

# **IMPORTANT INFO ABOUT OUR BODY, DISEASE, DXN PRODUCTS & CONSUMPTION CHART**

**(Revised in June 2017)**

**Please go through the entire script, which took me few years to prepare. I assure you, most of your questions on product & their usage will be answered.**

## **What are the 3 essential elements to the formation of healthy body?**

Body is made up of trillions of cells---cells make tissues, tissues make organs, organs make systems and systems make your beautiful body. When we are talking about healthy body, we are addressing our trillions of healthy cells. The three elements essential to the formation of healthy cells are balanced nutrients, sufficient oxygen along with pure and clean water.

## **What is the cause of disease?**

Most of the causes of diseases are due to toxins (chemicals) and imbalance in the cells.

- a. Toxins get into our body through daily food consumption, air and bad lifestyle choices such as no or irregular exercise, improper sleeping patterns and high stress.
- b. Imbalance in our body is created by deficiency in the **food supplements** (like carbohydrates, proteins, essential fat, enzymes, fibers and vitamins), acid alkaline imbalance and hormonal imbalance.

The major contributing factor to health problems comes from 'blood' environment! Today our diet and life style are unable to maintain the ideal pH of the body. Therefore, most of us tend to have acidic body. When the body is acidic, the environment in the blood becomes sticky, micro-circulations get affected & gradually cells/organs/systemic functions get affected and finally symptoms from blood vessels related problems arise---which also add up to poor immune functions. Therefore, majority of human today are in pre-illness state of health with no symptoms.

## **What is Ganoderma Lucidum mushroom?**

Ganoderma Lucidum (also known as Reishi in Japanese and Lingzhi in Chinese) is a mushroom, a higher order organism of the world of fungus.

### **What are the other DXN food and common food supplements?**

The common DXN food and food supplements are, Spirulina, Morinzhe, Cordyceps and Lion's Mane.

### **What is Spirulina?**

Spirulina is a blue green algae---it is a complete food. It contains high protein and rich in essential minerals, vitamins and fatty acid which may provide your body with necessary nutrients.

### **What is Morinzhe or Morinzyme?**

**Morinzhi or Morinzyme (scientific name Morinda Citrifolia, common name Noni) is a juice extract from Noni fruit. It is antioxidant dietary supplements, rich in fibers, phyto-nutrients, enzymes and Vitamin C. It is a natural combination of beneficial compounds to heal the body as a whole, and to maintain health.**

### **What is Cordyceps?**

Cordyceps are unique mushroom used as also food supplements for general well-being and protection. It has been giving good result to people with lungs or kidney problems

### **What is Lion's Mane?**

**Lion's Mane** is a rare mushroom which is for general well being of mental health and gastrointestinal problems. It specifically helps those who suffer from mental illness---depression, Parkinson, Alzheimer, migraine, dementia, anxiety etc.

**Note: You can do your own research on all the above food and food supplements by going through Google search or write the supplement name in [www.pubmed.gov](http://www.pubmed.gov)**

**What is the consumption pattern of all these food supplements? How can I use them?**

## CONSUMPTION CHART (with RG GL Capsules)

Week	RG GL Capsules	Morinzhi/ Morinzyme	Spirulina	Cordyceps	Lion's Mane
1	1 GL Capsule	2 Tablespoons daily	1 Candy daily	1 Candy daily	1 Candy daily
2	2 GL Capsules	As above	2 Candies daily	2Candies daily	2 Candies daily
3	3 GL, 1 RG, Capsules	As above	2 Candies daily	3 Candies daily	2 Candies daily
4	2 RG and 4 GL Capsules	As above	4 Candies daily	4 Candies daily	2 Candies daily
5	3 RG 4 GL capsules	2+2 Tablespoons daily	3+3 Candies daily	3+3 Candies daily	2+2 Candies daily
6	4 RG 4 GL capsules	As above	4+4 Candies daily	4+4Candies daily	3+3 Candies daily
7	5 RG 5 GL capsules	As above	5+5 Candies daily	5+5 Candies daily	4+4 Candies daily
8	6 RG 6 GL capsules	As above	6+6 Candies daily	6+6 Candies daily	6+6 Candies daily

