

GANOTHERAPY

the miraculous king of herbs

by Dr. Lim Siow Jin, Ph.D.

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HISTORICAL & TECHNICAL BACKGROUND



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



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 is 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.



RG

RG (Reishi Gano) is a kind of mushroom essence (ganoderma lucidum) widely known as "King of Herbs." It is effective in:

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

CONTENTS OF RG

1. Polysaccharide
2. Organic germanium
3. Adenosine
4. Ganoderic essence
5. Protein
6. Fibre

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.

I. WATER SOLUBLE ELEMENTS

A. Polysaccharides (THE CLEANSER)

1. Strengthen the natural healing ability of the body.
2. Reduce blood sugar levels and assist pancreas functions.
3. Help to cleanse toxic deposits from the body (detoxification).
4. Strengthen cell membrane.
5. Increase the oxygen carrying capacity of red blood cells.

B. Organic Germanium (THE BALANCER) - Partially Soluble

Increase the oxygen content in the body.
Regulate the balance of electrical charges in the body (Electrical Charge Balancer).
Remove abnormal electrical charges found around abscess cells.

2. ORGANIC SOLUBLE ELEMENTS

A. Adenosine (THE REGULATOR)

1. Lower cholesterol level in the blood and the amount of free fat.
2. Lower the level of blood lipid and stabilize red cell membrane.
3. It can lower the level of platelets agglutination and enhance thrombolysis.
4. Improve the function of the cortex of the adrenal glands to maintain endocrine balance.
5. Regulate the metabolism for a youthful and energetic feeling.
6. Balance the pH of the blood.

B. Triterpenoids (THE BUILDER)

1. Bitter in taste.
2. Enhance digestive system.
3. Prevent allergy caused by antigens because it inhibits the histamine releasing mast cells.
4. Reduce cholesterol and neutral fat in the body.
5. Activate the nucleus of body cells.

3. VOLATILE ELEMENT

A. Ganoderic Essence (THE REGENERATOR)

1. Can overcome skin diseases.
2. For beautification of skin.
3. Can be used for external application on skin diseases, mouth ulcer and external wound (Also to stop bleeding).
4. Rejuvenates the body tissue.

EFFECTS OF RG

A. Scanning (1-30 days)

1. Diseases are caused by imbalance of body function.
2. RG can help to regulate the body functions.
3. From the reaction, we can identify the ailing area. This is known as scanning effect of RG.
4. RG contains all the natural elements of Gano water soluble, organic soluble and volatile elements.

EFFECTS OF RG (Continued)

B. Cleansing – Detoxification (1 – 30 weeks)

1. Uric acid, excess cholesterol, fat deposit, calcium deposit, bad tissue and chemical accumulation are the toxins present in our body.
2. The toxin is removed from our body by:
 - a. Sweating
 - b. The circulation system – (kidney & liver) and then discharged from the body through urination and stool.
 - c. Boils, rashes, phlegm and mucus discharge.

During detoxification sometimes the body feels heated and thirsty this is the sign that the body needs more water to discharge away the toxin. Gano by itself is not hot.

C. Regulating (1 – 12 months)

1. Balancing effect to regulate the body's function
2. Many reactions can be observed during regulation. This is a sign the body is healing itself and one should not worry about it.
3. One should continue to consume Reishi Gano.

4. If the reaction is too vigorous, reduce the dosage.
5. After the reaction, resume normal dosage.
6. The reaction may come back, proceed with the dosage.

D. Building (6 – 24 Months)

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

E. Regenerating (1 – 3 years)

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



GL (GANOCELIUM)

GL (GANOCELIUM)

GL Ganocelium is the mycelium of ganoderma lucidum. It supplies a whole spectrum of vitamins and minerals to our body. It serves as an oxygen supplier

CONTENTS OF GL

1. Polysaccharide
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. Strengthen body resistance
2. Cleanse toxins out of the body

3. Provide full range of vitamins and minerals
4. Helps to maintain a healthy gastric and renal system.

FUNCTIONS OF POLYSACCHARIDE

1. Helps to stabilise and strengthen the body's resistance system.
2. Reduces sugar levels in the blood and revives the pancreatic function.
3. Prevents the destruction of cell tissues.
4. Discharges water soluble toxins.

