

-----Benefits Of Cordyceps-----

<http://www.acaicapsulesreviews.com/Cordyceps-Sinensis-Benefits.html>

Cordyceps Sinensis Benefits

Cordyceps Sinensis.... What?

Cordyceps Sinensis is essentially a fungus. It thrives at high altitudes and is usually found in the mountain ranges of Tibet, Nepal and some parts of China. Closely related to, but not quite a mushroom, Cordyceps Sinensis belongs to the Ascomycetes family.

Cordyceps Sinensis has a long history of use as a medicinal fungus. Highly prized by the Emperors of China for its restorative and energizing properties, a pound of wild Cordyceps was valued at 3 pounds of silver. Pretty expensive for something that isn't quite a mushroom.

Although it has a long history of medicinal use in traditional Chinese medicine, Cordyceps Sinensis is also gaining wide recognition in western medicine, with a whole library of clinical studies published on its powers.

Some of the most widely documented Cordyceps Sinensis benefits include

- Increases energy, endurance and stamina levels
- Increased oxygen capacity
- Combats weakness and fatigue
- Boosts lung function and capacity
- Boosts immune system
- Improves sexual virility
- Given its ability to increase stamina levels, Cordyceps is very popular with endurance athletes such as cyclists, long distance runners, triathletes and swimmers.

It's not all about athletes though. Even for a wrinkle like me, Cordyceps Sinensis is an amazing booster, offering benefits such as:

- General physical condition
- Mental health
- Appetite
- Vitality
- Sexual drive
- Cardiac function

Cordyceps owes its rejuvenating properties to its adaptogen actions.

Two of the main actions of Cordyceps are its ability to increase oxygen capacity and increase ATP (Adenosine Triphosphate) levels. Studies show that Cordyceps increases lung capacity and leads to better oxygen capacity.

ATP is an interesting subject. Without going into a long winded explanation, ATP is essentially the fuel our body runs on. Produce more ATP than we burn and we experience increased energy levels. Stop producing ATP for a matter of seconds, and it's essentially lights out.

ATP is produced naturally in our bodies and typically we have a reserve of around 100 grams at any given moment. This might sound like a lot, but every single function we undertake, burns energy. Dealing with stress, the function of our organs, coping with illness. All these and more need fuel.

It's this ability to increase ATP levels in our bodies that gives Cordyceps its amazing restorative and energizing properties.

<http://www.zhion.com/herb/Cordyceps.html>

Cordyceps Benefits and

Side Effects

HEALTH BENEFITS OF CORDYCEPS

Cordyceps may promote liver health.

Researchers from Shanghai University of Traditional Chinese Medicine proposed the use of *Cordyceps sinensis* on liver fibrosis. In a study, they induced liver fibrosis in rats with dimethylnitrosamine and then they treated the rats with *Cordyceps sinensis*. They found that the content of metalloproteinases-2 in *Cordyceps sinensis*-treated group was significantly higher than that in the untreated group. Thus, *cordyceps sinensis* promoted collagen degradation. [1]

Cordyceps may have benefits in diabetes.

Researchers from University of Macau, China, isolated a polysaccharide of molecular weight approximately 210kDa was isolated from cultured *Cordyceps* mycelia. This isolated polysaccharides, CSP-1, has a strong antioxidant activity and a hypoglycemic effect on normal and alloxan-diabetic mice and streptozotocin (STZ)-diabetic rats. When administered at a dose of higher than 200mg/kg body wt. daily for 7 days, CSP-1 produced a significant drop in blood glucose level in both STZ-induced diabetic rats and alloxan-induced diabetic mice. [3] Researchers from China Agricultural University, Beijing, also noticed the blood glucose lowering effects of a polysaccharide extracted from the fruiting bodies and mycelia of *Cordyceps militaris* in a study of rats. The hypoglycemic effect of this polysaccharide-enriched *Cordyceps militaris* extract was dose-dependent. [7]

Cordyceps have antioxidant activities. [5, 37-40]

Researchers from Chia Nan University of Pharmacy and Science, Taiwan, demonstrated the protective effects of cultured *Cordyceps militaris* and natural *Cordyceps sinensis* against oxidative damage of biomolecules in a vitro study. They both have free radical scavenging abilities

[5] *Cordyceps* may have benefits in cancers.

The aqueous extract of *Cordyceps sinensis* (Cs), one of the traditional Chinese medicines, has been demonstrated to benefit a wide range of disorders in either animal or test-tube studies. [9-31] Here are some most recent animal or in vitro studies suggesting its benefits in cancers.