## CONSUMPTION CHART (with Reishi Powder)

Week	Reishi/Ganoderma powder	Morinzhi/Morinzyme	Spirulina	Cordyceps	Lion's Mane
1	1/4 teaspoon Reishi	2 Tablespoons daily	1 Candy daily	1 Candy daily	1 Candy daily
2	1/2 teaspoon Reishi	As above	2 Candies daily	2Candies daily	2 Candies daily
3	3/4 teaspoon Reishi powder	As above	2 Candies daily	3 Candies daily	2 Candies daily
4	1 teaspoons Reishi powder	As above	4 Candies daily	4 Candies daily	2 Candies daily
5	1 teaspoon Reishi powder, (1 + 1)	2+2 Tablespoons daily	3+3 Candies daily	3+3 Candies daily	2+2 Candies daily
6	2+2 teaspoon Reishi powder	As above	4+4 Candies daily	4+4Candies daily	3+3 Candies daily
7	3+3 teaspoon Reishi powder	As above	5+5 Candies daily	5+5 Candies daily	4+4 Candies daily
8	3+3 teaspoons Reishi powder	As above	6+6 Candies daily	6+6 Candies daily	6+6 Candies daily

### What is the difference between Reishi/ Ganoderma powder and RG GL capsules?

The only difference between Reishi powder and RG GL capsules is the form in which mushroom is packed. Both Reishi powder and RG GL capsules come out of Ganoderma mushroom.

RG GL mushroom are in the capsule form. Reishi Gano RG (detox the body) is a 90 days old fully mature mushroom & Mycelium / GL Ganocelium is 15 days old mushroom (corrects the imbalance in the body).

**Reishi Powder is a combination of RG and GL.**

**For example, 1/2 teaspoon of Reishi powder = 1 pair of RG & GL & 1 tea spoon of Reishi Powder = 2 pair of RG & GL.**

## **What are the benefits of Ganoderma (RG GL or Reishi powder)?**

Ganoderma contains more than 200 active elements that are known to improve health. The healing benefits from all these elements make it Ganoderma king of mushroom or herbs. Here are a few that modern science is currently focusing on:

### **Polysaccharides**

- Strengthen the body's immune system
- Balance blood sugar level and improves pancreatic functions
- Protect against degeneration of skin cells and eliminates dead surface cells which improves skin texture and reduces the appearance of aging
- Controls destruction of healthy cells throughout the body
- Eliminates accumulated toxins

### **Organic Germanium**

- Increases oxygen in the blood system
- Reduces fatigue and increases vitality
- Strengthens the immune system
- Increases the metabolism
- Contains an abundance of anti-oxidants that control or inhibit damaging free radicals. Free radicals are a major cause of cell degeneration, cancer and aging.
- Assists our body's natural ability to fight cancer cells

### **Adenosine**

- Reduces cholesterol and body fat
- Helps to unclog arteries plugged with fatty deposits, and supports liver function
- Balances the metabolic rate and boosts energy
- Prevents fragmentation of platelets which can cause blockages in the circulatory system

### **Triterpenoid**

- Fortifies and improves the digestive system
- Inhibits allergies, relieves sinus congestion, and helps with respiratory problems
- Reduces cholesterol and fat

### **Ganoderic Essence**

- Rejuvenates the body's tissues and cells
- Boosts all the body's functions
- Helps to maintain youthfulness and contributes to improved vitality

- Overcomes skin disorders and beautifies the skin
- Is effective for relieving external problems such as scrapes, skin wounds, psoriasis, bug bites, stings, sunburn, mouth ulcers, and external bleeding.

### **How to use Reishi powder, Morinzhi & Spirulina?**

Mix the Reishi powder with 2 Tablespoons of Morinzhi in half a glass of water.

**Special note: While taking Reishi, water input should be increased. A minimum 8 to 10 glasses per day is recommended so that the flushing of toxins can take place easily.**

**In order to maximize the product absorption in the body, take Reishi powder + 2 table spoons Morinzhi + enough water to make into a paste, suck the paste slowly.**

**Lion's Mane, Cordyceps & Spirulina are best when chewed as per the consumption chart—if you do not like chewing then just swallow them.**

### **Why do I have to take all these products?**

Health problems are presented with symptoms which signal to us the particular area or organs is out of balance. If we want to be healthy, we need to treat the body as a whole. So, all the above products in the chart should be consumed simultaneously for better effects on general well being or any type of the health problem.

