

## **Lingzhi and Black Wood-Ear: A Prevention of Cerebrovascular Disease**

*Preface*

*Ho Yung-ching 2005*

When it comes to cerebrovascular diseases, what flashes into our minds will be the followings: such as high blood pressure, low blood pressure, atherosclerosis, congestion heart disease, endocarditism, acute or chronic rheumatic endocarditis, cardiac athma, arythmia, angina pectoris, myocardial infarction, aneurysm, apoplexia, encephalitis, cerebral palsy, etc. In regard to these notorious diseases, it is evident that they have a merit shared in common, namely, they are entitled by the diseases' pathological responses, bacteria, types of virus, and other pathogens. In short, they are diagnosed and treated accordingly.

After having a specific name of a disease, generally speaking, most people, will take some action correspondingly to the literary explanation of the disease. For example, high blood pressure patients will take hypotensive agents; as for pectoris or myocardial infarction patients, they will take a tablet of glyceryl trinitrate. Although this undaunted attitude can bring about an instant effect or is deemed necessary when infected with an acute disease, such an attitude regarding the disease as an enemy and to be eagerly to get rid of it will leave some serious troubles behind (i.e. drug-oriented or medicine-oriented problem). This not only troubles doctors but makes ordinary people helpless and regretful as well. As Dr. Dean Wilbolt said, "Half of the knowledge we are going to teach you is wrong. Unfortunately, we don't know which half" (Ref. Book: *What We Will Pay in the Germ War*, p25, 2003).

Owing to this, if there is any good prescription or antidote which can better prevent the disease in advance instead of curing the syndromes afterwards, won't it be seen as the best way to treat the key factors causing the disease and alleviate the pain of symptoms at the same time?

In a sense, if we want to prevent the disease, we should reconsider the significance of the definitions of illness, diagnosis, medicine and treatment. I would like to elaborate upon my own definitions of these terms and hopefully gain some valuable feedback.

A. What is illness?

Traditionally, Chinese doctors regard illness as an ongoing conflict between good and evil. As the Chinese old saying goes, "the disharmony between Yin and Yang is called illness." On the other hand, the western nature therapy regards illness as the fight between body and the invading pathological agents and the action of self-detoxification.

B. What is the key factor of an illness?

Sir Mckenge, an English gentleman, closed his clinic in Halowey, London, and then went back to his hometown in Scotland, in order to immerse himself

seeking for the key factor of illness. With his rich clinical experiences and sagacious investigations, he finally came to the conclusion—i.e. “if the same toxin stays at the joints, it will cause arthritis; if staying in the liver, it will cause hepatitis; if staying in the kidney, it will cause nephritis; if staying in the skin, it will cause dermatitis; if staying in the pancreas, it will cause diabetes; likewise, if staying in the brain, it will cause mental diseases.”

As the opening lines of Harry Benjamin’s Nature Therapy specifically claim, “Whatever form of illness can be traced back to the origin: i.e. the accumulation of the waste and toxin in the body.” Likewise, 吉益東洞, a Japanese scholar, during the Edo period advocated the theory of “all kinds of illness being derived from the sole toxin.”

According to the medical and academic guidance of Chinese Nature Therapy, I firmly identify with the insightful viewpoints of Dr. Chen Chow-Yi, a Chinese Medicine doctor, “chi` determines all kinds of illness,” and “all kinds of illness are derived from the sole toxin.” In another words, the causes of illness (generality of the causes) consists of being caused by chi (chi is seen as the main invisible energy of all kinds of illness) and toxin (which causes all of the illness; to be more specific, its phlegm is seen as the origin of all kinds of illness).

I am sort of a slow learner and all I can do is to collect the above-mentioned findings and make my own conclusion as follows:

**What is toxin?** Poisonous food that was eaten through mouths: an excess of cuisine (including fish, meat, eggs, milk, sugar, fat, and so forth), lack of drinking water and exercise, and, what is worse, smoking and alcohol drinking, etc.

**(A) Interior toxin**

- a. Because of the mal-digestion and dysfunctional metabolism in human bodies, it will bring about a variety of acidic toxin and then give rise to blocked air and bruises in bodies, humor disturbance and troubles of urine and fecal excretion.
- b. Emotional toxin (the bad emotions: i.e. anger, bliss, missing, worry, sadness, fear, shock, greed, wrath, obsession, arrogance, doubt, jealousy, hatred) tears body and soul apart, confuses the endocrine gland, and makes self-poisoning.
- c. Mistaken recognition (incorrect information and theories): as it is noted, “the incorrect viewpoints are more horrible than the tyrants.”

