

# MykoTroph News: Nature is a pharmacy

*Medicinal mushrooms protect and strengthen the liver*

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/EINPresswire.com/ -- More and more people complain about a loss of vitality, exhaustion and lethargy. Most people think about stress or a burnout syndrome. But the reason for the persistent lack of energy and the exhaustion is very often a weak liver. It is estimated that about 80 percent of the world's population is affected by a weak liver and the related health impairment. Therefore, it is good to know that [Mycotherapy](#) – healing with mushrooms – exists. Mycotherapy is a proven naturopathic therapy which has great effects on the health of the liver. [Medicinal mushrooms](#) contribute effectively to the preservation of a functioning liver. They also contribute to the strengthening and regeneration of an already weakened liver. Those effects were shown by observational studies from MykoTroph – Institute for Nutritional and Fungal Medicine and experiences from naturopathy.



## Hub of metabolism

No other organ of our body fulfils so many various tasks as the liver does. The liver is our main detoxification organ; it controls the metabolism of sugar, fat and proteins and has regulating effects on the immune- and hormonal system. It is also responsible for the production of bile which is ideally around 1.200 ml per day. Bile, in turn, is very important for the digestion of fat, the excretion of fat-related toxins and in general for a good digestion. Our lifestyle sins are a burden for the liver

Environmental toxins, alcohol, fat food and persistent stress, but also medications and bacterial or viral infections: All these factors weaken the liver and make the organ work hard. Although, the liver has a high ability to regenerate but it cannot cope with a permanent overload. Early warning signs are permanent exhaustion, pressure on the upper abdomen and sometimes allergies. If those symptoms appear, you should always think of an overload of the liver and have your liver values checked. A test of the liver values is highly important because a weakened liver is not necessarily related to pain. If a weakened liver remains undetected, serious illnesses like fatty liver or liver cirrhosis could be the consequence.

## Medicinal mushrooms – A powerful liver protection from nature

The most important medicinal mushroom for a [healthy liver](#) is the Reishi. Reishi can help against a toxin overload of the liver and the exhaustion resulting from that overload. Reishi promotes the detoxification performance of the liver, supports the blood purification and has anti-inflammatory properties. Thereby, possible autoimmunological destruction processes can be stopped. Reishi has also proven effective in the therapy and prevention of the widespread fat liver disease. Additionally, the intake of Maitake is helpful, because this medicinal mushroom contributes to fat reduction and can reduce the fat stored in the liver. Due to its effect as a liver tonic, medicinal mushroom Shiitake is also recommended.

Don't forget about the bitter substances – medicinal mushrooms got plenty of them.

The positive effects of medicinal mushrooms on the liver are explicable by the high amount of

bitter substances they contain. Bitter substances are nowadays flying a little bit under the radar but they are of high significance for a healthy liver and bile. They counteract the acidification of the body and support the liver with its detoxification performance by producing digestive juices and keeping the bile fluid. Reishi is the medicinal mushroom with the highest concentration of bitter substances. This underlines once again why it is such an effective medicinal mushroom for a healthy liver.

#### More support

To support a healthy liver and in the therapy of liver diseases, it is recommended to stimulate the bile production. As a supplement to the medicinal mushrooms, artichokes have proven effective. Also gall tea and the juice of the black radish are very helpful.

Medicinal mushrooms are available as mushroom powder capsules. According to observational studies of MykoTroph – Institute for Nutritional and Fungal Medicine, especially mushroom powder derived from the whole mushroom has proven effective. Only if the mushroom powder is derived from the whole mushroom, the powder will contain all of the effective ingredients of medicinal mushrooms. For further information, please visit us on

<http://www.mykotroph.com/home.html>

#### About MykoTroph

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 make it accessible to a wide public.

Further information and studies can be found on the institute's website on <http://www.mykotroph.com/home.html>. 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 +49 (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 Mycotherapy can also be requested for free at MykoTroph Institute.

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SanTerris GmbH  
MykoTroph AG - Institute for Nutritional and Fungal Medicine  
+49 6101 33633  
email us here

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