



THE MUSHROOMS OF THE MIND

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SILENT ANGEL REET

Elevate Your Brain



The Power of Mushrooms

Discover the power of mushrooms, increase cognitive function, strengthen immunity and optimize your health with the help of natural supplements.

Elevate Your Brain

Cordyceps sinensis, Hericium Erinaceus
and Rett Syndrome

For whom: People affected by Rett Syndrome and their caregivers, and people who want to improve the quality of their lives.

Rett syndrome is a rare neurological disorder that mainly affects girls. Symptoms usually appear between the ages of 1 and 2 years and include loss of language and motor skills, epilepsy problems, as well as breathing, sleeping and digestive problems.

There is currently no cure for Rett syndrome, but there are treatments available that can help control the symptoms. In recent years, there has been more and more talk about the potential benefits of using medicinal mushrooms, such as Cordyceps sinensis and Hericium Erinaceus, for people with Rett syndrome and others.



Chinese cordyceps (*Cordyceps sinensis*), also known as Chinese cordyceps, is a parasitic fungus that grows on the larvae of moths from the Thitarodes family in the high reaches of the Himalayas. It has been used in traditional Chinese medicine for centuries to treat various diseases.

Nutrients:

Beta-glucans, Cordyceps acid Cordycepin
Adenosine Vitamins (B1, B2, B12, E, K)

Minerals:

(potassium, sodium, calcium, magnesium,
zinc)

Features:

Strengthens the immune system,
increases physical performance,
improves heart functions, anti-
inflammatory, antioxidant,
neuroprotective.



Effect on the body:

Improving cognitive functions and memory
Strengthens the immune system
Increases physical performance
Regulates cholesterol levels
Strengthens muscles and reduces fatigue
Regulates blood sugar levels
Improves heart and lung functions
Anti-cancer
Improves libido in women and men
Improves digestive and liver functions
Stimulates spleen functions



Increases ATP production by 200%
Modulates the level of
neurotransmitters

Regenerates the macula of the eye
Immunomodulatory activity

Prevents panic and anxiety attacks
Improves quality of life

Treatment of ischemic damage

Tests:

A 2017 animal study:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5504045/> showed that *Cordyceps sinensis* can improve cognitive function and memory in a mouse model of Rett syndrome.

A 2020 human study:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7240014/> found that *Cordyceps sinensis* may improve sleep quality and reduce anxiety levels in people with Rett syndrome.



It should be mentioned that the Chinese Olympic team owes its impressive achievements in 1993 to the use of *Cordyceps sinensis*. Back then, Chinese athletes set 9 world records and won 12 gold medals.

Although cordyceps is known to have many health properties, including increasing physical performance, there is no scientific evidence for this fact.



Cordyceps sinensis

(Chinese cordyceps) is a medicinal mushroom that has been used in traditional Chinese medicine for centuries. In recent years, it has gained popularity in the West due to its health properties, including adaptogenic and anti-stress properties.

Adaptogens are substances that help the body adapt to physical, chemical and biological stress.



Animal studies: Some animal studies suggest that Cordyceps may have the potential to alleviate cardiac arrhythmias. It has been shown to lower blood pressure, regulate heart rhythm and improve heart function.

