fried foods, salty, canned foods, caffeine and spicy foods. Eat more fruits and vegetables and lean meals.

3. Reactions

- a. Symptoms disappear
- b. Feel energetic
- c. Appetite increase, but body weight stabilizes.
- d. Sleep more deeply and soundly. Sleeping hours will be reduced but will wake refreshed.
- e. Improved elimination
- f. "The opposition effect reaction": A concept in Chinese medicine: the symptoms will become worse before they become better, because the causes of the diseases are being eliminated. After taking Ganoderma for three days, slight opposition effect reaction may result. It is not a side effect. Please continue to use. It is just a result of its efficacy, and the reaction will be different for each individual. Not everyone will experience this reaction, as it depends on the

amounts of toxins in the body that are being eliminated. In general, one who has hypertensive constitutions, or who takes large amounts of chemical drugs, will easily have such a reaction. Sometimes, urticaria may appear, on the face or the body, or even in the mouth. Also, one may have edema, diarrhea, stomachache, fever tinnitus, blood pressure variation and increased excretion. These are not side effects. Do not worry. Continue use. The symptoms will lessen or disappear very soon.

Some phenomena resulting from herbal medicine or alimentary therapeutics are considered as side effect of the drug. Actually, when these symptoms occur, the disease will be cured gradually. Someone even emphasized, "No opposition effect reaction, no cure."

Opposition Effect Reaction - Becoming Better Reaction

1. When an acidic constitution changes to an alkaline one, the toxic substances within the body are being discharged. At this moment, different reactions will appear, generally within 3 - 10 days. Symptoms vary from one to another for some they may be light, for other they may be more severe. It depends on one's constitution. When the symptoms have disappeared, one may feel very comfortable and energetic.
2. When the body constitution is acidic, blood will be turbid. Diseases will appear in different organs. Be sure you do not develop an acidic body constitution.

When a reaction is severe, the following symptoms could occur.

a. Acidic constitution

1. Very sleepy, even in the day time
2. Thirsty and dry mouth
3. Urination at night, after gas passage
4. For the following diseases, these reactions may occur only in the short period of time:
 - a. Hypertension: heaviness in the head which may last for 1-2 weeks
 - b. Anemia: nosebleeds for women
 - c. Gastric disturbances: heat in the chest, poor appetite
 - d. Gastric ulcer: pain
 - e. Gastropnoxis: heavy feeling in the stomach, hiccough
 - f. Enteropathy; diarrhea
 - g. Hepatopathy, hiccough or vomiting
 - h. Cirrhosis of the liver: bloody stool
 - i. Renal disease; protein level may suddenly drop, slight edema in the face
 - j. Diabetes: blood sugar may rise, slight edema in the hands and feet
 - k. Hemorrhoids: bleeding may occur occasionally

b. Occurrence of "Opposition Effect" Reaction

1. Nine out of ten patients may have this reaction
2. Patients who have this reaction will have faster results from Ganoderma
3. Length of reaction: a light reaction may last 2-5 days: a severe one, 7-30 days.
4. If the reaction is serious, reduce the dosage, or see a doctor to relieve the symptoms first, then continue to use until the reaction has been eliminated.
5. Some may experience the reaction 3-10 days after beginning treatment with Ganoderma. Some may have the reaction 2-3 months later. The reaction is not limited to one experience only, unless the disease has been completely cured.

Why Ganoderma has “No Effects”

In general, after consuming one bottle, one may feel its effects. If you have taken it continuously, it will improve your health. However, some people may experience no effects at all. The reasons are listed below:

1. It was not taken at definite time, or the recommended dosage was not followed
2. Stop using when the “opposition effect reaction” occurred
3. Diet, exercise and style of living did not conform.
4. Illness has lasted too long or too many chemical drugs have been used. The toxins within the body cannot be fully discharged.
5. The severity of the illness varies after beginning treatment. Patients lose their confidence, so they stop talking. When the disease has not been completely cured there will be an oscillating phenomena, but pain may lighten little by little. Continue to use.
6. Psychological factors. Accept others suggestion to stop taking

Note: The contents of this report are based upon research reports from foreign countries. That Ganoderma is suitable for use as a health food is confirmed by these research results.