Korean researchers reported cytotoxic effects of cultivated fruiting bodies of *Cordyceps militaris* extracts against the proliferation of the human premyelocytic leukemia cell HL-60 via the activation of caspase-3. [6] Researchers from Nanjing University should that a polysaccharide extracted from a cultivated *Cordyceps sinensis* fungus significantly enhanced superoxide dismutase activity of liver, brain and serum as well as glutathione peroxidase activity of liver and brain in tumor-bearing mice. It also inhibited H22 tumor growth in the mice. *Cordyceps sinensis* mycelium was found to induce MA-10 mouse Leydig tumor cell death. Researchers from Taiwan found that *Cordyceps sinensis* induced MA-10 cell apoptosis by activating caspase-8-dependent and caspase-9-independent pathways and downregulating NF- κ B protein expression. [9]

Cordyceps may help body defense, against infections and inflammation. *Cordyceps* may modulate immunity. [2,

4, 32, 42-47] *Cordyceps sinensis* is believed to be an immunomodulator.

Cordyceps show benefit in diabetes in a study of animals.

Korean researchers showed a water-extract of *Cordyceps militaris* ameliorated insulin resistance by enhancing glucose utilization in skeletal muscles of rats. [33]

Cordyceps show benefit in memory deficits in a test-tube study.

The extract of *Cordyceps ophioglossoides* protected the A β -induced neuronal cell death and memory loss through free radical scavenging activity. [34]

Cordyceps show cholesterol-lowering effects in animal studies. [36,40]

In a study, researchers fed mice with cholesterol-enriched diet. They found that the serum total cholesterol (TC)

of all mice groups administered *Cordyceps sinensis* extracts with the cholesterol-enriched diet decreased more than in the control group. [36]

Cordyceps show liver protection in animal studies.

Cordyceps sinensis may be able to adjust the T lymphocyte subsets level and to treat hepatic fibrosis in patients with chronic hepatitis. In the study, the researchers supplied *cordyceps sinensis* to 25 patients suffered from chronic hepatitis for three months. They found CD4 and CD4/CD8 ratio increased

significantly ($P < 0.05$), while HA and PC III decreased significantly ($P < 0.05$) compared with the control. [L1]

Cordyceps show cardiovascular protection in animal studies.

Extracts of the fruiting bodies of cultured *Cordyceps sinensis* has been shown to exert beneficial effects on the formation of the atherosclerotic lesion induced by oxidative stress with few side effects in a study of mice. In the study, researchers fed mice with an atherogenic diet and treated with the extracts for 12 weeks. Mice fed the atherogenic diet showed marked increases in serum lipid and lipid peroxide levels and also aortic cholesterol levels, particularly cholesteryl ester level, a major lipid constituent in atherosclerotic lesions. According to the authors, the extracts significantly suppressed the increased serum lipid peroxide level but not other lipid levels in a dose-dependent manner. WECS also suppressed the increased aortic cholesteryl ester level in a dose-dependent manner. [C1]

<http://www.powersupplements.com/cordyceps/cordyceps-health.html>

Health Benefits of Cordyceps Sinensis

In our last article we learned what Cordyceps Sinensis is and how it was discovered. In this article we will examine the health benefits of Cordyceps and look at what you can expect when taking Cordyceps.

What is Cordyceps Sinensis used for?

Here are just some of the most prominent uses for Cordyceps Sinensis...

- Increase energy, endurance and stamina
- Increase oxygen capacity
- Battle weakness and fatigue
- Boosts lung function and capacity
- Boosts the immune system
- Improves sexual function

It sounds like athletes would love Cordyceps Sinensis, do athletes use Cordyceps?

Yes! Cordyceps is very popular with endurance athletes of all types. Cyclists, Runners, Mountain Climbers, Swimmers and Triathletes are just some of the athletes who have used Cordyceps with great success.

In 1993 at the Chinese National Games the Chinese Women's Track and Field team shattered 9 world records. The fact that one team could shatter 9 world records at a single event was amazing, the fact that it was the little known Chinese Track and Field team made it even more incredible.

People immediately began to investigate what the Chinese were doing to see such great performance gains. The secret as revealed by their coach? You guessed it - a drink made with Cordyceps! Of course, hard training and diet were also key, but the coach does credit the Cordyceps for helping his team with energy and oxygen capacity.

While we don't claim anyone taking Cordyceps will suddenly start smashing records, if you are an athlete and looking for a boost in energy, endurance and oxygen capacity - you will want to give Cordyceps a try (of course, for the ultimate revitalizing formula we recommend our Perfect Acai Revive - more on this later).

Is there any benefit to non-athletes from taking Cordyceps?

Yes! You do NOT need to be an athlete to need more energy, endurance and stamina. What about a stronger immune system and improved sexual function? Simply put, anyone looking for a boost, a pick-me-up and something that can help them feel more vibrant and alive can see benefit from taking Cordyceps.

Interestingly, a large population of elderly people have started to turn to Cordyceps to help them feel healthier and younger. It should be no surprise to see that world renown Medicine Hunter, Chris Kilham had this to say about Cordyceps...