FUNCTIONS OF ORGANIC GERMANIUM

1. Increases oxygen supply to the blood system.
2. Revives cell tissues by increasing the oxygen supply to the body's organs.
3. Relieves fatigue
4. Cleanses the blood system.
5. Strengthens the circulation of the blood supply.
6. Increases the body's rate of metabolism.
7. Stabilises the blood pressure.
8. Stabilises the electric function in the body.
9. Helps patients to recover from stroke.
10. Prevents numbness in the hands and legs.
11. Eliminates 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 part 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.

During the test, three groups of white mice were injected with abnormal cells. The mice in group A were not treated with anything. The mice in group B were treated with ganoderma and those in the group C were treated with ganocelium.

After 20 days the sizes of the tumours were measured. The tumours of the mice in group A, measured 450 mm², group B, 2902 and group C 200mm² in diameter respectively.

This shows that ganocelium is more effective than ganoderma in reducing the growth of tumours in mice.



REACTION

EXTERNAL SIGNS

A. FACE

1. Eyes

The eyes react to the condition of the liver

1a. 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.

1b. Blurry Eyesight

Usually occurs in the morning. An indication that the liver is regulating itself.

1c. Waste disposal of 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.

- 1d. Teary Eyes
Emotional disturbances indicated, especially anger.
- 1e. Tension in the eyes and eyelids Metal stress due to dissatisfaction or excessive workload.

2. Nose

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

- 2a. Running Nose
 - a. Toxic removal process from the lungs.
 - b. Excessive level of acid in the body (usually the body temperature is too high).
- 2b. Blocked Nostrils
 - a. The lungs have a high level of toxins
 - b. A regulating process for allergies of the nose
- 2c. Sneezing
 - a. Removal of toxin process from the lungs.
 - b. A regulating process for allergies of the nose.
- 2d. Coughs
 - a. Coughing with a discharge of mucus means the removal of toxins from the body is in process.
 - b. Dry coughs means the lungs have an

excessive amount of toxins in them. Thick mucus is usually discharged a few days after starting ganoderma.

- c. 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.

3. Throat

- 3a. Dry Throat
Detoxification process throughout the body. Indicates that the body needs more water to discharge the toxins.
- 3b. Sore throat
Same as above – the toxic level is more serious.

4. Lips

- Related to the digestive system function.
- 4a. Pale lips
 - a. A weak digestive system.
 - b. Gasses inside the stomach.
 - c. 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.

- 4b. Dry and cracked lips
Too many toxic substances inside the stomach.

5. Mouth and Tongue

- Both have a close connection to blood circulation.
- 5a. Tongue or gum swelling and pain
Indication of heart problems such as excessive fat, weak valve function, blocked coronary etc.
- 5b. Tongue, mouth tissue or gum with ulcers is an indication of excessive acid in the blood.
- 5c. Bad breath
Stomach regulation to discharge the toxins.
6. **Ears**
Associated closely to the kidneys.
- 6a. Blocked Ear
Excessive toxins in the kidneys
- 6b. 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

1. Perspiration
1a. Salty Perspire

- Excessive amounts of uric acid in the body
- 1b. Foul Sweat
Body emitting toxins by perspiring
2. Rashes and boils
The body is emitting toxic fat and non-soluble toxins.
3. Itchy skin with rashes
The process of discharging toxins through the skin, due to excessive consumption of modern medicine.
4. Blistered and watery skin
The body is discharging water soluble toxins.
Apply ganoderma powder to the spot.
5. Hair falling out
Indicates a weak function of the kidneys. New and healthy hair will emerge after the process.

C. JOINTS, HANDS AND FEET

1. Painful Joints
- a. Heat
An indication of injury to the joints or gout.
- b. Non Heat
An indication of rheumatism.
- c. Pain in the Shoulders
Indicates that the blood vessels are hardening and an imbalance of the metabolism function.

2. Numbness of the hands
Irregular blood circulation of the upper part of the body.
3. Numbness of 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 anytime.
4. Numbness of the feet
Irregular blood circulation of the lower part of the body.
5. Painful Soles
An indication of weak kidneys. Usually caused by lack of exercise or movement.
6. Painful Heels
An indication of a weak sex function
7. Heaty Soles
Regulating process of the kidneys due to a weak sex function.
8. Itchiness between the toes; An early indication of the Hong Kong Foot disease

INTERNAL SIGNS

A. HEAD

Generally all reactions that occurs in the head is related to the blood circulation system, heart and brain nerves.