All these products are essential nutrients to balance our body pH, improves blood circulations, enhance immune system, increase oxygen levels in the body, detoxification to the cellular levels, normalize cells/organs/systemic functions. Once the organs/system is balanced, the symptoms will disappear.

### **How do these food supplements work?**

These food supplements work on body's cellular level.

When the food supplements are consumed regularly (as per the attached consumption chart), they remove the toxin (chemicals), balances the body and provides all the required food supplements (carbohydrate, proteins, essential fat, nutrients, enzymes and fibers) needed by the body to stay healthy. The result is that the person looks better, feel better and have more energy.

If a person is sick, he should continue his medication and also consume Reishi Mushroom along with other food/dietary supplements. The combination of

medication and food supplements work on cellular level and recovery from sickness is faster.

### **Are these food supplements for any disease or organs?**

The DXN food / food supplements (Reishi powder/ RG GL Capsules, Spirulina and Morinzhi / Morinzyme) are NOT for any particular disease or organ.

### **Who can consume the above food supplements?**

These products can be used by both healthy and sick people. Healthy people can consume for protection and prevention from any future disease while the sick people should take supplements along with the prescribed medication in order to detoxify their bodies and speed up the disease recovery process.

Further, there is no age restriction associated with taking DXN products. The consumption for **infant to young children (from 1 to 12 yr) should be less (as per week 1&2 only)**

Interesting fact is that NASA astronauts are also consuming Spirulina—you can research through Google

### **What is the best time to consume these food supplements?**

In most of the cases, Ganoderma is best taken in an empty stomach 30 minutes preferably before meal. With the exception of few, it may be taken 30 minutes after breakfast or meal---please see the last section on Dos & Don'ts of Usage of Ganoderma. But if you miss or cannot consume the product in the morning, you can take any time.

### **Who should follow the weekly chart till 4<sup>th</sup> week and till 8<sup>th</sup> week?**

A healthy person should consume the products as per week 1 to 4 and continue using the products as per 4<sup>th</sup> week consumption for protection and prevention of disease.

Anyone suffering from minor or major sickness should continue the consumption from 5<sup>th</sup> to 8<sup>th</sup> week and see how s/he feels---and continue the 8<sup>th</sup> week consumption for few months till result is shown (the ailment disappears). Thereafter, the person can reduce to the 4<sup>th</sup> week consumption.

Anyone suffering from severe sickness can increase the consumption to 9 + 9 pairs of capsules or 4+4 teaspoon of powder every day.

It is very important to note that patients should continue with their prescribed medicine (if the person is sick) as recommended by their doctor---consume the above nutritional products as well. DXN products do not clash with other medications and does not have any side effect.

Further, note that both minor and major sickness person should visit their doctors more regularly after taking DXN products for check-ups and to see whether the medicinal dosage ideal. It is the doctor who will reduce or stop the medication. Even if the patient is feeling better, s/he should consult the doctor before making any decision on reducing or stopping prescribed medication.

### **Should I consult the doctor before taking DXN food supplements?**

It is always better to consult the Drs before consuming any food supplements, **provided s/he has sufficient knowledge in it.** Most of the doctors do not have sufficient knowledge about food supplements or Reishi mushroom. Therefore, the Drs do not agree with food supplements and that is why they do not recommend. If you know any nutritionist or food scientist, please ask them about the benefits of food supplements. Since all DXN products fall under food and food supplements categories and do not have any side effects, the decision to consume is yours---not with the Drs.

### **How long should a healthy and sick person take DXN food supplements?**

DXN products are food/ food supplements and should be consumed as food---in order to get maximum benefit and to protect from disease, it is recommended to consume DXN products for lifetime. But if s/he wants to stop consuming, there is no harm other than s/he will be subjected to all toxins and no protection from bacteria.

My question to you is, why do we take regular food and for how long are we going to take food? We take food for energy and to be alive. It is something that we are going to continue to take for as long as we live.

Similarly, DXN food/food supplements are consumed for general well-being and for protection from future potential diseases. However, the consumption from 5th to 8th week should be reduced to normal when an unhealthy person becomes healthy. A healthy person should maintain the consumption of 4th week. Since there is no addiction, even if the consumption is stopped, there is no problem. Like vitamin are being consumed daily by people, so can the DXN products.