"In elderly patients, cordyceps improved a number of quality of life parameters, including general physical condition, mental health, appetite, vitality, sexual drive and cardiac function. In effect, cordyceps helps to turn back the aging clock. Remarkably, no down side or side effects are known for cordyceps. Is there an all-around supplementary super agent? Cordyceps is ample evidence that the answer is yes."

<http://herbal-powers.com/cordyceps.html>

Cordyceps is one of the most unique, rare, and treasured plants used in herbal medicine. In its natural form, Cordyceps can be found only at elevations above 3500 meters in isolated areas of southwestern China. This herb is actually a type of fungus which grows on the backs of caterpillars indigenous to China, Nepal, and Tibet. Due to its rarity, Cordyceps harvested in the wild is very expensive, costing about \$1000 for 100 grams. Wild cordyceps from Tibet is supposed to be the best in the world. Scientific research has proven that wild cordyceps is richer in certain components, and also that the proportions of its ingredients are different from the cultivated herb, and this might make some differences in the activity. Nevertheless, the laboratory versions of Cordyceps are still a premium and valuable tonic herb.

Used for nearly 1500 years in traditional Chinese medicine, the Cordyceps fungus has been found to be very effective in treating circulatory, respiratory, and immune system problems in addition to its most popular usage as a powerful aphrodisiac. Recent studies performed at Beijing Medical University of China and in Japan have shown a 64% success rate among men suffering from impotence vs. 24% in the placebo group.

In ancient China, Cordyceps was highly recommended as one of the most effective medicines for all illness. Due to its anti-aging and cure-all properties, it can be compared to ginseng, reishi and deer velvet. In general, cordyceps is a tonic that helps build strength, improve organic functioning, strengthen the immune system and contributes to longevity.

Cordyceps Benefits

Cordyceps is a powerful tonic and can help restore normal function of the body, stimulate immune response, increase energy, vitality, and longevity. Recent research has shown that cordyceps can improve sport performance and muscle-building capability. In TCM, Cordyceps has been used to help regulate blood pressure, strengthen cardiovascular system, and improving sexual energy and desire. Clinical tests performed at Hunan Medical University have shown that cordyceps is effective in relaxing the smooth muscles tissue of the penis, increasing blood flow, resulting in harder erections. A few animal studies have shown cordyceps feeding to increase the ratio of adenosine triphosphate (ATP) to inorganic phosphate (Pi) in the liver by 45-55% - an effect that may be viewed as beneficial in terms of energy state and potential for performance enhancement. Furthermore, mice fed cordyceps and subjected to an extreme low oxygen environment, were able to utilize oxygen more efficiently (30-50% increase), better tolerate acidosis and hypoxia (lack of oxygen) and live 2-3 times longer than a control group. A number of Chinese clinical studies, primarily in elderly patients with fatigue, cordyceps-treated patients reported significant improvements in their level of fatigue, ability to tolerate cold temperatures, memory and cognitive capacity and sex drive.

Cordyceps Research

Cordyceps Helps Maintain Healthy Cholesterol Level

Several studies have demonstrated that Cordyceps sinensis helps to lower total cholesterol by 10 to 21% and triglycerides by 9 to 26%. At the same time it helps to increase HDL-cholesterol (“good cholesterol”) by 27 to 30%

Cordyceps Maintain Healthy Immune Response

Several studies have shown Cordyceps to increase Natural Killer (NK) cells, our body’s first line of defense against infections and illness. In in-vitro study, Cordyceps significantly enhance the NK cell activity in healthy individuals as well as in patients with leukemia. According to a study published in Chinese J Integrated Traditional Western Med, Cordyceps enhanced the NK cell activity in healthy individuals by 74% and increased the NK activity of leukemia patients by 400%. Similar improvements of NK cell activities were found in patients with melanoma cancer.

Cordyceps Increases Energy Level and Reduces Fatigue

Several studies with animals have demonstrated that Cordyceps sinensis increases the cellular energy production and oxygen supply. Cordyceps increases ATP synthesis, the basic unit of energy production, thereby promoting better oxygen efficiency, faster energy recovery, and reduce fatigue. In a clinical research involving elderly individuals with fatigue, after taking Cordyceps supplement for 30 days, 92% of individuals are showing reduction of fatigue, 89% showed reduction in feeling cold, 83% showed reduction in dizziness. Cordyceps has been clinically proven to increase cellular Bio-Energy by as much as 55%. In a double blind, placebo controlled investigation that involved elderly individuals, volunteers that took 3 gram of Cordyceps a day showed a marked reduction in fatigue and improvement shortness of breath.

Cordyceps Increases Endurance, Stamina, and Athletic Performance

Cordyceps help reduces muscle Soreness, enhances recovery, improves stamina and athletic performance. In a study with mice demonstrated their improved swimming capabilities after six weeks of Cordyceps supplementation compared with a control group.