Reishi Gano (RG)

Reishi Gano is a kind of mushroom essence (ganoderma lucidum) widely known as ‘King of Herbs’. It is established to have great effect for:

1. Scanning diseases
2. Cleansing toxins
3. Regulating body functions
4. Ensuring recovery of health
5. Preserving youthfulness

Contents of Reishi Gano

1. Polysaccharide
2. Organic germanium
3. Adenosine
4. Ganoderic essence
5. Triterpenoides
6. Protein
7. Fiber

Reishi Gano contains more than 200 active elements which can be divided into three categories including 30% of water soluble elements, 65% of organic soluble elements and 5% of volatile elements.

Water Soluble Elements

Polysaccharides (The Cleanser)

- ✓ Helps strengthen the natural healing ability of the body.
- ✓ Allows the body to establish a strong immune system.
- ✓ Helps prevent the growth of abnormal cells
- ✓ Helps reduce blood sugar level and restore pancreas functions
- ✓ Helps prevent the degeneration of tissue cell
- ✓ Helps prevent the degeneration of internal organ
- ✓ Help cleanse toxic deposit from the body (detoxification)
- ✓ Helps strengthen cell membrane
- ✓ Helps increase the oxygen carrying capacity of red blood cells.

Organic Germanium (The Balancer) - Partially soluble

- ✓ Helps increase the oxygen content in the body
- ✓ Helps regulate the balance of electrical charges in the body (Electrical Charge Balancer)
- ✓ Helps remove abnormal electrical charges found around sick cells

Organic Soluble Elements

Adenosine (The Regulator)

- ✓ Helps lower down cholesterol level in the blood and the amount of free fat
- ✓ Helps lower down the level of blood lipid and stabilize red cell membrane
- ✓ It can help lower down the level of platelet's agglutination
- ✓ Helps improve the function of the cortex of the adrenal glands to maintain endocrine balance.
- ✓ Regulate the metabolism for a youthful and energetic feeling
- ✓ Balance the pH of blood

Triterpenoids (The Builder)

- ✓ Bitter in taste
- ✓ Helps enhance digestive system
- ✓ Helps prevent allergy caused by antigens because it inhibits the histamine-releasing mast cells.
- ✓ Helps reduce cholesterol and neutral fat in the body
- ✓ Helps activate the nucleus of body cells

Volatile Element

Ganoderic Essence (The Regeneration)

- ✓ Can help overcome skin diseases.
- ✓ For beautification of skin.
- ✓ Can be used for external application on skin diseases, mouth ulcer and external wound (Also to stop bleeding)
- ✓ Helps rejuvenate the body tissue.

Effects of Reishi Gano

Scanning

- Diseases are caused by imbalance of body function
- RG can help to detect hidden diseases in the body and proceed to regulate the body function
- Symptoms shown by the body during regulation is known as ailment reflection.
- From the reaction, we can identify the ailing area. This is known as scanning effect of RG
- RG has the widest scanning range because it contains all the natural elements of Ganoderma water soluble, organic soluble and volatile elements.

Cleansing - Detoxification

- Uric acid, excess cholesterol, fat deposits, calcium deposits, bad tissues and chemical accumulation are the toxins present in our body.
- Among herbals, RG has the strongest effect in removing the above toxins
- Toxins are removed from our body by:
 - 1) Sweating
 - 2) The circulation system - (kidney & liver) and then discharges from the body through urination and stool
 - 3) Boils, rashes, phlegm, and mucus discharge

During detoxification, sometimes the body feels warm and thirsty. This is a sign that the body needs more water to discharge away the toxins.

Regulating

- Balancing effect to restore the body function back to normal.
- Many reactions can be observed during regulation. This is a sign that the body is regulating itself and one should not worry about it
- One should continue to consume Reishi Gano
- To monitor the reaction, regulate the intake.

Building

- Process of building and regenerating body parts that have sustained injuries or damage.
- Strengthening the immune system, physical strength and mental calmness, more resistance to body disorders.
- Supplying essential elements to the body, such as minerals and triterpenoids for the recovery of body function

Regenerating

- This is the ultimate aim to consume Reishi Gano
- It is the process whereby our body is functioning at its optimum level which is actually a rejuvenating effect (restore youthful appearance, strength and peacefulness of mind.)