**Ganoderma should be taken daily to achieve constant therapeutic/ healing effect.**

### **When can one see the result of Ganoderma?**

Ganoderma works on cellular level. It is difficult to know as to how many cells in a body is unhealthy but the process of detoxification starts within a month. Therefore, the Ganoderma starts working in the body, some people see the benefit within few weeks and some people in few months. In order to see any visible result, one has to use it for few months.

### **Do these food supplements have any side effects?**

These food supplements **do not have any side effects**. They are all organic and free of any harmful chemicals. DXN Ganoderma farm has been certified **as an Organic farm**.

### **What is reflection/detoxification?**

The food supplements do not have side effect but do have reflection. **Reflection is the detoxification (discharge of chemicals) of the body**. When the Ganoderma begins working inside, it detoxifies the body. This temporary reflection is the flushing of toxin via stool, sweat, phlegm, pimples & urine – such reactions in reality is a good effect. It may take few weeks to months, depending upon the amount of toxin that is present in one's body. If you are not clear about reflection, please ask your sponsor or any senior members of DXN.

### **What are the general signs of detoxification/reflection?**

Depending on the types of toxin in the body, consumers may have constipation, loose motion, feel thirsty or the body temperature may rise. Reflections of sick people (like Diabetic or Hypertension) are shown in the fluctuation in their readings of their sugar level or BP reading. This may happen for few days to weeks and will eventually resume to normal.

Majority of people have acidic body. When they take Reishi or RG/GL and Spirulina, the body tries to neutralize the acid. Tiredness is the reaction. The minor headache is also due to acidic body. Reishi or RG/GL is rectifying the problem.

**Detail description of possible reflection is explained on Reflection Section.**

## **Why should Reishi be taken for a long time? Why should I continue taking Reishi after my sickness goes away?**

Our body is constantly under the attacks. As we know our immune system is constantly affected by our daily food, unavoidable toxins in the food; drinking water and beverage with toxins, breathing air with toxins, absorbing toxins through skin from clothing, water through bathing or swimming. All these toxins are directly or indirectly cause chronic low-grade inflammation in our body without symptoms. The low-grade inflammation destroys the inner lining of the blood vessels, and leads to more blockage. This can gradually destroy our body self-healing abilities. On top of that stress and emotions; radiations from computer retard our immune system and thus the immune system is out of balanced.

## **Why in some cases Reishi is not showing faster and visible results?**

1. Consumption of Reishi: Are we removing toxins faster than we are accumulating it?
2. Other factors affect the healing time---it also depends on GENERAL body environment and health status. Many people are in pre-illness stage of health. When one takes DXN products, he may expect all will focus in his health problem; however, Ganotherapy does not work that way. Ganotherapy is holistically managing the entire body, right from cells/ tissues/ organs/ systemic functions. At the end, self-healing abilities of the body are restored. However, these healing abilities are being hampered, because of the toxins intake on daily basis as discussed above.
3. Poor absorption in the intestine can also affect the healing time. Most people have gastrointestinal Mal-absorption.
4. Diet: Too much acidic food being consumed.
5. Lack of water and exercise--- Exercise is a good way to enhance detox; drink plenty of water.

Sometime the antibiotics and other medicines (worst is chemotherapy in cancer patients) have severe side effects and mainly destroys or weakens

the micro-blood circulations because of accumulation of toxins in cellular level.

### **What should a person do if s/he cannot afford all the products?**

The core products are Ganoderma, Spirulina and Morinzhe. Depending upon the budget, Morinzhe can be taken off first, then Spirulina and lastly Ganoderma. If s/he cannot afford any of the food supplements then only Lingzhi coffee can be taken. The person should expect results from less % of Ganoderma in a longer time frame.

As far as affordability is concerned, you can give the solution as follows:

- Consumer: I can't afford it**
- Q: If you can afford it, will you buy it?**
- A: Consumer: Yes**
- Q: Then how are you going to find the money?**
- A: Consumer: I don't know**
- Q: You said earlier that, my health is not good, job is insecure and my life is miserable---right?**
- A: Consumer: Yes**
- Q: I will give you 2 options---if and when you find the money, please get back to me?**
- Second option is, if I can show you a way that you can afford it, are you interested to know?**
- A: Consumer: Yes**

If the answer is YES then I talk about the membership and business and show how to start getting the product free after few months. Here I teach these members that if they replace one daily consumable/usable product (tea, coffee, hot chocolate, tooth paste, soap, shampoo etc) every month with DXN products, in 12 months s/he along with the family would be using almost all products. The member can afford the products faster if s/he starts sharing the benefit of products to others.