Cordyceps Enhance Sexual Function

Cordyceps may help improve libido and quality of life in men & women experiencing sexual frustration. In a double blind and placebo-controlled study involving 200 men with reduced libido and other sexual problems, Cordyceps significantly enhance their sexual function. 64% of the Cordyceps-users reported significant improvement in sexual function compared with 24% of the placebo group. According to a double blind, placebo controlled study published on Journal of Alternative & Complementary Medicine, 21 elderly women experiencing sexual frustration were given Cordyceps supplementation. 90% reported improvements in libido and sexual health following the use of Cordyceps, compared with none in the control group. In another human clinical study involving 189 men and women with decreased libido and desire, 66% showed improvement of symptoms and desire after Cordyceps supplementation.

Cordyceps Improve Fertility

Cordyceps help improve fertility by increasing sperm count. According to a study published on J Modern Diagnostics Therapeutics, 22 males with low sperm count were given Cordyceps supplement for 8 weeks. The result showed 33% increase in sperm count, 29% decreased in incidence of sperm malformations, and a 79% increase in survival rate.

Cordyceps Maintain Healthy Respiratory Function

Several scientific studies have demonstrated the benefits of Cordyceps sinensis in alleviating the symptoms of several respiratory illnesses including chronic bronchitis and asthma. In a double blind, placebo controlled study with 30 elderly volunteers Cordyceps significantly improved the maximum amount of oxygen these people were able to assimilate.

Cordyceps Enhanced Cardiovascular Health

Numerous studies have demonstrated the benefits of Cordyceps sinensis on heart rhythm disturbances, such as cardiac arrhythmias and chronic heart failure. In an in vivo mouse model induced with Pneumonia, research results showed that animals taking Cordyceps had a significantly greater survival rate of 20% mortality vs. 80% mortality in 30 minutes, a startling 400% improvement.

Cordyceps Maintain Healthy Liver Functions

In a research published on China J Chinese Materia Medica, that involved 33 patients with Hepatitis “B”, 8 patients with cirrhosis taking Cordyceps supplement showed 71.9% improvement on “Thymol Turbidity Test” and 78.6% improvement in “SGPT Test”, both are enzyme test showing improvement in liver functions.

Cordyceps Maintain Healthy Kidney Function

According to J Administration Traditional Chinese Med, patients with chronic kidney diseases showed 51% improvement after one month with Cordyceps supplement.

Cordyceps as Complementary Chemotherapy Supplement

Several clinical studies have been conducted in China and Japan with cancer patients. The studies were done with CSE (Cordyceps sinensis mycelium) using a therapeutic dose of 6 grams per day (= 4 capsules twice daily). In one study with 50 lung cancer patients administered CSE in conjunction with chemotherapy, tumors reduced in size in 46% of patients. A study in cancer patients with various types of tumors found CSE (6 g/day for over 2 months) improved subjective symptoms in the majority of patients. White blood cell counts were maintained and tumor size was significantly reduced in about half of the patients. Researchers in Japan reported that CSE enhances the general reactivity of the immune system in individuals with cancer. Mice were injected with cancerous (lymphoma) cells and then orally administered CSE. This led to a reduction of tumor size and prolongation of the host survival time. CSE also improved the antibody responses.

<http://www.chinese-herbs.org/cordyceps/benefits.html>

Cordyceps Benefits

Nowadays Cordyceps Sinensis is something new, special, and hardly familiar to the Western world. Scientists have not managed to study it properly for the time being. The greatest source of information about Cordyceps is its motherland – China, where researchers have already been working for some time on the unclosing the secrets and mysteries of the fungus.

The further statements about health benefits of the mushroom are the results of the numerous Chinese trials of Cordyceps; therefore, they are at first hand.

Enhancing and strengthening of the immune system. Cordyceps is supposed to increase the number of the Natural Killer Cells, which are responsible for the body defense against viruses and bacteria. Some trials show that the fungus works effectively in the leukemia stricken individuals.

Improving sexual function in men and increasing libido by stimulating the production of sex hormones. Cordyceps may also be a means for fighting female infertility.

Building muscles and improving physical performance. Those Chinese athletes, who use Cordyceps, tend to show better results than the other sportsmen.

Providing anti-aging and fatigue reducing effects. The fungus works as an antioxidant and increases cellular formation, especially in the elderly patients. It also promotes more restful sleep, soothes the nervous system, and reduces anxiety, thus working as a sedative.

Improving the respiratory function. Cordyceps shows good results in fighting against cough, chronic bronchitis and asthma, since it relaxes bronchial walls and has anti-inflammatory properties.

Enhancing cellular oxygen uptake. This benefits all the body systems, giving them more energy and vitality.

Benefiting vascular system by improving circulation, regulating blood pressure, and strengthening the heart muscle.

Protecting liver and kidneys. Cordyceps improves blood flow to these organs (as well as to the others), which results in their better activity and ability to fight the diseases, including Hepatitis and chronic kidney disease.