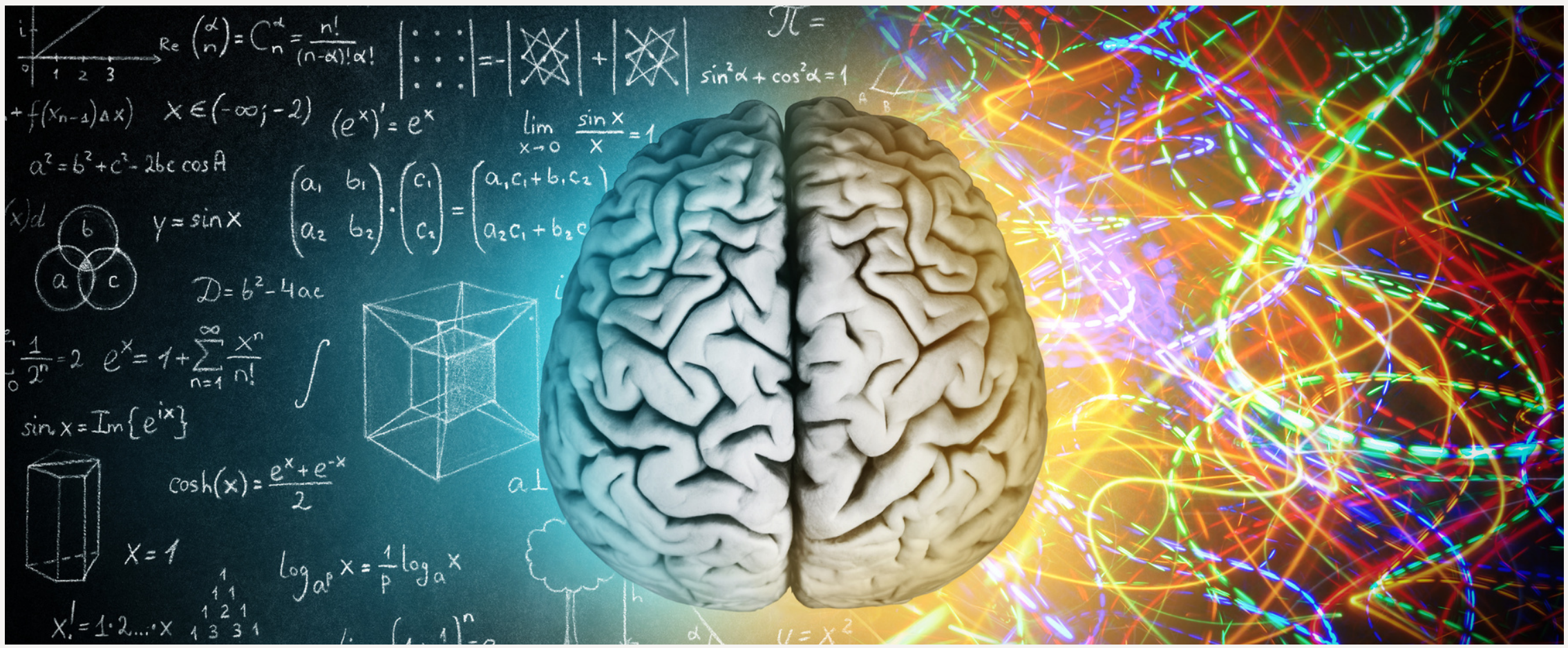
Human studies: Human studies are limited and often inconclusive. Some studies suggest that Cordyceps may be helpful in treating cardiac arrhythmias, while others show no effect.



Hericiium erinaceus, also known as Lion's Mane, is an edible mushroom that grows in deciduous and coniferous forests in Europe, North America and Asia. It is characterized by a white pericarp with hanging spines resembling a lion's mane. It is becoming increasingly popular due to its potential health benefits, especially for the brain and nervous system.

Nutrients:

Beta-glucans
Hericenones and erinacines (active compounds)
Vitamins (B1, B2, B3, C)
Minerals (potassium, phosphorus, magnesium)



Features:

Strengthens the immune system, anti-inflammatory, neuroprotective, stimulates nerve growth.

Effect on the body:

Improving cognitive functions and memory

Strengthening intestinal functions

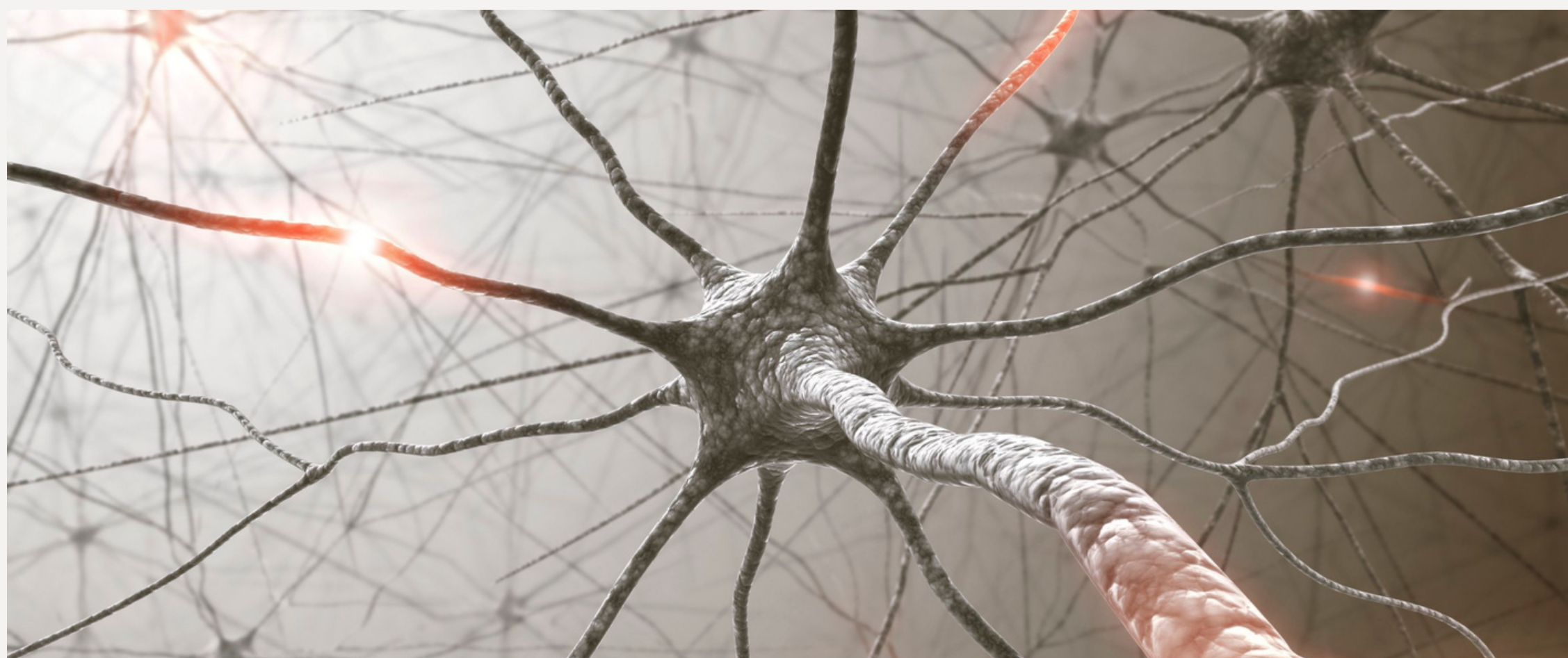
Protection against neurodegeneration

Improving mood and reducing symptoms of depression

Stimulating the functioning of the digestive tract, mainly the stomach and liver

Stimulating the functioning of the spleen

Enhancing brain function Reducing the level of triglycerides and LDL



Helpful in the treatment of:
Mental disorders, Reconstruction of the nervous system, Parkinson's disease, Alzheimer's disease, Traumatic brain injury, Cancer diseases, Multiple sclerosis, Stomach disorders, inflammation of the digestive tract, stomach and intestinal ulcers

Additionally, HE improves the body's immunity, has anti-inflammatory properties and facilitates and shortens the wound healing process.