# **BENEFITS OF USING GANODERMA & OTHER FOOD SUPPLEMENTS**

**How to get maximum benefit from DXN Ganoderma mushroom & food supplements?**

## **1. Having the correct mindset**

Effective health improvement begins with your mind---belief in herbs is an important factor to maximize the benefit. In addition, understanding of Ganotherapy is important.

## **2. Using the Ganoderma & other food supplements regularly as per consumption chart**

Taking the correct consumption regularly is extremely important.

## **3. Increasing the consumption as per the consumption chart will give faster result.**

## **4. Giving sufficient time**

The result of Ganoderma is visible if sufficient time is given. Since these products are working in cellular level, it takes time to show result. Different people will take different time to show the result; all depending upon the number of cells being repaired.

## **5. Expecting Ganoderma temporary reflection**

The food supplements do not have side effect but do have reflection. Reflection is the detoxification (discharge of chemicals) of the body.

## **Ganoderma Lucidum Health Benefits**

*Scientists researched the healing effects and anti-cancer effects of Ganoderma herb on the circulatory system, the nervous system and the immune system. Studies show it can significantly:*

- improve your blood circulation
- calm your nerves
- enhance your immune system
- improve cancer healing chances

Your body operates on these major systems. If not properly regulated, you may fall ill. Ganoderma herb helps to regulate your various body systems, maintain stability and ensure a balance between internal and external body conditions.

### **How does Ganoderma energize your body?**

*Ganoderma can eliminate toxins accumulated in your body through the intake of various medication, antibiotic, pain killers and anti-inflammatory medicines. It thus achieves a strong detoxification effect to maintain your body balance.*

*In this fast-paced modern world, people are subjected to extensive pressure resulting in tension, insomnia, giddiness, fatigue and loss of appetite.*

### **How does Ganoderma slow down aging?**

The Organic Germanium in Ganoderma helps to enhance your blood stream ability to take in oxygen by more than 1.5 times. It also increases your metabolism rate and slows down aging.

According to research by a Japanese doctor, the concentration of Organic Germanium in Ganoderma is about 800 to 2000 ppm (parts per million), which is 4 to 6 times much higher than Ginseng.

In addition, Ganoderma Lucidum also contains Polysaccharides which help to strengthen your immune system. Hence the stabilizing effects of Ganoderma can strengthen your health, improve your vitality and improve your immune system.

With this, Ganoderma Lucidum herb helps slow down your aging process. And this is the essence of ancient medical classic that states, "Continuous consumption of Ganoderma makes your body light and young and making your cells healthy".

## **EXAMPLE OF HOW GANODERMA AND OTHER DXN PRODUCTS ARE WORKING IN 4<sup>TH</sup> STAGE CANCER**

I met a lady with 4<sup>th</sup> stage cancer in Canada and how our Ganotherapist who had a vast experience dealing with cancer patient as an Oncologist nurse suggested the following natural solution:

We know very well chemo is not the solution for cancer. Management of 4th stage cancer is a journey. We need to improve her health status on a daily basis with DXN products.

Cancer management: we need powerful functional food therapy treatment to arrest Cancer.

Ganoderma research confirmed triterpene has direct killing of cancer by destroying the enzymatic actions on cancer DNA. Cancer cells cannot survive and just dry up and Apoptosis take place.

Ganoderma contains Adenosine: remove blockage, prevent aggregation of platelets, thus enhance DETOXIFICATION to cellular level. Detox is CANCER TREATMENT is very essential. CANCER are toxic cells.

Ganoderma contains very high polysaccharides. Other than it has anti-cancer activities, polysaccharides enhance Interferon level rapidly, thus enhance IMMUNE SYSTEM. Macrophages and NK cells to KILL cancers.

Ganoderma contains organic germanium and this is NATURAL OZONE THERAPY. **Cancer cannot survive in high oxygen body environment.**

Most importantly, Ganoderma is one of the most alkaline food on earth CREATED BY GOD to help mankind, especially for those who believe. Ganoderma balances pH in the body. Acidic body environment is the BREEDING ground for Cancer!!

One more very important point: Ganoderma contains more than 400 kinds of nutrients has yet to be named for cells, tissues, organs and systemic functions. Our body has trillion cells, require essential micro nutrients NUTRACEUTICALS not vitamin A to Z.