Reishi Gano & Ganocelium as a food supplement

1. Always start with a pair of RG and GL per day
2. Add another pair for the following week as suggested in the Ganotherapy section
3. If the reaction is vigorous, reduce to one capsule of only RG or GL per day
4. Generally for maintenance, an intake of 1 or 2 pairs of RG and GL per day is sufficient
5. As a general rule, If the reaction is vigorous reduce the intake by half
6. Gano should be taken daily to achieve constant healthful effect
7. Best taken on an empty stomach. However, gastric and stomach ulcer patients are advised to take after meal.

Ganocelium (GL) - is the mycelium of ganoderma lucidum. It supplies a whole spectrum of vitamins and minerals supplement to our body. It serves as:

1. Brain tonic
2. Oxygen supplier
3. Basis for body growth

Contents of GL

1. Polysaccharides
2. Organic germanium
3. A whole spectrum of vitamins
4. A whole spectrum of minerals

Content of polysaccharide and organic germanium in ganocelium are four times more than that of ganoderma

Strength of GL

1. Brain tonic
2. Enhance body resistance
3. Cleanse toxins in the body
4. Provide vitamins and minerals supply
5. Strengthens gastric and kidney functions

Brain tonic- The brain system is the body's main nerve system. Oxygen enables the nerves to function. The high level of organic germanium in ganocelium helps the brain to function more effectively because it supplies adequate oxygen to the brain. When supplied with an optimum level of oxygen, the brain will become well-developed. Therefore, it is strongly recommended for children's brain growth and development.

Nerve stabilization - Veins and nerve disorder lead to hearing problem. Poor eyesight or kidney disorder. Ganocelium helps in the nerve stabilization.

Functions of polysaccharides

1. Help in preventing growth of abnormal cells and controlling their spread
2. Helps stabilize and strengthen body resistance system
3. Helps reduce sugar level in blood and revive pancreas function

4. Helps prevent cell tissues destruction
5. Helps discharge water soluble toxins

Functions of organic germanium

1. Helps increase oxygen supply to blood system
2. Helps revive cell tissues by increasing oxygen supply to body organ
3. Helps relieve fatigue
4. Helps cleanse blood
5. Helps strengthen blood circulation
6. Helps increase body's metabolism rate
7. Helps stabilize blood pressure
8. Helps stabilize electric function in the body
9. Helps eliminate electric energy around abnormal cells and turn abnormal cells into normal cells.
10. Help patients to recover from stroke
11. Helps prevent numbness of hands and legs
12. Helps eliminate water soluble toxins

Additional Information

Ganocelium can absorb organic germanium and minerals faster than ganoderma.

According to a report from Japan, ganocelium contains 6,000 parts per million (ppm) organic germanium whereas ganoderma only has 800 to 2,000 ppm of organic germanium.

A test conducted in a foreign country shows that ganocelium has better effect in controlling the growth of abnormal cells.

Reishi Gano & Ganocelium as a food supplement

1. Always start with a pair of RG and GL per day
2. Add another pair for the following week as suggested in the Ganotherapy section
3. If the reaction is vigorous, reduce to one capsule of only RG or GL per day
4. Generally for maintenance, an intake of 1 or 2 pairs of RG and GL per day is sufficient
5. As a general rule, If the reaction is vigorous reduce the intake by half
6. Gano should be taken daily to achieve constant healthful effect
7. Best taken on an empty stomach. However, gastric and stomach ulcer patients are advised to take after meal.

THE BEST DOCTOR

1. **Our body is the best doctor** - Everybody has the ability to cure diseases with their natural immune system.
2. All chronic diseases are caused by the imbalance of body function.
3. RG works on the body directly but not on the diseases thus making it possible to help the body to treat a wide range of diseases.

SIGNS OF AILMENT REFLECTION EXTERNAL SIGNS

FACE

EYES - The eyes react to the condition of the liver.