Some people may think of the fungi as of something disgusting and ugly. However, the mushrooms do not look so when in a tablet or a capsule. Moreover, Cordyceps will definitely become even attractive to those, who have no trust in the pharmaceutical drugs any more. 2-4 grams (some people consume even up to 9 grams) of the mushrooms per day – it is nor an exorbitant price for the health improvement, which may become obvious as soon as in 1-2 months.

Cordyceps is said to be safe and has no side effects. However, pregnant and breastfeeding women, as well as children are not recommended to use it, since no studies have been conducted in such persons.

Luckily, time, progress, and the growing demands of the modern society make the scientists keep on working on the unsolved problems and open questions of today. That gives us hopes that soon Cordyceps will become an open book easy to read and understand for all the people

<http://www.mushroom-appreciation.com/cordyceps-sinensis.html>

Cordyceps Sinensis - Medicinal Fungus

The first time I heard of Cordyceps sinensis was on the can of a Steven Seagal energy drink. (Yes, such a thing really exists). Although the vile brew didn't give me the butt-kicking abilities of an action star, it did leave me curious about the fungus that supposedly had an effect on energy levels.

Cordyceps sinensis is considered a medicinal mushroom that increases energy, stimulates the immune system, and acts as an overall tonic to the body. It is one of the more famous Chinese herbs, but has only gained attention in the West over the last few decades.

In addition to its reported health benefits, this fungus is known for its unique way of reproducing. It develops inside insect larvae, killing and mummifying the remains before popping out of the ground as a fruiting body. This horror movie action makes cordyceps one of the coolest mushrooms around.

Cordyceps Fungus Health Benefits

Although written record of Cordyceps sinensis use appeared in Traditional Chinese Medicine centuries ago, it wasn't really noticed in the West until recently. The last two decades have seen a great increase in research on cordyceps as a medicinal mushroom.

There are many reported health benefits. Some of these include:

- Cholesterol reduction
- Stimulation of the immune system
- Faster recovery from bronchitis and respiratory diseases
- Increased efficiency and stamina of the circulatory system
- Anti-tumor properties
- Liver protection and enhanced recovery from chemotherapy
- Sexual potentiator (HmMMM.....)
- A general body adaptogen, resulting in more energy, strength, and stamina
- The reasons behind some of these benefits are still not fully understood. Yet research has found some promising proof behind cordyceps claims. A few of the helpful constituents found are:

Sterols - Alcohols of the steroid group. Believed to lower cholesterol, reduce the risk of heart disease, and possibly have some anti-tumor properties.

Polysaccharides - Complex carbohydrates made up of chains of sugars. Known to stabilize blood pressure, have an effect on free radicals, and stimulate the immune system.

Nucleosides - Organic molecules that are converted into building blocks of the genetic material DNA and RNA. Nucleoside drugs are sometimes used to treat cancer.

One of the most useful things that *Cordyceps sinensis* appears to do is the simple act of oxygenation. The fungus dilates the airways in the lungs, resulting in more oxygen to the blood. Thus more oxygen reaches every cell of the body, resulting in better cell function and greater energy levels.

<http://www.cordyceps4you.co.uk/Cordyceps-Sinensis/benefits-of-cordyceps-sinensis.html>

Benefits of Cordyceps Sinensis

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Benefits Cordyceps Sinensis

We've just updated this small article on the benefit of cordyceps sinensis - whilst some may already know the benefits, others may want to know about how cordyceps sinensis can benefit their daily lives before recommending to friends and family, read this updated version to find out about the benefits of cordyceps sinensis today.

Cordyceps sinensis can be used as an effective health booster and can help bring back the normal performance of your body, encourage immune response, improve energy, strength, and increase longevity. Latest analysis has revealed that cordyceps can increase sport performance and has strength-building capability. In traditional Chinese medicine, Cordyceps sinensis has been used to help regulate blood pressure, support the cardiovascular system, and enhancing sexual energy and desire. Empirical tests performed at Hunan Medical University have revealed cordyceps sinensis is helpful in relaxing the smooth muscles tissue of the penis, increasing blood flow, ensuing in more durable erections. A few animal studies have revealed feeding cordyceps can extend the ratio of adenosine triphosphate (ATP) to inorganic phosphate (Pi) within the liver by 45-55% - an impact that may be viewed as helpful in terms of high energy state and potential for performance improvement. Furthermore, mice were fed cordyceps sinensis and observed in an extreme low oxygen environment, the mice were able to utilize oxygen extra efficiently (thirty percent-fifty percent improvement), better tolerance of acidosis and hypoxia lack of oxygen and lived 2-3 times longer than a control group. A number of Chinese empirical studies, principally in elderly patients with tiredness, cordyceps-treated clients stated significant improvements in

their degree of exhaustion, capacity to tolerate wintry weather temperatures, recollection and improvement in cognitive capacity and sex drive.