**(B) Exterior toxin:** the environmental pollution and the ecological unbalance

A vast amount of chemicals (including lots of synthetic medicine) have been improperly used, e.g. the excess of additives. The amount of accumulated

exterior toxin in our bodies over time has seriously threatened and outdone the capacity of self-detoxification and self-healing.

C. How do we diagnose?

(A) Today there is an endless varieties of illness names in mainstream medicine. According to the Western medicine dictionary, there are more than twenty hundred thousand kinds of illness. Owing to this, doctors would fail to examine and cure the illness if they do this without medical instruments and equipment because they need the scientifically specific medical test reports and data. Under the circumstances, it gives rise to the complicated phenomenon—various kinds of illness (effects) derived from various kinds of causes. If so, should we have one medicine for one kind of illness? Otherwise, how can we take the right medicine? What is more, there are a vast amount of uncertain illness. We are supposed to know that human beings, with blood, flesh, emotions, consciousness, spirits and souls, or `ching,chi,shun` (精、氣、神) are multi-dimensional organic living creatures. They can't be easily understood by single-aspect examination.

(B) The Chinese Nature Therapy highlights the eight dialectical doctrines plus “eight new doctrines” as follows,

1 The traditional Chinese medicine's eight dialectic doctrines, the definition of syndromes (the generality of the syndromes): i.e. Yang (energy, heat, emptiness, etc. )—appearance, heat, solidity; energy, heat, emptiness, etc.; Ying (matter, cold, solidity, etc. )—reality, coldness, emptiness.

2 Chinese doctor Chen Chow-Yi's new eight doctrines: i.e. evil and good, inner and outer, coming in and going out, ascending and descending; in another words, the evil and good will fight each other, the fullness and emptiness will take the place reversely, and the decisive crux of moving forward or backward.

The so-called decisive crux means the prediction and coincidental progression and process of the causes before the onset of illness. It is invisible and intact. If the six numbers of the lottery is compared to the illness, then the eight dialectic doctrines can be seen as the predicted six numbers. It is an integral wisdom emphasizing the core of the meaning instead of literary meaning. It is also a multi-layered synthesis and understanding.

The so-called decisive crux means importance, feasibility, energy, or uncertainty. As it is noted in Emperor Huang's *Interior Scripture*, “Those who know the crux should not trigger it even with a light hair; those who don't know the crux will fail to trigger it.”

D. What is the effective medicine (or antidote)?

(A) Most of the synthetic medicine has acidic toxin or fatal toxin. Therefore, it is impossible that medicine equals food. As a matter of fact, medicine is designed for the symptoms. So it aims at alleviating the pain caused by the symptoms; however, there are more or less symptoms-oriented medicines. As it is, medicine (unnatural) is treating the symptoms only. In addition, it is also poisonous and has side effects.

(B) Chinese medicine (natural) and food share a lot in common:

- a. the 1<sup>st</sup> class medicine, (poison-free, nectar or ambrosia) is to follow the destiny when cultivating one's life. It won't hurt his health no matter how much and how long he has taken it. It is good for those who want to make themselves healthier and to prolong their life.
- b. the 2<sup>nd</sup> class medicine, (poison-free or slightly poisonous) is to follow the man's will and know how to strike the balance to cultivate his life. It is good for those who want to get healed.
- c. the 3<sup>rd</sup> class medicine, (poisonous or fatally poisonous) aims at treating the illness conditionally. It can't be taken too much. It is suitable for those who want to get rid of the coldness, heat, and the evil air.