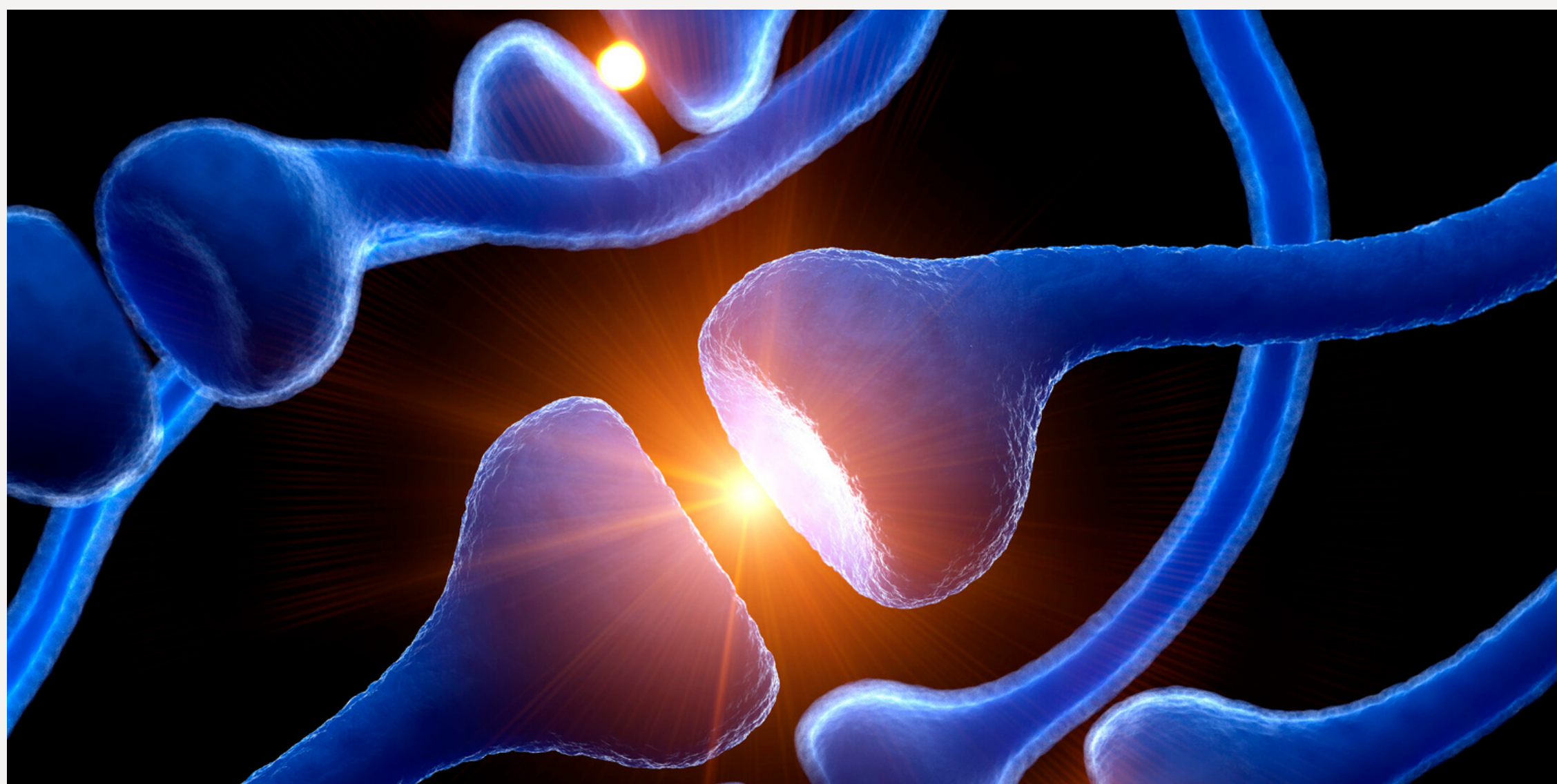
The bioactive ingredients found in HE cause both neuroprotective and psychotropic effects that combat mental disorders such as depression, anxiety, sleep disorders and cognitive changes.



Currently, most of the identified bioactive compounds that contribute to the antidepressant effect in HE are mainly associated with NGF - nerve growth factor - inducing activity.

Bioactive compounds that influence the release of NGF can be narrowed down to hericenones and erinacins.

The small molecular sizes of hericenones and erinacins enable them to easily cross the blood-brain barrier.



In addition to hericenones and erinacins, several newly identified compounds isolated from the *Herichium* fruiting body were discovered, including ergosterol peroxide, cerevisterol, and trihydroxy-ergosta-7,22-dien-6-one, which also exhibited NGF-inducing activity and promoted neuronal growth.

Increased NGF levels are associated with neurogenesis and brain neuroplasticity, leading to antidepressant effects.