Research suggests that Cordyceps Sinensis improves the BIOLOGICAL ENERGY levels in animals and probably in humans as well. It has been stipulated and researched for some time now and has been proved in scientific studies that Cordyceps improves the internal balance mechanism, allowing the utilisation of OXYGEN to be more efficient inside the body. These properties account for a percentage of improvements for the overall physical enhancement, the added endurance, and the anti-fatigue effects which are seen in humans using the Cordyceps supplement. Check out our page on properties of mushrooms particularly cordyceps sinensis and its other compatriots who also provide health benefits if used in conjunction with other strains!

In medical applicatoins on animals - cordyceps sinensis have exemplified helpful effects on physical performance - When trialed on mice, the intake of cordyceps sinensis increased their swim endurance from 75 to 90 minutes, this was credited to improved resistance to stress-induced rigorous exercise and results in enhanced immune system operation. Persistent intake of cordyceps sinensis helped to attenuate the conventional physiological changes that take place within the adrenal gland, thymus, and thyroid. In studies of human performance cordyceps sinensis has proved to be effective at enhancing performance, these studies observing the result of cordyceps sinensis on endurance performance found positive effects on: ventilatory threshold, time to exhaustion, peak power output, blood lactate levels, or time trial performance - with stories circulating about cordyceps being used by chinese athletes especially the recent olympic games which saw China winning a big chunk of the olympic gold medals. Thus it seems likely that there is a nice performance increase to be recieved from the utilization of cordyceps sinensis. Cordyceps sinensis has not been researched as intensely in the west but there has been no substantial records of cordyceps sinensis side effects causing any death or long term injury from taking capsule supplements or using cordyceps sinensis daily.

The benefits of cordyceps sinensis are plentiful and here is just a condensed list of its beneficial effect:

1. Antibacterial.
2. Anti-candida.
3. Anti-inflammatory.
4. Antioxidant.
5. Anti-tumor.
6. Antiviral.
7. Blood pressure reducing.
8. Blood sugar regulator.
9. Cardiovascular strengthener.
10. Cholesterol reducer.
11. Immune system strengthener and modulator.
12. Kidney tonic.
13. Lung/respiratory strengthener.
14. Nerve tonic.
15. Sexual potentiator.
16. Stress Reducer

- Improves respiratory function
- Increases oxygen absorption
- Improves heart function
- Helps maintain healthy cholesterol levels
- Improves liver functions
- Improves kidney disease
- Reduces tumour size
- Assists symptoms of ageing
- Protects against freeradical damage
- Helps discomfort from tired legs

- Improves sexual function
- Enhances immunity and T-cell production
- Reverses HIV
- Treats Anemia
- Tuberculosis Treatment

<http://www.buzzle.com/articles/cordyceps-sinensis-benefits.html>

What is Cordyceps Sinensis

As mentioned above, cordyceps is a genus of fungi with around 400 species. One of the interesting facts about this genus is that most of its members are endoparasitoids. In other words, such fungi spend most of their lifetime attached to a host (mostly insects) and ultimately kill the host, as they consume it, during its course of growth. As the fungus attaches to the body of the host, the mycelium (the vegetative part of the fungus) grows inside the host, consuming the latter's tissues and killing it. The fruiting bodies of the fungi grows out of the insects. Mostly, these fruiting bodies are found to be cylindrical in shape with bulb-like spore sacs. Also known as cordyceps mushrooms, this fungus is attributed with various health benefits.

Among these different species of fungi, that are said to have medicinal properties, cordyceps sinensis is the most sought after one. It was first identified in Tibet, where this fungus is known as yartsa gunbu. Cordyceps sinensis as well as the other species of the same genus which also includes the Cordyceps unilateralis are mainly found in humid and temperate tropical forests of China, Tibet, Nepal, Thailand, Korea, etc. The ancient Chinese and Tibetan people were aware of Cordyceps Sinensis benefits and so, this fungus is a part of the traditional Chinese and Tibetan medicine. Cordyceps sinensis is otherwise called caterpillar fungus, as this fungus is mostly found to grow on the body of the larvae of the ghost moth. It is said that these fungi attack caterpillars, when they are underground and encourage the host to rest near the surface of the soil, so that it will be easy for the fungi to grow their fruiting bodies above the soil. The next paragraph deals with cordyceps mushroom benefits.

Cordyceps Sinensis Benefits

Earlier the cordyceps sinensis were collected manually from the forests of China, Tibet, etc. People outside these countries were hardly aware of this fungus and its therapeutic qualities. However, now, it is not the case, cordyceps sinensis is popular in other regions too. This fungus is now cultivated commercially in controlled mediums, so that caterpillars are not necessary for their growth. Cordyceps sinensis supplements are now available in the form of powder, food, extract, liquid, etc. The following are some of the cordyceps sinensis benefits.