- a. **Reddish eyes (either one or both eyes)** - The liver has a high level of toxins. Reddish eyes are an indication that the body is discharging the toxins.
- b. **Blurry Eyesight** - Usually occurs in the morning. An indication that the liver is regulating itself
- c. **Waste disposed from the eyes** - This shows that the liver is not functioning properly and that detoxification is in progress. Also indicates excessive amounts of acid in the body.
- d. **Teary Eyes** - Emotional disturbances indicated, especially anger.
- e. **Tension in the eyes and eyelids** - Mental stress due to dissatisfaction or excessive workload

NOSE - The nose has a close affiliation with the lungs and throat.

- a. **Running Nose** - Toxic removal process from the lungs. Excessive level of acid in the body (usually the body temperature is too high).
- b. **Blocked Nostrils** - The lungs have a high level of toxins. A regulating process for allergies of the nose
- c. **Sneezing** - Removal of toxin process from the lungs. A regulating process for allergies of the nose
- d. **Coughs** - Coughing with a discharge of mucus means the removal of toxins from the body is in process. Dry cough means the lungs have an excessive amount of toxins in them. Thick mucus is usually discharged a few days after starting ganoderma. Coughing with itchy throat means that the removal of toxins from the throat and lungs is in process. Usually happens to heavy smokers and to those who breathe polluted air.

THROAT

- a. **Dry Throat** - Detoxification process throughout the body. Indicates that the body needs more water to discharge the toxins.
- b. **Sore Throat** - Same as above - the toxic level is more serious.

LIPS - Related to the digestive system function

- a. **Pale Lips** - A weak digestive system. Gas inside the stomach. A lack of blood due to an improper digestive system that leads to an insufficient amount of iron. The digestive system should be enforced with ganoderma before being treated with iron.
- b. **Dry and Cracked Lips** - Too many toxic substances inside the stomach

MOUTH AND TONGUE - Both have a close connection to blood circulation.

- a. **Tongue or gum swelling and pain** - Indication of heart problems such as excessive fat, weak valve function, blocked coronary, etc.
- b. **Tongue, mouth tissue or gum with ulcers** - An indication of excessive acid in the blood

Bad Breath - Stomach regulation to discharge the toxins

EARS - Associated closely to the kidneys

- a. **Blocked Ear** - Excessive toxins in the kidneys
- b. **Blocked Earlobe** - Regulates the weak function of the kidneys. Usually experienced with painful soles in the morning that will decrease after taking a walk.

B. SKIN

Perspiration

- a. **Salty perspiration** - Excessive amounts of uric acid in the body
- b. **Foul Sweat** - Body emitting toxins by perspiring

Rashes and Boils - The body is emitting toxic fat and non-soluble toxins.

Itchy skin with rashes - The process of discharging toxins through the skin, due to excessive consumption of modern medicine.

Blistered and watery skin - The body is discharging water toxins. Apply ganoderma powder to the spot.

Hair falling out - Indicates a weak function of the kidneys. New and healthy hair will emerge after the process.

C. JOINTS, HANDS & FEET

Painful joints

1. **Hot Sensation** - An indication of injury to the joints or gout.
2. **Non Hot Sensation** - An indication of rheumatism.
3. **Pain in the shoulders** - Indicates that the blood vessels are hardening and an imbalance of the metabolism function.

Numbness of the hands - Irregular blood circulation of the upper part of the body.

- a. **Numbness of the left hand and arm** - An indication of a weak heart, if the pain moves to the arm and stays there, a heart attack may happen at any time.

Numbness of the feet - Irregular blood circulation of the lower part of the body.

- a. **Painful Soles** - An indication of weak kidneys. Usually it's caused by lack of exercise or movement.
- b. **Painful Heels** - An indication of a weak sex function
- c. **Hot Sensation in the soles** - Regulating process of the kidneys due to a weak sex function.
- d. **Itchiness between the toes** - An early indication of the Hong Kong Foot disease.

INTERNAL SIGNS

HEAD - Generally all reactions that occur in the head are related to the blood circulation system, heart and brain nerves.

Pain/dizziness at the front side of the head - An indication of neurosis due to mental burden and too much thinking.

Pain/dizziness at the rear side of the head

- a. **Upper part** - An indication of high blood pressure.
- b. **Lower part (neck)** - An indication of either high or low blood pressure.

Headache and gasses emitted out from the earlobes - An indication of migraine.

Boils on the head - Toxic disposal in process. Sometimes, due to migraine.