1. Pain/dizziness at the front side of the head
An indication of neurosis due to mental burden and too much thinking.
2. Pain/dizziness at the rear side of the head
 - 2a. Upper part
An indication of high blood pressure.
 - 2b. Lower part (neck)
An indication of either high blood or low blood pressure.
3. Headache and gasses emitted out from the earlobes.
An indication of migraine
4. Boils on the head
Toxic disposal in process. Sometimes due to migraine.
5. Dizziness
An indication of insufficient blood supply, or bad circulation of blood.

B. Mouth/Throat

1. Vomit
Sign of asthma. Toxic disposal from stomach.
2. Vomiting Blood
 - a. Red blood
Dead tissue disposed from the throat and lungs.
 - b. Dark Blood
Dead tissue disposed from the stomach; usually due to ulcer.
3. Stressed and tensed tongue
An indication of heart diseases.
4. Thick saliva
Toxic disposal process from the throat due to infection or cancer.

C. Urination

1. Frequent
Indicates that the kidney has an excessive amount of toxic waste.
2. Chalky
An indication if kidney stones.

3. Oily
An indication of lipid waste in the kidneys.
4. Thick and brownish
Indicates that toxins are being disposed.
5. Bloody
Kidney stones or injured kidney.

D. Stool

1. Diarrhea
Cleansing toxic wastes from the colon.
Diarrhea that immediately occurs after consuming ganoderma indicates that there are abnormal cells in the colon.
2. Constipation
Cleansing of toxins from the small intestine.
3. Faeces with blood
- 3a. Red blood
Piles or cancer problems in the intestine.
- 3b. Dark Blood
Ulcer problems.

4. Dark faeces
Indicates that the intestine is disposing toxic wastes.

E. Bodily Reactions

1. Painful
Generally, all bodily pain is caused by clogged vessels or arteries.
 - 1a. Sharp Pain
Regulating process for the nerves.
 - 1b. Numbing Pain
An indication of internal injury
 - 1c. Jolting Pain
Regulating process for nerves that is related to internal organs.
 - 1d. Tense Pain
Process of regulating blood circulation.
2. Heavy/lazy/tired
Acidic body. It indicates that the body is regulating itself and needs a good rest.
3. Heaty
An indication, that the body needs a lot of water to discharge toxins.

4. Light/relief
Indicates that the body is fresh and that regeneration has begun.

F. Emotional Reactions

1. Fearful
The kidney is functioning weakly, also low libido
2. Bad Tempered
Weak liver function. High blood pressure.
3. Nervous and sad
Lungs not functioning properly
4. Euphoric
Heart function is weak. Brain nerve system is poor. Blood circulation is not functioning properly.
5. Dreamy
Digestive system is weak.



DOSAGE



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 only of either RG or GL per day.
4. For general maintenance, a dosage of 1 or 2 pairs of RG and GL per day is sufficient.
5. For use in conjunction with the treatment of any disease, please refer to the Ganotherapy section.
6. The therapeutic dosage varies from one individual to another.
7. As a general rule, if the reaction is vigorous, reduce the dosage by half.
8. Gano should be taken daily to achieve constant therapeutic effect.
9. Gano is best taken on an empty stomach. However, gastric and stomach ulcer patients are advised to take capsules after meals.

GANOTHERAPY

AGE	WEEK 1	WEEK 2	WEEK 3	WEEK 4	REMARKS
1 day old to 3 years old	1/2 capsule morning mix w/ milk GL RG	1/2 capsule morning 1/2 capsule evening	1 GL morning 1 RG evening	1 GL morning 1RG evening	<i>Illness due to poisoning, take RG tiredness, take GL.</i>
3-12 years old	1/2 capsule morning mix w/ milk GL RG	1 GL morning 1 RG evening	1 GL morning 1 RG evening	increase to 1 GL/ 1RG morning and night if no improvement	<i>If no further improve- ment, increase to 1 G L/ 1 RG the followoing week as follow up</i>