Cordyceps sinensis is said to boost the immune system by activating the natural killer cells and helper T-cells. It is also believed that this fungus can accelerate spleen regeneration and indirectly boost immunity, as the spleen is one of the important parts of the immune system.

It has also been suggested that use of cordyceps sinensis can positively affect cardiovascular health.

According to some studies, it can be beneficial for treating various heart problems, like arrhythmias.

Cordyceps sinensis is also popular for its energizing properties. It is said to be reduce fatigue and increase the energy levels in its users. Studies conducted on animals show that cordyceps health benefits include its role in increasing the cellular energy production and oxygen supply, thereby reducing fatigue.

Other cordyceps benefits include its role in reducing soreness of muscles, improvement in stamina, etc. It is also said to be useful for decreased libido and other sexual problems. It is also used to increase fertility in men.

Cordyceps sinensis is said to be beneficial for respiratory conditions like chronic bronchitis, asthma, etc.

According to some studies, use of cordyceps supplements resulted in improved liver function, in cirrhosis patients. Even people with kidney diseases are said to experience improvement in kidney function, due to use of cordyceps sinensis. It is also believed to be effective for women with irregular menstruation.

Now, you have a basic idea about cordyceps sinensis benefits. However, as in case of any other herb or traditional medicine, use of cordyceps sinensis must also be as per the instructions of a qualified herbal practitioner. As this fungus is very expensive, you may find various fake and contaminated supplements in the market. So, it is always better to consult a qualified and reputed Chinese herbalist. You must stick to the recommended dosage and other instructions. Those who are allergic to mold and fungi must avoid using cordyceps sinensis products. Even though it is said to be safe, some people may develop cordyceps side effects. You're advised to seek the opinion of your doctor before starting this herbal treatment.

<http://www.squidoo.com/cordyceps-benefits>

Cordyceps Benefits

Sports Motivation - Legal Performance Enhancing Mushroom

There is nothing better for sports motivation than having the nutritional support to performance and recover. Learn about Cordyceps Sinensis a unique mushroom that has not only sparked athletic interest but has been named by world record holders in track and field.

Cordyceps sinensis

Cordyceps sinensis is an unusual and powerful Chinese mushroom. In nature, it grows at high elevations, where oxygen levels and temperature are low. It is believed to have been discovered 1,500 years ago in Tibetan mountain pastures when herdsmen observed that their animals became energetic after eating the grass-shaped fungi. Since then, it has found a place in traditional Chinese medicine as an energy tonic. Modern research is just beginning to discover cordyceps' many health benefits. In clinical studies, cordyceps was shown to be an effective complementary treatment for renal and respiratory disorders, cerebrovascular disease, elderly fatigue, heart arrhythmia, chronic heart failure, hepatitis B, leukemia, low sperm count, lung cancer, leukemia, atherosclerosis and cardiovascular disease.

Sports Performance Training

In 1993 and 1994, China's national women's track and field team made headlines by breaking several world records, including the 10,000 metre run in under 30 minutes. Speculations of performance-enhancing drugs emerged only to be squashed when test results failed to detect drug residues. When questioned, the coach of the team revealed that the women had been training at high altitudes and drinking a tonic that included cordyceps.

Cordyceps - more powerful than ginseng

Cordyceps is known to benefit the whole body, particularly the glands, which, in turn, increase energy levels and improve many bodily functions. Clinical studies at the Human Medical University and double blind, placebo-controlled tests at Beijing Medical University support the claim that cordyceps is superior to the most potent forms of ginseng.

Benefits of Cordyceps Sinensis

Cordyceps sinensis is recommended by Dr. Andrew Weil, MD, and has a wide array of health benefits, including antibacterial, antioxidant, and anti-tumor properties. Studies also show it is helpful in reducing stress and restoring sexual function. As well, by boosting energy, cordyceps can be used to treat fatigue. It is also believed that cordyceps promotes longevity by increasing levels of naturally produced antioxidants.

Cordyceps has been shown to be a safe treatment for many diseases and chronic conditions. Clinical studies show that cordyceps can be used to normalize blood pressure and support cardiovascular and respiratory health. It has been shown to increase cardiac output, opening the aorta as much as 40% under strain in animal studies. Cordyceps has properties that lower cholesterol, reduce blood sugar, enhance the immune system, prevent kidney disease and support liver and nerve function.

<http://www.raysahelian.com/cordyceps.html>

<http://www.immunesystemremedies.com/Cordyceps-Sinensis.html>

Strengthens your immune system to help the body resist and withstand attacks from virus and bacteria. Cordyceps increase the number of cells that are responsible for fighting against most viruses and bacteria. Cordyceps can improve performance and muscle-building capability. Cordyceps is very popular with endurance athletes of all types. Cyclists, Runners, Mountain Climbers, Swimmers and Triathletes are just some of the athletes who have used it with great success.