Dizziness - An indication of insufficient blood supply, or irregular blood circulation.

Mouth/Throat

Vomit - Sign of asthma. Toxic disposal from stomach.

Vomiting Blood

- a. **Red Blood** - Dead tissue disposal from the throat and lungs.
- b. **Dark Blood** - Dead tissue disposal from the stomach, usually due to an ulcer.
- c. **Stressed and tensed tongue** - An indication of heart disease.
- d. **Thick Saliva** - Toxic disposal process from the throat due to infection or **cancer**.

URINATION

- a. **Frequent** - Indication that the kidney has an excessive amount of toxic.
- b. **Chalky** - An indication of kidney stones.
- c. **Oily** - An indication of lipid waste in the kidneys.
- d. **Thick and brownish** - Indicates that toxins are being disposed.
- e. **Bloody** - Kidney stones or injured kidney.

STOOL

Diarrhea - Cleansing toxic wastes from the colon. Diarrhea that immediately occurs after consuming ganoderma, indicates that there are abnormal cells in the colon.

Constipation - Cleansing of toxins from the small intestine

Faeces with blood

- a. **Red Blood** - Piles or cancer problems in the intestine
- b. **Dark Blood** - Ulcer Problems

Dark Faeces - Indicates that the intestine is disposing toxic wastes

BODILY REACTIONS

Painful - Generally, all bodily pain is caused by clogged vessels or arteries.

- a. **Sharp Pain** - Regulating process for the nerves.
- b. **Numbing Pain** - An indications of internal injury.
- c. **Jolting Pain** - Regulating process for nerves that is related to internal organs
- d. **Tense Pain** - Process of regulating blood circulation

Heavy/Lazy/Tired - Acidic body. It indicates that the body is regulating itself and needs a good rest.

Hot Sensation - An indication, that the body needs a lot of water to discharge toxins.

Light/Feeling Relieved - Indicates that the body is fresh and that regeneration has begun.

EMOTIONAL REACTIONS

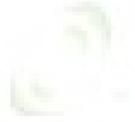
Fearful - The kidney is functioning weakly, also low libido.

Bad Tempered - Weak liver function. High blood pressure.

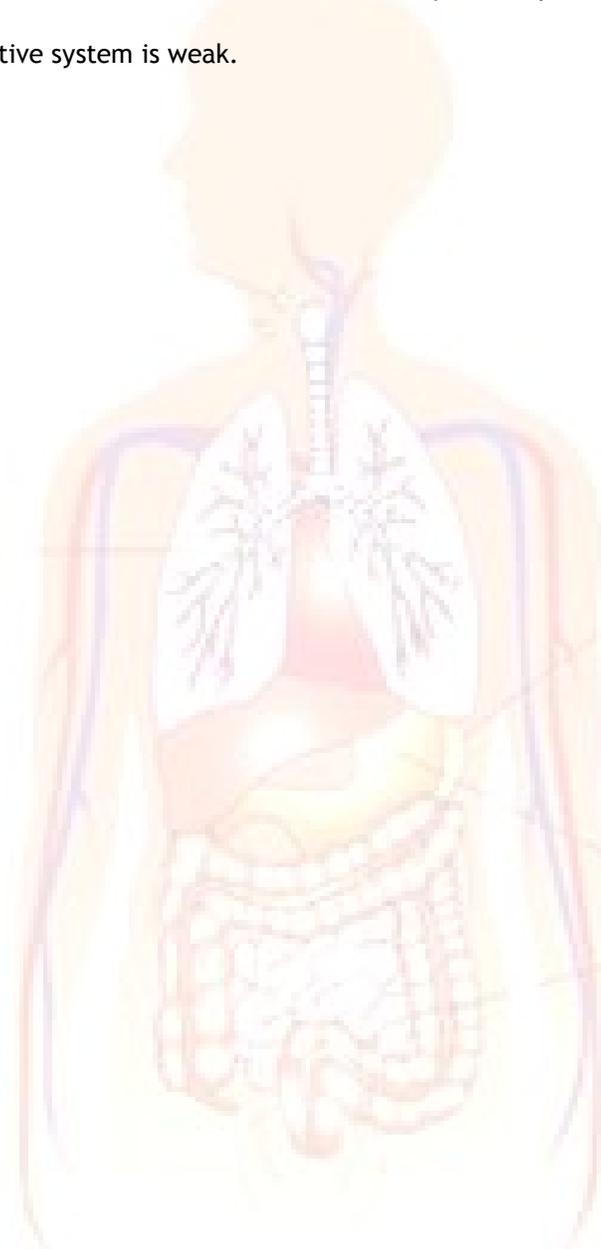
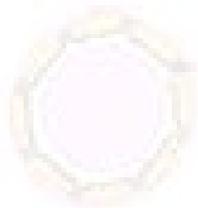
Nervous and Sad - Lungs not functioning properly