I wonder if it is because the western trend came eastward and toppled the Ching Dynasty with powerful ships and cannons one hundred years ago. It also shattered the Chinese people's self-confidence at the same time. Consequently, it is so ridiculous and such a pity that the Chinese people directly translated *Yao* (藥 the name of Chinese herbal medicine) into *medicine* and regarded both of the terms as the same thing. When it comes to *Yao*, it can be interpreted that the illness is unhappy and if they take herbal medicine, then they will become happy (get healed). Owing to this, if adding “艸” (herb or grass in Chinese) to the word “樂”( happy in Chinese), then we can get a new word 藥 (medicine in Chinese). It is the etymology of the word in Chinese. Today the medical administration in most countries takes the mainstream medicine's viewpoint as the criteria, not only regarding Chinese herbal medicine as unscientific but regulating that it is illegal to claim its medical effect as well. There is too little to be understood that the “Chinese herbal medicine” is totally different from “medicine.” The Chinese herbal therapy (tracing back to and realizing the origin and cause of illness, then healing it) is different from the western medicine concept of therapy (a totally reverse treatment aiming to alleviate the syndromes only). The two ideas can't be misinterpreted as having the same meaning. Chinese herbal medicine is based upon the theory and guidance of Chinese medicine. Under this circumstance, it can be considered Chinese herbal medicine. It goes through a “dialectic process” realizing the cause of an illness. Then, with this understanding of

the origin and cause of the illness, the Chinese doctors can treat it in a natural way through , prescription, food, and herbal medicine and easing the pain. It is seen as the best way for a cure-all therapy, balancing the condition of yin and yang in human bodies (when the condition of yin is calm and the yang is moderate, and then the spirit is healed). Consequently, the symptoms are alleviated without the taking of any medicine. Therefore, Chinese Medicine can only be called herbal or phyto therapy if without the guidance of the dialectical doctrines.

E. How do we treat the illness?

‘Acute illness’ is cured by easing its symptoms and ‘the gentle illness’ is cured by treating its cause. If both symptom and cause are evident, then treating them all at once..

(A) The mainstream medicine “regards illness as an enemy, trying best to get rid of it.” Alleviating the symptoms is taken as the top priority of the therapy.

(B) The Chinese Nature Treatment “treats illness as a relative and a mentor.” It cuts off the root of illness, gets rid of the cause, and pacifies the crisis of illness, making the fundamental conditions of the illness disappear. In so doing, the illness will be healed without treatment at all. For example, the application of the best medicine Lingzhi, and Black Wood-Ear, etc can cover the whole process of life (e.g. cultivation of life, aided treatment. etc). The application of the 2<sup>nd</sup> class medicine covers the process of the therapy only. The application of the 3<sup>rd</sup> class medicine covers the beginning of the attack and the emergency period. With this understanding, we know that the 3<sup>rd</sup> class medicine and the western medicine fail to cover and treat the whole process of life.

From the above-mentioned discourses and experiences, we may agree that it will be the same idea when coming to the protection and prevention of cerebrovascular diseases ( the same treatment to the different symptoms ) . As it is, the best way is to prevent the illness from attacking us during the healthy period and the sub-healthy period. If the illness enters the ill period or the emergent period, then sometimes we should treat the illness by healing its cause and symptoms together. Owing to this, the Chinese medicine and the western medicine can help each other. But it should avoid using poison to cure the illness. Doctors should know where the balancing point is. That is what the Chinese medicine highlights—“using the strongest poison to cure illness, then we will lose six out of ten” (*Book of Medicine of the Emperor Huang*). Don’t use poison in the therapy from the beginning to the end without knowing that “squaring the good so as to get rid of the evil, and when the evil is gone, then the good can lead a comfortable life.”

F. How can an illness be healed (how to live in an eternal and perfect harmony)?

Help him (with the nature therapy) not annoy him or harm him

To cure the cause but not to cure the symptoms is called good therapy

To cure the symptoms but not to cure the cause is called violent therapy

(A) Accommodating therapy: as the Buddhist Sutra says, if the cause is ceased, then the effect won't happen.(Long-Yian Scripture)

Natural logic, theory, method, food, and medicine →

help or inspire the natural energy in human bodies →

cease the cause so as to cease the effect →

lead the evil (poison) out of the body →

the illness is healed and the body is healthy(healing without medicine)

(B) Allotherapy

Try hard to prolong the span of life with illness (vain healing) →

leave the cause of illness or bring about a new one →

the symptoms are gone →

deaden the sick people's power of natural healing energy →

take medicine according to the symptoms →

it is not the natural logic, theory, method, and medicine

G. How effective is Lingzhi to the cerebrovascular diseases?

According to the health statistics of 2001, in Taiwan, 1,341 people died from stroke, 11,003 from heart attack, and 1,766 from hyperpiesia (high blood pressure). There were 25,910 victims in total. It is 20.5% out of the totality of the death of that year. It is the second highest number (next to cancer, 32,993 dead, 26%)

If we take cancer and the cerebrovascular diseases as desiring to win the lottery, then we know it is very difficult to win the lottery, let alone winning "the double lotteries." It is a sort of surprising "present" without knowing it. It is luckier in the U.S. We are told that more than 50% of the people win "the double lotteries."

