

MykoTroph News: Congress Confirms Efficacy of Medicinal Mushrooms

The high effectiveness of medicinal mushrooms was once again confirmed in an international conference in Colombia.

NIEDERDORFELDEN, GERMANY, October 2, 2015

/EINPresswire.com/ -- Medically effective mushrooms are nowadays used worldwide to alleviate many complaints and diseases. The high effectiveness of medicinal

mushrooms was once again confirmed in an international conference in Colombia. Dr. Dorothee Boes reports on the latest findings for the Mykotroph Institute based in Limeshain, Germany.



International Experts

The medicinal mushroom conference takes place every two years in alternating host countries. Initiator is the now 85-year-old Shu Ting Chang. Being asked about the secret of his fitness in this old age, he replied "I eat mushrooms. Mushrooms are a great medicine - you look younger and live longer." Medicinal Mushrooms help us to stay healthy and support the delay of the skin's aging-process due to the high amount of antioxidants. Furthermore, some mushrooms have a collagen stimulating effect. By now, numerous cosmetic companies use this effect and integrate fungal ingredients in their products.

Focus on [autoimmune disorders](#)

Medicinal mushrooms have a long tradition in the South American Naturopathy just as they have in Asia. Particularly known is *Agaricus blazei murill*, named ABM, which originates from Brazil. The effects of ABM on autoimmune diseases of the thyroid, such as the Hashimoto's Disease, were mainly discussed at the conference in Colombia. Doctor Walter Ardigo from Italy who works with powder obtained from the whole mushroom presented his considerable success in this disease: The antibodies and the thyroid hormone levels of the test persons normalized with the help of ABM within a short period of time. According to Dr. Boes, this observation corresponds with the experiences of Mykotroph Institute. The ABM is – in any case – highly interesting with regard to autoimmune disorders: It regulates the immune system of our body effectively and brings back its natural balance.

High efficacy

Many self-experienced therapeutic observations of the Institute MykoTroph were confirmed at the congress. Thus, the efficacy of numerous fungal ingredients, as contained especially in mushroom powder capsules of the whole mushroom, was scientifically proven. This diversity of active ingredients is also responsible for the so-called adaptogenic properties of medicinal mushrooms. They adapt their regulatory effect on our individual physical conditions. For example, the same mushroom powder obtained from the whole mushroom can stimulate the immune system and otherwise can balance an overactive immune system – as in the case of autoimmune diseases. Thus, it supports our body system in a natural and intelligent way. Moreover, a Croatian researcher confirmed that combinations of several medicinal mushrooms often have an even stronger impact than a single mushroom.

Many medicinal fields of application

Needless to say, this congress also dealt with the positive effect mechanisms of medicinal mushrooms concerning diseases like [cancer](#) and [diabetes](#), which are increasing drastically

worldwide. Many ingredients of mushrooms intervene favorably in the metabolism and cancer treatment. The antibiotics contained in medicinal mushrooms were presented as well. After all, the famous penicillin was derived from a mushroom. In the course of numerous resistances to existing antibiotics we get back more and more to remedies which are known for centuries and we search for new opportunities provided by the nature. Medicinal Mushrooms offer a wide range of opportunities.

The MykoTroph AG, Institute for Nutritional and Fungal medicine based in Limeshain, was founded in 2003 by Franz Schmaus. The agricultural engineer concerned himself with the effects and use of medicinal mushrooms for more than 30 years and is one of the most renowned experts in this field. MykoTroph Institute aims to spread the knowledge of the mushrooms' preventative and healing effects and to make it accessible to a wide public in Germany and Europe.

Further information and studies can be found on the institute's website www.mykotroph.com. Additionally, Franz Schmaus and his team, consisting of mycotherapists and naturopaths, are available for extensive advice from Monday to Friday between 8.00 a.m. and 6.00 p.m. via the hotline +0049 (0) 6047-98 85 30. People who are interested can also arrange a personal consultation at the institute via that number. Telephone consultations are free of charge. Comprehensive information on fungal medicine can also be requested for free at MykoTroph Institute.

Press release courtesy of Online PR Media: <http://bit.ly/1Vt1bXZ>

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