Euphoric - Heart function is weak. Brain nerve system is poor. Blood circulation is not functioning properly.

Dreamy - Digestive system is weak.



DOSAGE



Age	1st Week	2nd Week	3rd Week	4th Week	Remarks
1 day to 3 yrs old	1/2 capsule RG, GL, morning, mix with milk.	1/2 capsule morning, 1/2 capsule evening	1 GL morning, 1 RG evening	As in 3rd Week	Illness due to poisoning, take RG; tiredness, take GL.
3-12 yrs old	As above	1 GL morning, 1 RG evening	Same as 2nd Week	If no improvement, increase as follows: 1 pr morning and night.	If no further improvement, increase 1 pair the following week as follow up.

NOTE: GL = ganocelium, RG = Reishi Gano, 1 Pair = 1GL + 1RG

Health Level	1st Week	2nd Week	3rd Week	4th Week	Remarks
Healthy	1 pair before breakfast.	1 pair morning and night	As 2nd Week. If tired after work, add 1 or 2 pairs for that day only.	As 3rd Week	While taking RG/GL you may still continue to take other medicine, herbs; edible for pregnant ladies who are healthy.
Less Healthy	1 pair before breakfast; for asthmatic patients consume after breakfast; if drowsy, take at night.	1 pair morning and night. If bad reaction, reduce dosage to one pair only.	1 pair morning evening and night	As for unhealthy; those with external injury or split skin, apply RG powder on the wound.	Amount required depends on the types of illness, if no reaction, it's not necessary to increase dosage to maximum. Pregnant ladies who're not feeling well, may start taking after the 4th month.
Unhealthy	As above; if bad reaction, reduce to 1 each; may consume before or after operation.	As above.	2 pairs morning and night.	As per condition in following table.	As above, if nothing happens after max dose, add 2 pairs every week till reaction starts and stay on that dosage.

Important Notice

For those on prescription, do not stop taking your medication while taking RG/GL, especially those on high blood pressure, heart problem and diabetes. Reduce the amount prescribed according to the advice of your doctor.

GANOTHERAPY

Illness	Method	Signs	Reaction	Health Advice
High Blood Pressure	4-8 capsules a day. This means 2-4 RG + 2-4 GL per day.	Systolic pressure 140 and above. Diastolic pressure 90 & above. Feeling weak, shoulder ache, can't sleep, blushing, frequent headaches.	Systolic pressure 140 and above. Diastolic pressure 90 & above. Feeling weak, shoulder ache, can't sleep, blushing, frequent headaches.	Eat food that contains less oil, fat, salt and starch (rice, noodle); eat more vegetables and fruit. Do not work strenuously. Relax and take things easy.
Low Blood Pressure	4-8 caps daily (2-4RG + 2-4GL); follow the same proportion for the following dosage.	Cold feet and hands, drowsy if stand up too quickly, tire easily, pale, frequently erratic heartbeat.	Stiff lower neck, spinning sensation. Reaction will reduce after taking 1 bottle. Pressure will increase after taking 2 bottles.	No strenuous exercises, stay calm.
Piles	4-10 caps daily. Apply RG powder on anus, internal and external.	Stool with blood, anus feels sore inside and out.	Pass motion w fresh blood; use RG powder to reduce pain.	Eat less hot and acidic foods; consume food w/ high fibre content.
Diabetes	4-12 caps daily.	Frequent urination, constant thirst, feeling weak, tire easily, long term may result in HBP, heart disease, blurry eyesight and skin turns black, start to crack.	Sugar level increases for a week. Hands and feet swollen a little. Condition improves after a week. Condition will gradually improve.	Eat food that contains less oil, fat, salt and starch (rice, noodle); eat more vegetables and fruit. Do not work strenuously.
Women's Problems	4-6 caps daily	White discharge, painful and irregular periods	Increase in white discharge, unstable period. Effective after taking 1-2 bottles	Avoid cold drinks. Encouraged to bath in warm water. Relax.
Muscle, joint pain	4-10 caps daily	Swollen and painful joints. Affected area feels hot, old wound at joints. Accumulation of uric acid at joint will swell if serious.	Painful joints, body will feel warm.	Consume less protein, nuts, bananas and bamboo shoots.
Heart Problem	4-12 caps daily	Pain in the left side of the chest; pain the left upper arm; usually occurs when pressed or due to excessive exercise.	Ganoderma has effective power to clear blocked arteries (thrombosis), enhance heartbeat rate; chest pain face turns red for 2-4 days. Numbness in the left upper arm.	Consume food w less fat and chloolesterol content; avoid alcohol; reduce smoking; get enough sleep and wake up early.