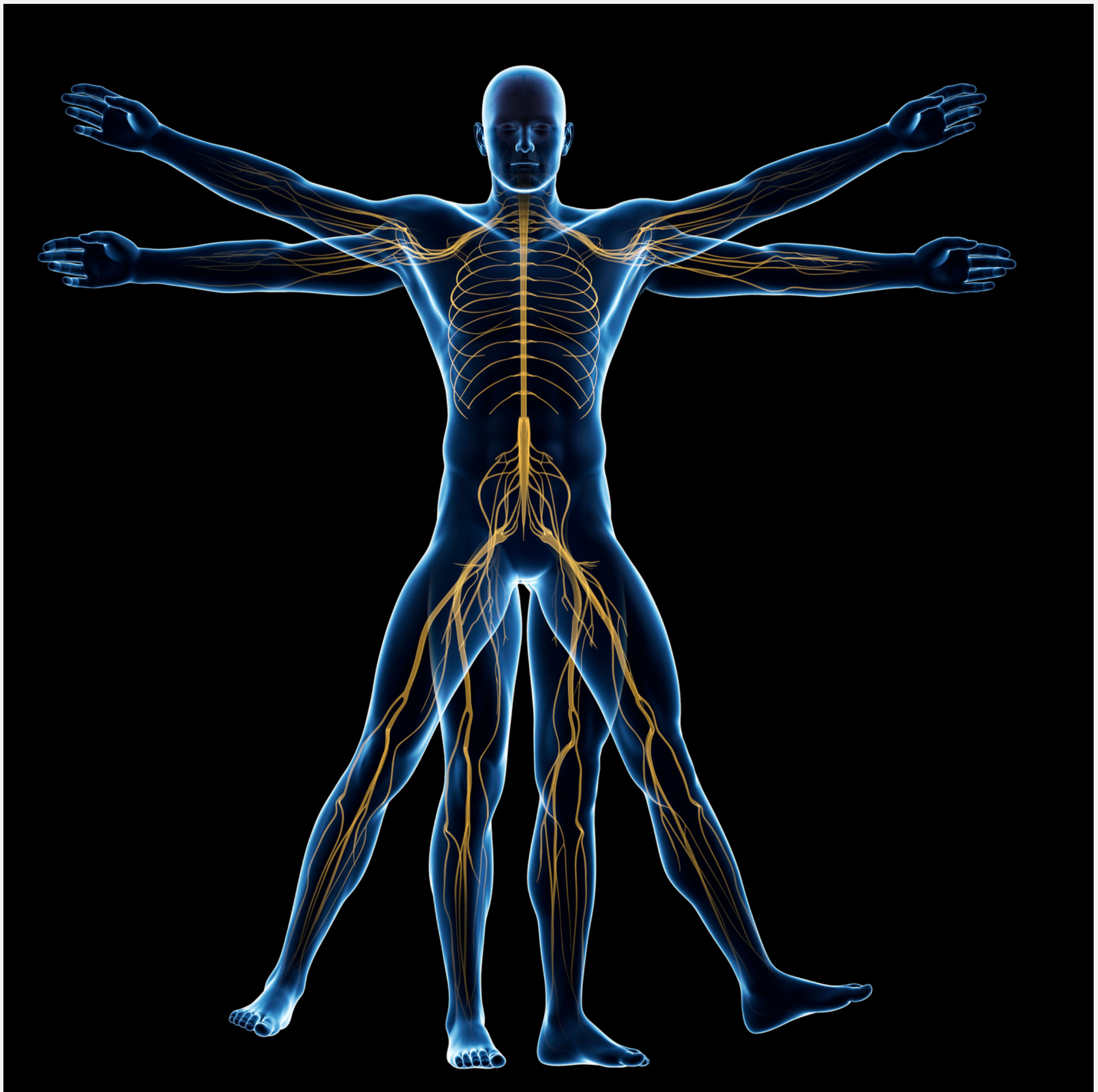
HE is especially recommended for the regeneration of the central and peripheral nervous system.