Conclusion: Ganoderma has direct and indirect killing of cancer by treating the body. Our body is the best doctor when you give the RIGHT nutraceutical nutrients!

This lady has multiple metastasis, we can start her on:

1. GL powder 60 caps (open the capsules) + Cordyceps 10 tabs( grind into powder) + Lion's Mane 30 tablets (grind into powder) + Spirulina 40 tabs (grind into powder)>>>mix well all in a dry container.

Feed the patient: 1 table spoonful mixed powder + water 150 ml + Morinzhi 60 ml + Cordypine 30 ml >>> feed 2 hourly till the whole of mixture in the dry container is finished in a day

RG capsule:

1<sup>st</sup> week: 1 daily

2<sup>nd</sup> week: 2 daily

3<sup>rd</sup> week: 4 daily

4<sup>th</sup> week: 6 daily and maintain

Monitor her reactions, we can adjust the dosing accordingly.

**Avoid milk and dairy products.**

## **SUMMARY OF THE BENEFITS OF USING GANODERMA**

- Ganoderma works at Cell Level on the entire body.
- Ganoderma protects body from Diseases as well as Disorders.
- Ganoderma gives Health, Vigor & Vitality.
- Ganoderma reduces stress, retards ageing process and increases life span.
- Ganoderma is effective for all age groups.
- Ganoderma suits anybody and everybody – whether healthy or unhealthy.
- Ganoderma has no interaction with other lines of treatment.
- Ganoderma overcomes the side-effects of other medications.
- There is no diet restriction. In fact, liberal consumption recommended – even mega-consumption is not harmful.
- There is No Side Effects & No Addiction.

**A single herb is able to give all the benefits of health to the human body, which is very unique in the health sciences.**

**RECOVERY from the earlier ailments!**  
**MAINTENANCE of the present good health!**  
**PROTECTION from the future problems to health!**

## GANOTHERAPY



*Sickness symptoms are only tips of ice berg. Medical treatment is symptomatic treatment, no healing is taking place. Most people need functional nutrients in Ganotherapy to maintain good blood circulations, immune system and oxygenation to rejuvenate cells, tissue, organs and system, to achieve homeostasis in the body, so patient can maintain optimum health and longevity!*

*In Ganotherapy, it is not possible to give any healing time. The healing time depend on age, body conditions, blood environment, systemic functions, gastrointestinal absorption ability....emotions, physical activities....etc*

*It is important to note to manage problems in long term basis. When the condition allows, the patient can give higher dose . The beauty about Ganotherapy, patients can integrate with medications.*

### **WHAT ARE THE DIFFERENT STAGES OF THE WORKING OF GANODERMA--- ALSO KNOWN AS GANOTHERAPY?**

Dr Lim had invested 10 years in doing research on Ganotherapy---the way the Ganoderma works in our body. In the body, all the active elements of Ganoderma act in synergy (coordination) to bring in total health, which is the basis of GANOTHERAPY. Ganoderma, when consumed, reaches all the cells in the body



due to its unique quality of being an Adaptogen. The following five STAGES of health improvement take place.

## Phases of Ganotherapy

**STAGE 1: SCANNING (1-30 days):** During this process, the body cells are checked for toxins and inactivity. Most of these kinds of defects at the cell level are reported by way of **REFLECTIONS/REACTION** through the external organs like eyes, nose, ear etc. which we may identify the ailing areas of the body. This is just a diagnostic phase which may occur within 4 weeks of starting Ganoderma.

Ganoderma helps to regulate the body functions. During the initial intake, the scanning effect will reflect in several reactions of the body, through which we may identify the ailing areas of the body.

**STAGE 2: DETOXIFICATION (CLEANSING):** (1- 30 weeks). During this phase, the unwanted / harmful matters (called the toxins) are removed from the body. Uric acid, excess cholesterol, fat and calcium deposit, bad tissue and other chemicals accumulated in our body are toxins

The body using its own natural excretory mechanism, which is activated by Ganoderma, carries out this process. The cleansing phase takes place depending on the level and quality of toxins.

During this process of detoxification, water soluble toxins (e.g., sugar, uric acid) find their exit through urine and sweat. Fat soluble toxins (e.g., cholesterol) are easily disposed off through phlegm.