Illness	Method	Signs	Reaction	Health Advice
Paralysis	4-12 caps daily	Hampered speech- numbness in hands and legs upon rising in the morning - movement of the body becomes difficult.	Pain in blocked arteries, headache	When the limbs are numb and the speech is hindered, have plenty of rest to avoid stroke.
Gastric & Ulcer	4-6 caps daily	Pain at the top of the stomach - Pain in the stomach - bitter taste in the mouth - when serious, will vomit with dark blood	Will feel cold - will feel uncomfortable in the stomach - Diarrhea or constipation - will feel better after taking 1-2 bottles.	Avoid bitter or hot foods - take more GL-fixed amount and time for consuming food.
Abnormal Cells	10-30 caps daily	Bleeding from the affected parts - Swollen and ruptured skin at the affected sites.	Bleeding and secretion of toxins - Ganoderma can reduce pain - curable if at the early or middle stage.	Eat lots of fresh vegetables, eat less red meat - seek radiology treatment.
Asthma, Tiredness	4-6 caps daily	Breathing difficulties - may be caused by dry/windy weather, dust	Will get worse for 2 or 3 days - possibility of vomiting - phlegm	Eat less raw foods and avoid cold water - Don't overwork - May increase GL.
Gallstones	4-6 caps daily	Pain in the lower portion of the back	Pain will get worse - chalky & blood in urine	Avoid controlling urination - avoid foods with high calcium levels
Pimples	4-6 caps daily	Resulting from hormone imbalance, constipation or virus attack	Increase of pimples due to expulsion of accumulation of toxins - After the expulsion, the skin will become smooth and radiant	Eat food that are less oily & fatty - get enough sleep - Relax
Kidney problems	4-10 caps daily	Feel tired all over - pale - swollen hands and legs - buzzing in ears - sometimes hair will fall out - difficulty in urinating	Frequent urination - Pain in the kidney region - slight swelling of the face legs and hands	Drink moderate levels of water - Avoid gassy drinks - avoid salty food - Avoid sitting too long - exercise the waist region to strengthen the kidneys.
Serious kidney problems & using Dialysis	4-12 caps daily	Same as above	Easier to urinate - Dialysis treatment be reduced after 3-6 weeks - after 8 months condition will improve	As above
High Acid Levels	4-6 caps daily	Always feeling hot - Mouth or gum ulcers - feeling tired & low in spirit	Always feel sleepy - body feels warm - thirsty - brownish urine - pass wind frequently	Ganoderma is effective in expelling poisons from the body - Balances the PH levels