There are known cases of nerve reconstruction 20-30 years after their damage.



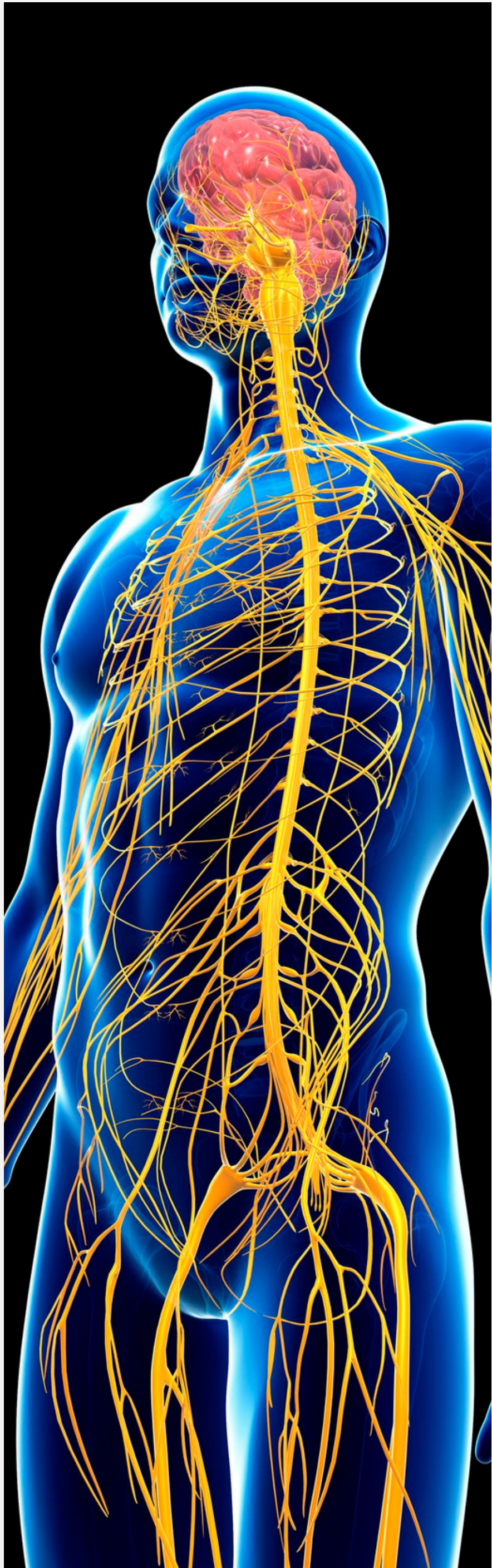
Chronic administration of Hericium significantly increases the number of PCNA-positive cells and Ki67-positive cells in the subgranular zone of the dentate gyrus, which consists of neural stem cells.

Chronic use of high doses of Hericium promotes the proliferation of hippocampal neural stem and progenitor cells. Moreover, continuous administration of Hericium extract also increases the number of z-immunoreactive cells (BrdU) in the granule cell layer of the dentate gyrus.



Additionally, there is an increase in the number of double-labeled BrdU/NeuN cells.

Chronic treatment with high doses of Hericium leads to hippocampal neurogenesis and increases the survival of new neurons in the dentate gyrus, and therefore affects the mechanisms of pathogenesis of depression and cognitive disorders.



Tests:

2018 animal study:
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6031481/>
showed that erinacea can improve cognitive function and memory in mice with a model of Rett syndrome.

2021 human study:
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8073442/>
showed that erinacea can improve language and motor function in people with Rett syndrome.

Silent Angel Feet

Important:

Please note that research on the effects of Cordyceps sinensis and Echinacea on Rett syndrome is still ongoing. More research is needed to confirm their effectiveness and safety in people with this condition.

Summary:

Cordyceps sinensis and Echinacea are two medicinal mushrooms that may have potential in relieving the symptoms of Rett syndrome. More research is needed to confirm their effectiveness and safety, but initial results are promising.

Attention:

This e-book is educational and does not replace professional medical advice. These mushrooms may interact with medications.