According to Dr. Chen Zung-Zo, the vice president of Show-Tran Memorial Hospital, and Dr. Jane Mi-Su, there are various kinds of cerebrovascular diseases. If tracing back to the origin, we may reach a conclusion that it is derived from "turbid blood" only. For example, the diabetes, kidney disease, and gout are caused by it.

The turbid blood is like a river (sounds like *zuo-sway* turbid water or trouble water in Chinese, and Zuo-Sway river is one of the main rivers in central Taiwan), and the cause and effect can be seen as two sides of a bank as follows.

The right side of bank: bacteria, virus, immune complex, LPO, oxidized LDL,

MDA, hyper uric acid, hyper cholesterol, hyper triglycerides, hyper glycerin, hyper Fe, embolus,, and the chronic sediment of fat.

The left side of the bank: arteriosclerosis, endocarditis, encephalitis, sapremia, coronary heart disease, myocardial infarction, hyperpiesia, apoplexia, thrombophlebitis, stroke, diabetes, kidney disease, gout.

#### H. What is Lingzhi?

After reading Chinese doctor Chen Chow-Yi's *Nature Therapy and Chinese Medicine* and the articles about Nature Therapy from the related journals, I deeply identify with Dr. Chen's advocacy of the "Medical Virtue Revolution" and the "Everyman's Medicine." In addition to my admiration of Dr. Chen's generosity for humans and his love for nature creating his wisdom, I firmly agree with the words of the former president of Taipei Veterans General Hospital Dr. Pan Nian-Jun, "I believe that, to the whole world, if medicine needs to be changed, then lingzhi will play a vital role in it." There are four reasons as follows:

##### (A) Lingzhi's multifacet effects

From the ancient time on, lingzhi has been seen as the most precious medicine. For thousands of years, the experiences of human experimentation bear proof that if one has eaten a lot of lingzhi or for a long time, it not only won't harm the health but also it will keep the human body in a perfect condition because of the natural healing energy. When it comes to medication and dosage, it is generally agreed that using a little dosage can prevent one from being sick, medium dosage improves the ill condition, and a vast amount of it saves the dying. The wide range of healing and its significant effects are generally recognized and recommended. If accompanied with the Chinese medicine's "dialectic doctrines," then it will remarkably promote or effectively improve the cure of the cerebrovascular diseases.

(B) Lingzhi is nontoxic and without side effects. In both internal acute poison tests or sub-acute poison tests, there is no finding indicating that lingzhi is toxic. It corresponds to the Chinese medicine's viewpoint of lingzhi's nontoxicity. What is more, if lingzhi can work with other Chinese medicine and western medicine together, then it will reinforce and empower the others' medical effects and lower or soften their side-effects (a chemoprotection).

(C) The research of Lingzhi has a well-completed theoretical foundation in Chinese or western medicine field.

a In Chinese medicine field:

Throughout the eight dialectic doctrines, Chinese medicine thinks of upholding the root and cultivating the essence as the final cure for illness. Meanwhile, sustaining the good and getting rid of the evil is seen as the basic principle of therapy. Furthermore, the nature of lingzhi is gentle and nontoxic; therefore, the consideration of the eight dialectic doctrines cannot be ignored. If willing to take lingzhi, most of the people can do it, apart from those who are bleeding, e.g. the ones who have or had surgery before or after two or three days. While upholding the root and cultivating the essence, people should sustain the good and get rid of the evil correspondingly. When sustaining the good, it won't worsen the illness. Likewise, when getting rid of the evil, it won't hurt the good.

As Professor 直井幸雄 from Kyoto University in Japan claims, "lingzhi is like a camera. Even if we have no idea about its medication and pathology, once we take the snap, then we can aim at the suitable target." Lingzhi, at the same time, benefits the human body, adjusting the metabolism in the most effective way. Again, it echoes the theory of Dr. Chen Chow-Yi's 'gentle therapy.'