Illness	Method	Signs	Reaction	Health Advice
Hepatitis A, B, C	4-12 caps daily	Weakness in the body - Catch colds easily - brownish, yellow urine - white stools - eyes, face & nails become yellow - Vomiting - a feeling of fullness in the stomach - no appetite	Symptoms will reduce - high spirit, appetite returns	Avoid fatty foods for 2 months - avoid strenuous work for 2 months - if instructions are not followed, may cause permanent damage to the liver
Neurosis	4-6 caps daily	Often feel doubtful and uncertain - loss of concentration - absent minded - tire easily - sometimes hands may shake - difficulty sleeping - get angry easily	Easier to sleep after 2 weeks - feel fresh when awoken in the morning - feel calm - Headaches in the early stages	Stay calm - take things easy - Do not plan or think of too much.
Insomnia	4-6 caps daily	Results from too much anxiety - also caused from neurosis - frequent nightmares	A heavy head in the early stages - easier to sleep after 2 weeks - appetite returns - feeling calm	Stay calm before going to sleep - Don't force yourself to go to sleep
Sinus	4-8 caps daily	Runny nose & sneezing in the morning - less sensitive to scents - hot climates and lowlands may initiate sinus - sensitive nose	The nose will clear up after a period of 3-7 days - effective after 2 weeks - if not, increase dosage	Ganoderma is effective for sinuses - Do not think about your condition too much as this will delay recovery
Anaemia	4-6 caps daily	Frequent headaches - cold feet and hands - pale - feeling tired	Bleeding nose	Eat a balanced diet, increase your intake of nutritional foods
Sterility	4-10 caps daily	Womb is not strong enough - blocked fallopian tubes - low sperm counts	Dark discharge during periods - an increase in sperm counts	Both partners need to take RG and GL together half an hour before intercourse
Psoriasis	6-8 caps daily	Caused by abnormal metabolism rate of the skin (growth of new cells before the old cell died - condition will get worse due to worries	Will make it worse at first - effective after 2 months	Stay calm - avoid thinking too much - keep environment clean - sun bake
Hong Kong Foot	4-12 caps daily	Caused by fungus infection - easily recurs - often reoccurs with worries	Itchy at first - discharge puss - skin returns to normal after 2 months	Te element RG is effective for skin problems - change socks frequently - stay calm, relax

Illness	Method	Signs	Reaction	Health Advice
Thyroid, Mumps	4-12 caps daily	Caused by an imbalance of hormones and a lack of iodine	Colds - treatment will take a long time - effectiveness will begin after 1-2 months - eating will return to normal	Balanced diet
Epilepsy	4-8 caps daily	Caused by imbalance of brain functions - results in sudden pulling effect - froth in the mouth	May get worse	Family members must keep a lookout to avoid accidents - patient must be careful when carrying out work/activity.
Sensitive Skin	4-6 caps daily	The skin will turn red and swollen - skin will become itchy or painful	Symptoms get worse for about 1 week	May take RG & GL with western Medicine.
Split Skin & Watery	4-8 caps daily	Caused by acid/poisons in the body, blood impurities, diabetes	Excretions of puss (smelly, contaminated blood)	Apply RG powder to the affected area (3-4 times daily) the skin will dry up after 1-2 days - eat less red meat - eat more vegetables
Internal Injuries	4-8 caps daily	Can cause blockage in the arteries - if not treated, will lead to problems with nervous system, joint pain, high blood pressure, kidney problems	Pain around the affected area - feels hot around the affected area - sometimes urine will have blood or be of brownish colour.	RG is most effective for internal injuries even if it is an old injury. - for accident victims; take 2 RG & 2 GL every 4 hours for 2 weeks.
After An Operation	4-8 caps daily		Pain around the operated area	Patient can take RG and GL immediately after an operation - RG & GL helps to heal wounds
Post Natal problems	4-8 caps daily	Caused by an imbalance of bodily functions after giving berth - stress - behave hysterically - sometimes caused by incomplete expulsion of blood after delivery	Tired - body aches - complete expulsion of waste matter from the body - feel better after 2 weeks	Family needs give more attention to help the patient keep calm - do not assume that the patient is being possessive
Too Much Modern Medicine	4-10 caps daily	Feels as though the body does not function smoothly - side effects that hamper health	Appearance of rashes and red spots - may be itchy - laceration on the lips, gum and tongue	Do not stop taking western medicine immediately - wait until the effects of the ganoderma have started working
Alcoholic	4-8 caps daily	Frequent headaches - an increase of the heartbeat - stomach and chest feels tight	10 minutes after taking RG, symptoms will subside	Stop drinking immediately - drinking will destroy brain and liver cells

Dr Lim Siow Jin. *Ganotherapy: The Miraculous King of Herbs* . DXN Booklet.