NOTE: GL = Ganocelium
 RG = Reishi Gano

AGE	WEEK 1	WEEK 2	WEEK 3	WEEK 4	REMARKS
12 years old and older— Healthy	1 GL / 1 RG before breakfast	1 GL / 1 RG morning and night	1 GL morning 1 RG evening. If tired at end of day add 1 or 2 each of GL/RG	1 GL morning 1 RG evening. If tired at end of day add 1 or 2 each of GL/RG	<i>While taking rg/gl, you may still continue taking other medicine, herbs – edible for pregnant ladies who are healthy</i>
12 years old and older— Less Healthy	1 GL / 1 RG before breakfast – for asthmatic & gastric patients consume after breakfast – if drowsy, take at night	1 GL / 1 RG morning and night— if bad reaction, reduce dosage to 1 GL / 1 RG only	1 GL / 1 RG morning evening and night	Those with external injury or split skin, apply RG powder on the wound	<i>Amount required depends on types of illness, if no reaction, not necessary to increase dosage to maximum -, pregnant ladies who are not feeling well may start taking after the 4th month</i>

AGE	WEEK 1	WEEK 2	WEEK 3	WEEK 4	REMARKS
12 years old and older—Unhealthy	As above, if bad reaction, reduce to 1 each. May consume before or after operation	1 GL / 1 RG morning and night	2 GL morning 2 RG night	Note following page	<i>As above, if nothing happens after max dose, add 2 pairs every week till reaction starts & stay on that dosage.</i>

IMPORTANT NOTICE

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

ILLNESS	METHOD	SIGNS	REACTION	HEALTH ADVICE
High blood pressure	4-8 capsules per day. This means 2-4 rg + 2-4 gl per day	Systolic pressure 140 & above, Diastolic pressure 90 & above. Feeling weak shoulder ache, can't sleep, blushing, frequent headaches	-Stiff neck -- back, upper part of head, feels sore and stiff, headache- (happens 2 - 10 days) after 90 caps the reaction will lesson -blood pressure will be reduced to normal level after consumption	<i>Eat food that contains less oil, fat, salt and starch (rice, noodle) eat more vegetable and fruits. Do not work strenuously. Relax and take things easy</i>
Low blood pressure	4-8 caps daily (2-4 rg caps + 2-4 gl daily) 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	<i>No strenuous exercise, stay calm.</i>

ILLNESS	METHOD	SIGNS	REACTION	HEALTH ADVICE
Piles	<i>4-10 capsules daily. apply rg powder on anus int. and ext.</i>	Stool with blood, anus feels sore inside and out	Pass motions with fresh blood – use rg powder to reduce pain	<i>Eat less host and acidic foods Consume food with high fibre content</i>
Diabetes	4-12 capsules daily	Frequent urination, constant thirst, feeling weak, tire easily, long term, may result in high blood pressure, heart disease, blurry eyesight and the skin turns black, starts to crack.	Sugar level increases for a week Hands and feet swollen a little Condition improve after a week Condition will gradually improve	<i>Eat food with less oil, fat, salt and starch (rice, noodle) Consume more vegetables and fruits Do not work strenuously</i>
Women's Problems	<i>4-6 caps daily</i>	White discharge, painful and irregular periods	Increase in white discharge, unstable period. Effective after taking 1-2 bottles	<i>Avoid cold drinks. Encouraged to both in warm water. Relax.</i>

ILLNESS	METHOD	SIGNS	REACTION	HEALTH ADVICE
Muscle, joint pain	<i>4-10 caps daily</i>	Swollen and painful joints. Affected area feels hot-old wound at the joint-accumulation of uric acid at the joint-joint will swollen if serious	Painful joints, body will feel warm	Consume less protein, nuts, bananas and bamboo shoots
Rheumatism	<i>4-10 caps daily</i>	In pain the day before it rains – a feeling of weakness in joints or all over the body – metabolism slows down.	Becomes more painful	Consume less protein, nuts, bananas and bamboo shoots
Heart Problems	<i>4-12 caps daily</i>	Pain in the left side of the chest - Pain in left upper arm – usually occurs when pressed or due to excessive exercise	Ganoderma has effective power to clear blocked arteries (thrombosis) enhanced heart-beat rate-chest pain face turn red for 2-4 days – numbness in the upper left arm	<i>Consume food with less fat and cholesterol contents – avoid alcohol – reduce smoking – get enough sleep and wake up early</i>

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	<i>When the limbs are numb and the speech is hindered, have plenty of rest to avoid stroke</i>
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 – Diarrhoea or constipation – will feel better after taking 1-2 bottles	<i>Avoid bitter or hot foods – take more GI – fixed amount and time for consuming food</i>
Abnormal	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 it at the early or middle stage	<i>Eat lots of fresh vegetables Eat less red meat – seek radiology treatment</i>

ILLNESS	METHOD	SIGNS	REACTION	HEALTH ADVICE
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	<i>Eat less raw foods and avoid cold water – Don't overwork – may increase gl</i>
Gallstones	4-6 caps daily	Pain in the lower portion of the back	Pain will get worse – chalky & blood in urine	<i>Avoid controlling urination – avoid foods with high calcium levels</i>
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	<i>Eat foods that are less oily & fatty – get enough sleep – feel at ease</i>
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.