In 1993 at the Chinese National Games the Chinese Women's Track and Field team shattered 9 world records. Promotes more restful sleep.

Cordyceps has a calming effect on the nervous system, reduces anxiety and nervous stress, thus reducing fatigue and provides a more restful sleep.

Increases energy level. Cordyceps has the ability to increase ATP production in human cells thus increasing your energy level.

Makes other nutrition work better.

Cordyceps helps you fully absorbed the food you eat, making your body make more efficient with the use of nutrients from your food, giving you will have all the necessary building blocks for good health.

Cordyceps benefits the vascular system by improving circulation, helping to regulate blood pressure and strengthening the heart muscle.

As a working lung tonic, Cordyceps is able to strengthen respiratory power in those who need extra energy to perform physical exercise.

Rejuvenates male sex ability.

Cordyceps acts as a very potent male sex hormone, improving sexual function, bringing back youthful sexual function and stamina.

Historically, cordyceps grew wild and was harvested from the mountain ranges in southwest China.

<http://www.getwellnatural.com/cordyceps-sinensis.aspx>

<http://www.longevityherbs.com/articles/health-benefits-of-cordyceps.php>

Health Benefits of Cordyceps

Nowadays Cordyceps Sinensis is something new, special, and hardly familiar to the Western world. Scientists have not managed to study it properly for the time being. The greatest source of information about Cordyceps is its motherland – China, where researchers have already been working for some time on the unclosing the secrets and mysteries of the fungus.

The further statements about health benefits of the mushroom are the results of the numerous Chinese trials of Cordyceps; therefore, they are at first hand.

Enhancing and strengthening of the immune system. Cordyceps is supposed to increase the number of the Natural Killer Cells, which are responsible for the body defense against viruses and bacteria. Some trials show that the fungus works effectively in the leukemia stricken individuals.

Improving sexual function in men and increasing libido by stimulating the production of sex hormones. Cordyceps may also be a means for fighting female infertility.

Building muscles and improving physical performance. Those Chinese athletes, who use Cordyceps, tend to show better results than the other sportsmen.

Providing anti-aging and fatigue reducing effects. The fungus works as an antioxidant and increases cellular formation, especially in the elderly patients. It also promotes more restful sleep, soothes the nervous system, and reduces anxiety, thus working as a sedative.

Improving the respiratory function. Cordyceps shows good results in fighting against cough, chronic bronchitis and asthma, since it relaxes bronchial walls and has anti-inflammatory properties.

Enhancing cellular oxygen uptake. This benefits all the body systems, giving them more energy and vitality.

Benefiting vascular system by improving circulation, regulating blood pressure, and strengthening the heart muscle.

Protecting liver and kidneys. Cordyceps improves blood flow to these organs (as well as to the others), which results in their better activity and ability to fight the diseases, including Hepatitis and chronic kidney disease.

Some people may think of the fungi as of something disgusting and ugly. However, the mushrooms do not look so when in a tablet or a capsule. Moreover, Cordyceps will definitely become even attractive to those, who have no trust in the pharmaceutical drugs any more. 2-4 grams (some people consume even up to 9 grams) of the mushrooms per day – it is nor an exorbitant price for the health improvement, which may become obvious as soon as in 1-2 months.

Cordyceps is said to be safe and has no side effects. However, pregnant and breastfeeding women, as well as children are not recommended to use it, since no studies have been conducted in such persons.

Luckily, time, progress, and the growing demands of the modern society make the scientists keep on working on the unsolved problems and open questions of today. That gives us hopes that soon Cordyceps will become an open book easy to read and understand for all the people.

http://www.ehow.com/facts_5124296_benefits-cordyceps.html

Benefits of Cordyceps

By Karen Sawyer, eHow Contributor

Cordyceps was first discovered centuries ago in the Himalaya mountains of China and Tibet where local tribesmen noticed that the yaks grazing on this particular mushroom had more endurance and energy than the other yaks. It has only recently taken the western world by storm for its beneficial health properties.

Identification

Cordyceps is a medicinal mushroom also known as "Winter Worm, Summer Grass." Its most common form, Cordyceps Sinensis, is quite rare in the wild and capless, unlike most other mushrooms.

Properties

Cordyceps' anti-inflammatory and antioxidant properties help to enhance overall health, boost the immune system and relieve pain.

Effects on Athletes

Chinese athletes have used cordyceps for years to enhance athletic performance without steroids. This is believed to happen because of its ability to increase oxygen levels and blood flow in the body.

Benefits

Researchers in Asia found Cordyceps to have strong anti tumor properties in mouse and human studies for various forms of cancer.

Other Benefits

Cordyceps has also been shown to help respiratory conditions, improve heart function and promote liver and kidney health. Its ability to regulate blood sugar also helps diabetes.

