

Can Cream of Mushroom Soup Boost the Immune System?; The CBCD Reviews a Report

Some soups work synergistically to boost immunity to colds and flu and act like natural antibiotics to help fight infections. (1)

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“Infected with the human papillomavirus (HPV)? The CBCD, which conducted two separate post-marketing clinical studies on the natural, antiviral formula of [Novirin](#), recommends taking this effective remedy to help the immune system target the latent HPV.” - Greg Bennett, CBCD

In an online report, Dr. Mao Shing Ni recommends a soup recipe, which combines “the wonderfully intense flavors of shiitake and portobello mushrooms with a collection of ingredients, cilantro, oregano, garlic and onion that work synergistically to boost your immunity to colds and flu and act like natural antibiotics to help you fight infections. The best of all, the cream base for the soup is dairy-free and uses the natural, creamy texture of cauliflower, a cruciferous vegetable that helps prevent cancer.” (1) Dr. Mao has been featured on the Ricki Lake Show, Dr. Oz, and contributes to Yahoo Health and The Huffington Post. He is a bestselling author, doctor of Oriental Medicine, and board certified anti-aging expert.



Dr. Mao's recommendation may be backed by research, which shows that some mushrooms have strong, antiviral effects against the HPV virus, which causes genital warts and some cancers. For example, a study showed that an extract from the shiitake mushroom reduced the human

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Greg Bennett, CBCD

papillomavirus (HPV) to undetectable levels. Judith Smith, a pharmacologist, said that “In a pilot study of 10 women infected with HPV, three appear to have cleared the virus after taking the supplement daily for three months and remained clear of the virus one month after their last dose of AHCC, a shiitake mushroom extract.” (See ScienceNews.org, from November 4, 2014) (2) Ms. Smith is a pharmacologist from the University of Texas Health Science Center at Houston.

However, during the study, “Five women who were early entrants in the test were assigned to take the pills for less than three months. They failed to knock out their infections. The pills had no side effects.” (2) As Judith Smith noted, “It can be hard to know whether HPV has been vanquished, so the researchers are scanning the women for immune proteins produced in response to the virus.” (2) In other words, the study authors are not sure that the HPV virus is completely removed from the bodies

of study participants. It is possible that the virus could return in the future. The CBCD believes that it may be a good idea to follow Dr. Mao's recommendation to eat the mushroom soup. However, until further tests are conducted on the shiitake mushroom extract, individuals infected with the HPV virus should take Novirin. The formula of this natural antiviral supplement was tested in two separate post-marketing clinical studies that followed FDA guidelines, and was shown to safely and effectively reduce symptoms associated with HPV infection.

Click to learn more about [HPV symptoms](#).

The formula of Novirin was tested by Hanan Polansky and Edan Itzkovitz from the CBCD in two clinical studies that followed FDA guidelines. The studies showed that the Novirin formula is effective against the HPV and other viruses. The clinical studies were published in the peer reviewed, medical journal Pharmacology & Pharmacy, the first, in a special edition on Advances in Antiviral Drugs. Study authors wrote that, "individuals infected with the HPV...reported a safe decrease in their symptoms following treatment with (the formula of Novirin)." (3) The study authors also wrote that "we observed a statistically significant decrease in the severity, duration, and frequency of symptoms." (3)

Novirin can be ordered online through the product website, here: <http://www.novirin.com>

Novirin is a natural antiviral dietary supplement. Its formula contains five natural ingredients: Selenium, Camellia Sinesis Extract, Quercetin, Cinnamomum Extract, and Licorice Extract. The first ingredient is a trace element, and the other four are plant extracts. Each ingredient and its dose was chosen through a scientific approach. Scientists at polyDNA, the company that invented and patented the formula, scanned thousands of scientific and medical papers published in various medical and scientific journals, and identified the safest and most effective natural ingredients against latent viruses. To date, Novirin is the only natural antiviral product on the market with published clinical studies that support its claims.

The shiitake mushroom includes "active hexose correlated compound (AHCC), which is a fermented mushroom extract that is commercially available and promoted for immune support ... the available literature clearly suggests that AHCC is an immune-modulating compound ... Supplementation studies with AHCC have demonstrated positive effects on immune function in humans and animal models, including decreased tumor formation (and) increased resistance to viral and bacterial infection." (See Natural Medicine Journal, from 2011) (4)

The following ingredients are used in making a soup based on Dr. Mao's recommendations: 2 tbsp olive oil, 1 medium onion, 2 garlic cloves, 1 small cauliflower, 5 cups chicken stock, 4 oz each of shiitake, portobello and white button mushrooms, 1/2 cup white wine, chopped fresh cilantro, salt and freshly ground pepper, oregano sprigs, for garnish.

What other treatments against HPV infection are available?

"There are no drugs approved against the HPV. Current treatments include procedures, such as cryotherapy, conization, and the Loop Electrosurgical Excision Procedure (LEEP). These procedures use liquid nitrogen, a surgical knife (scalpel), a carbon dioxide (CO2) laser, or electrical current to remove the abnormal growths caused by the HPV. These growths include cells that harbor the active virus. The procedures do not target cells with the latent virus. Since they do not remove the latent virus, these procedures only produce a temporary remission." (3) In contrast, the formula of Novirin was designed to target the latent HPV.

"At the CBCD, we believe in a positive blend of alternative and Western medicines. We urge the public to consider Dr. Mao's soup recommendation due to the reported antiviral nature of the shiitake

mushroom. We also recommend that HPV infected individuals take Novirin to help their immune system target the latent virus.” – Greg Bennett, CBCD

Individuals interested in viewing published studies on the formula of Novirin can go here:

<http://www.scirp.org/journal/PaperInformation.aspx?PaperID=36101#.U-s9ouOSz90>

And <http://www.scirp.org/journal/PaperInformation.aspx?PaperID=44234#.U-s9w-OSz90>

Click to learn more about Novirin and HPV.

All orders of Novirin are completely confidential, and no information is shared or sold to any third party. Privacy is assured.

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