The toxins are removed from our body by: Sweating, the circulation system (kidney & liver) and then discharged from the body through urination and stool.

Boils, rashes, phlegm and mucus discharge

**STAGE 3: REGULATION** (1 ~ 12 months): The bio-Chemical as well as bio-electric factors of the body are balanced and the organ functions are regulated to normal levels.

Following action takes place in regulation stage:

1. Balancing effect of *Ganoderma* helps to regulate the body functions.
2. Many reactions can be observed during regulation. This is a sign that the body is healing and one should not worry about it.
3. One should continue to consume *Reishi Gano (RG)*.
4. If the reaction is too vigorous, reduce the dosage and/or increase intake of *Ganocelium (GL)*

5. After the reaction is reduced or over, resume normal dosage. The reaction may come back but proceed with the dosage.

**BUILDING / REPAIRING** (6 ~ 24 months): In this phase, the damaged cells are repaired and reconstructed. Inactive cells are re-activated. Body's natural immune system is activated.

Following action takes place in repairing stage:

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

**REJUVENATION** (1 ~ 3 years): It is a continuous process throughout life and during this process, one's body gains youthfulness. Oxidation of the cells is prevented and ageing of the cells is delayed. The natural immune system is activated at all levels.

Following action takes place in rejuvenation stage:

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

# DETOXIFICATION /REFLECTION

## General guidelines when taking Ganoderma

As Ganoderma is a powerful herb it is best to start on a low consumption and gradually increase the consumption to allow time for the body to adjust.

You may experience a Reflection or response in the early stages. This is a positive sign that the Ganoderma is beginning to work in your body at a cellular level. There is no need to worry or panic if you see the signs of reflection.

**Example of reflection:** Some people get the reflection of tiredness & headaches after taking the products (Reishi or RG, GL and Spirulina).

**Cause of Reflection:** Headache maybe caused due to poor blood circulation, high blood pressure, stress etc, while tiredness is due to excessive accumulation of acid in body.

**Solution:** Consuming the DXN product as per the consumption chart will remove the cause of the problem. If there is any reflection, it is normal and not all consumers experience the reflection. Some feel the reflection in a minor way and some experience it more. For people whose reflection increases, it is advised not to increase the consumption. Instead, reduce the consumption. If the consumer is taking RG GL then as an alternative, s/he should reduce the consumption of the RG but continue taking the GL as this may reduce the major reflection effect. If the consumer continues to use the products and adopt healthy lifestyle, the reflection will go away faster.

## What is actually happening inside the body?

The body needs time to regulate – to balance and detoxify the body. The DXN products are specially formulated to fill the nutrition gap of our daily diet. However, some toxins withdrawal responses like tiredness and headaches may be revealed to regulate the imbalance condition of our body.

## What should be done if reflection becomes severe?

*If a person can tolerate the reflection, s/he should continue with the same consumption. However, if it gets uncomfortable, then the consumption should be reduced to half. If discomfort continues, s/he should further reduce the consumption by half. If despite the reduction the reflection persists, then all DXN*

*products should be discontinued for at least 15 days and again start consuming from Week1.*

*For example, if the consumption was 4 teaspoons of Reishi powder then it should be reduced to 2 teaspoons, followed by 1 teaspoon and finally, consumption of any products should be discontinued.*

*After about 15 days, the body will come back to normal and the signs of reflection will go away. At the end of the 15-day period, consumption should begin from Week 1.*

**Ganoderma does not have any side effect but sometime in some people have possible Reflection (physical responses) to Ganoderma Health advice**

- Eat food with less oil, salt and starch (rice, noodles)
- Consume more vegetables and fruit
- Do not work strenuously
- Drink a minimum of 8 – 10 glasses of water per day to assist with detoxification
- Take less amount but more frequent meals per day
- Light and regular exercise at least 3 times / week
- Avoid smoking
- Limit unnecessary sugar intake from food
- Avoid sleeping or exercise immediately after meals.