ILLNESS	METHOD	SIGNS	REACTION	HEALTH ADVICE
Serious Kidney problems & using dialysis	4-12 caps daily	Feel tired all over – pale – swollen hands and legs – buzzing in ears – sometimes hair will fall out – difficulty in urinating	Easier to urinate – Dialysis treatment be reduced after 3-6 weeks – after 8 months condition will improve	<i>Drink moderate levels of water – Avoid gassy drinks – avoid salty food – Avoid sitting too long – exercise the waist region to strengthen the kidneys.</i>
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 – thirst – brownish urine – pass wind frequently	<i>Ganoderma is effective in expelling poisons from the body – Balances the ph levels</i>
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	<i>Avoid fatty foods for 2 months – avoid strenuous work for 2 months – if instructions are not followed, may cause permanent damage to the liver</i>

ILLNESS	METHOD	SIGNS	REACTION	HEALTH ADVICE
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	<i>Stay calm – take things easy – Do not plan or think of too much</i>
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	<i>Stay calm before going to sleep – Don't force yourself to go to sleep</i>
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	<i>Ganoderma is effective for sinuses – Do not think about your condition too much as this will delay recovery</i>

ILLNESS	METHOD	SIGNS	REACTION	HEALTH ADVICE
Anaemia	4-6 caps daily	Frequent headaches – cold feet and hands – pale – feeling tired	Bleeding nose	<i>Eat a balance diet increase your intake of nutritional foods</i>
Sterile	4-10 caps daily	Womb is not strong enough – blocked fallopian tubes – low sperm counts	Dark discharge during periods – an increase in sperm count	<i>Both partners need to take rg and gl together half an hour before intercourse</i>
Psoriasis	6-8 caps daily	Caused by abnormal metabolism rate of the skin (growth of new cell before the old cell died – condition will get worse due to worries	Will make it worse at first – effective after 2 months	<i>Stay calm – avoid thinking too much – keep environment clean – sun bake</i>
Hong Kong Foot	4-12 caps daily	Caused by fungus infection – easily recurs - often reoccurs with worries	Itchy at first – discharge pus-skin returns to normal after 2 months	<i>The element rg is effective for skin problems – change socks frequently – stay calm</i>

ILLNESS	METHOD	SIGNS	REACTION	HEALTH ADVICE
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	<i>Balance diet</i>
Epilepsy	4-8 caps daily	Caused by imbalance of brain functions - results in sudden pulling effect - froth in the mouth	May get worse	<i>Family members must keep a lookout to avoid accidents – patient must be careful when carrying out work/activities</i>
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	<i>May take rg & gl with western Medicine.</i>
Split skin and watery	4-8 caps daily	Caused by acid/poisons in the body, blood impurities, dia betes	Excretions of pus (smelly, contaminated blood)	<i>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</i>

ILLNESS	METHOD	SIGNS	REACTION	HEALTH ADVICE
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 be have blood or brownish colour	<i>Rg is most effective for internal injuries even if it is an old injury. – for accident victims; take 2 rg and 2 gl every 4 hours for 2 weeks</i>
After an operation	4-8 caps daily	—	Pain around the operated area	<i>Patient can take rg and gl Immediately after an operation – rg & gl helps to heal wounds</i>
Post natal problems	4-8 caps daily	Caused by an imbalance of bodily functions after giving birth – 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	<i>Family needs give more attention to help the patient keep calm – do not assume that the patient is being possessive</i>

ILLNESS	METHOD	SIGNS	REACTION	HEALTH ADVICE
Too much western medicine	4-10 caps daily	Feels as though that 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	<i>Do not stop taking weatern medicine immediately – wait until the effects of the ganoderma has started working</i>
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	<i>Stop drinking immediately – drinking will destroy brain and liver cells</i>

DISCLAIMER: Individuals seeking relief from a health condition should seek the advice of a qualified health practitioner. The information in this book cannot and is not intended to replace the skills of a professional.

