

# MykoTroph News: Hypertension is a Widespread Disease - What Can Be Done Against It?

*Medicinal mushrooms are a strong and natural help in the prevention and therapy of hypertension*

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/EINPresswire.com/ -- It is still too soon for an all-clear signal for [hypertension](#). According to the Centers of Disease Control and Prevention, 70 million people in the United States are affected by hypertension. Even 3 to 4 percent of adolescents between 3 and 18 years are already suffering from hypertension according to the American Family Physician Organization. The World Health Organization (WHO) also reports alarming figure.



Worldwide, about one third of adults suffers from hypertension. The fatal thing about it: Although that hypertension can be the trigger for severe diseases, many of the affected persons just don't know that they are affected. They feel good and don't have any particular complaints. This is the main reason why too high values are detected far too late. Therefore, it is good to know that there are natural methods which are very helpful and sustainable against hypertension. There are, for example, particular [medicinal mushrooms](#) – also called vitality mushrooms – which have proven to be effective in the prevention and treatment of hypertension.

## Serious secondary diseases

Hypertension is the leading risk factor for cardiovascular diseases like [arteriosclerosis](#), heart attack or stroke. Moreover, further organ damages could be the consequence of hypertension. This includes retinal damages or renal problems up to renal failure. Permanently increased levels of blood pressure are also seen as a risk factor for dementia (Alzheimer's disease).

## Hypertension is no fate

The underlying reasons cannot always be explained, but experts agree that a healthy lifestyle helps against hypertension. In any case, there must be physical activity and weight loss. Alcoholic beverages should be avoided and stress needs to be reduced. Particularly important is a well-balanced diet with a lot of fresh fruits, mushrooms and vegetables. Natural remedies like

medicinal mushrooms can also counteract increased levels of blood pressure.

Medicinal mushrooms support the natural regulation of blood pressure

Vitality mushrooms have proven to be strong allies in the prevention and treatment of hypertension. This is documented by experiences from naturopaths and long term observational studies of MykoTroph Institute, one of the most renowned Institutes for Fungal Medicine in Europe.

As basics, medicinal mushrooms Reishi and Auricularia are recommended. Because of its ingredient adenosine, Auricularia highly contributes to the improvement of the blood's fluidity and has vasodilating properties. It thereby promotes a good blood circulation and contributes naturally to a reduction of blood pressure and lowers the risk of thrombosis. Reishi supports the oxygen saturation of the blood which has positive effects on the cardiac activity. Furthermore, it reduces inflammatory processes and can balance vegetative-related fluctuations of the blood pressure. Both mushrooms, Auricularia and Reishi, also have cholesterol lowering effects.

Further support

Additionally, the intake of medicinal mushrooms Maitake, Shiitake and Pleurotus has proven to be advantageous. Maitake enables an improved metabolization of blood lipids, Shiitake has positive effects on the increase of "good" HDL-cholesterol and Pleurotus helps to reduce an increased homocysteine value.

All these factors of medicinal mushrooms have a positive effect on the endogenous regulation of the blood pressure. They help that increased values can be reduced naturally until they reach a healthy level.

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. It should also be taken care that the mushrooms are from certified organic production. 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. CET via the hotline +49 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.

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