**Possible Reflection specific to diabetic people include:**

- Sugar level increases for a week in about the third week and will continue for about one week
- Hands and feet may become a little swollen
- This condition improves over a week

**General Reflection (physical responses) includes:**

**Eyes** - The eyes react to the condition of the liver

- Reddish eyes one or both
- Blurry eyesight usually occurs in the morning
- Waste disposal from the eyes (discharge) indicates liver dysfunction and excessive amounts of acid in the body

**Nose** – clear affiliation with the lungs and throat

- Running nose
- Sneezing
- Blocked nose
- Coughs

**Throat**

- Dry throat – body needs more water to discharge toxins
- Sore throat – as above, but more severe toxic level

**Gastrointestinal tract**

- Mild diarrhea
- Constipation – if this occurs you are advised to take a laxative

People who are suffering from any other health problems (like Blood Pressure or Diabetes) may notice fluctuation in their readings. This is a good sign of reflection, meaning that the body is detoxifying or trying to get in balance. Body responses usually clear up within few weeks.

**Special note:** Most people are afraid of reflection/reactions, which can be minor reflex reactions to big problem like cancer. Take note of the reactions rather than sweeping the problem under the carpet. All reactions are a warning signs----when symptom surface by itself, it can be a big problem like cancer.

Have confidence in DXN products, all reactions come from problematic body, do not blame the products. Our body can communicate to us by giving signals, do not ignore signals. The beauty about DXN products are healing the body on a daily basis, therefore in long term eliminating health problems and give longevity.

**Ganoderma and other food supplements will work faster provided one makes the correct choice of food and do exercise regularly.**

**Those who are sick should do the following:**

Avoid the food:

1. Milk and Dairy products; processed food with trans-fat and chemicals; food with gluten,
2. Avoid all animals' proteins.
3. White bread
4. Sugar

Include following in the diet:

1. Omega- 3 fish oil
2. Green leafy vegetables juice 4 kind of green veggies + 1 kind of fruits like berries or green apples.
3. Blue berry juice it and can mix with veggies juice
4. Garlic and onions
5. Ginger can juice it
6. Turmeric--fresh turmeric juice it
7. Tomatoes
8. Beets
10. Tart berries
11. Olive oil add a teaspoon in her food like porridge

### **General guidelines when taking Spirulina and Cordyceps**

#### **Spirulina reflection.**

Spirulina is functional food with healing properties. For example, asthma is autoimmune disease. The symptoms are being suppressed by drugs. When he takes Spirulina, the symptom is surfaced, this is healing effects. Continue taking, and if he wheezes, relief with nebulizer and eventually his asthma can be eliminated . Food to avoid: Milk and dairy products including yogurt, cheese, ice-cream, chocolates.

#### **Cordyceps reflection**

Cordyceps is a functional food too.

The dryness of the of the mouth indicates his body is acidic, he needs more water to eliminate toxins.

## **DO'S & DON'TS OF USAGE OF GANODERMA**

- Physician's advice should be followed for specific ailments. Ganoderma is consumed in addition to the medications prescribed by the physician. Ganoderma complements all other lines of treatment and it is not a replacement to medications, which are prescribed specifically for diseases.
- **People suffering from acute Gastric ailments, Ulcers of the digestive system should avoid consuming Ganoderma on empty stomach.**
- **Respiratory allergies and Epilepsy should also avoid consuming Ganoderma on empty stomach.**

- In the case of terminally sick people, GL and other food supplements are advised in addition to the other lines of medical care--- RG or Reishi powder should not be given to terminally sick people till the condition improves to avoid detoxification& discomfort. For such advices, an experienced Ganotherapist should be consulted.
- In the case of people suffering from congenital (by birth) defects and anatomical defects there may not be any direct improvement of the defect; but Ganoderma improves general health, energy and immunity.
- For effective treatment of Infertility as well as Impotency, personal counseling and the study of diagnostic reports are desirable. Experienced Ganotherapist may be of great help.
- Always start the consumption with 1 pair RG GL a day during the first week, increase to 2, 4, 6 during the following weeks to reach the required consumption schedule as indicated above.
- In the case of children below 10 years and weak/very old people, start with ¼ REISHI powder or GL alone and then add RG to make a pair.

## **DISCLAIMER**

The above-mentioned products are food supplements designed to assist in the maintenance of general well- being through regular use. This product is not intended to diagnose, treat, cure, or prevent any disease. DXN does not condone or advocate self-diagnosis or self-medication in any way. If you have a condition which requires medical diagnosis and treatment, it is important that you visit your healthcare professional.

## **REFERENCES**

- 1. Ganotherapy book of Dr Lim Siow Jin**
- 2. Advise of Drs & Ganotherapist in DXN**
- 3. General Health websites on Ganoderma**