More than twenty years ago, the World Medicine Association mainly composed of Russia, Austrelia, U.K. etc, regarded that the side-effects of the curent synthetic medicine are too much and too strong. After many research and reflections, it brought about a new idea of therapy—that is, 'adaptogen'. There are three conditions for adaptogen:

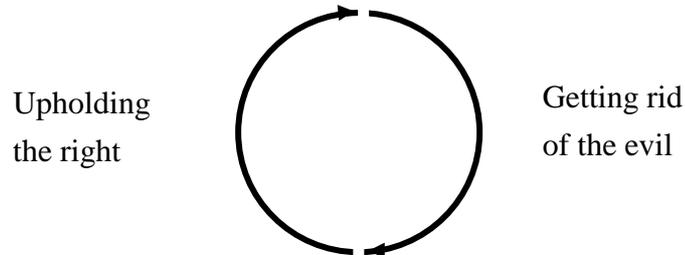
- a. Nontoxic and no side-effect
- b. Wide-ranged effect (its function is not limited to the specific organs)
- c. Normalization: balancing all sorts of organs. It can rearrange and inspire the whole body, making it normal and achieving the condition of homeostasis or generating self-curative power or self-healing ability.

The author of *Lingzhi and Health*, Professor Lee Siu-Sheng claims that so far there is only ginseng and lingzhi qualify for the above-mentioned idea in nature. However, I regard that although ginseng is seen as one of the best medicines for health, there are still many taboos. According to the eight dialectic doctrines of Chinese medicine, it can be used by those whose essence of body is truly cold, but it is not suitable for those whose essence of body is truly hot. Nevertheless, as for lingzhi, almost anyone can take it. In the eight dialectic doctrines, it says whoever's essence of body belongs to yin or yang, appearance or reality, being cold or hot, and being empty or solid, all can take it. Thus, only lingzhi corresponds to

the definition of adaptogen.

Lingzhi has the following functions:

Upholding the right is beneficial to get rid of the evil. After getting rid of the evil, then one-self will have a tranquil life. That is, lingzhi (the gentle therapy) can inspire the ill people's natural healing ability. With this ability, they can get healed without treatment.



b. Ingredients of Lingzhi:

Through bio-chemical technical analysis, the known ingredients contained in lingzhi have their functions respectively:

**Germanium:**

It has the function of dehydrogenation; therefore, it can replace oxygen anion and combine with hydrogen cation (which can make human body acidulated). In so doing, it can help adjust abnormal P.H. in the blood, vastly increasing the volume of oxygen in the blood, balancing the physical electrical potential. With this, it can activate the liver's cell (hepatocyte), promoting antidotal ability and improving haemopoiesis function.

**Polysaccharide:**

It can strengthen the human body's immune system, effectively coercing the expanding cancer cells. It also helps stabilize blood pressure, lowering the lipid and cholesterol and normalizing blood sugar.

**Triterpenoids:**

It can clean and strengthen the liver, controlling the release of histamine, improving allergy symptoms, and then deadening the cancer cells, activating nerve cell in the liver.

**Adenosine:**

It can help lower the viscosity of blood, preventing thrombus from forming. It can also destroy the mural thrombus around the tissue, lift the block of medication, ease the patient's pain, and make the patient calm. Besides, it helps rehabilitate the muscular atrophy, generating interferon.

**Lingzhi-8:**

It can help adjust the immune system to and fro.

**Ergosterol:**

It is a botanic cholesterol seen as the previous raw material of hormone. It can stimulate the gonad, helping the male generate androgen and the female estrogen. Ergosterol is found abundantly in lingzhi, especially, in its spores. Ergosterol contains calcifero. When the liver or kidney turns it into vitamin D2 it is seen as the best helper to absorb calcium. Because of this, Lingzhi, therefore, is widely used in curing children's osteroporosis in Mainland China. In addition, the active vitamin D2 can induce and further turn the cancer cells into normal ones, effectively preventing the cancer.

**Chitin and Chitosan:**

They can clean the free radicals. Chitosan is able to get rid of the free radicals and has the function of an antioxidant. It will strengthen the immune system and activate the macrophage. To a large degree, it is very effective for bladder cancer. It can alleviate the side-effects when the patient accepts chemotherapy, maintaining the number of immune cells. Meanwhile, it lowers cholesterol, accelerating the cure and amending the neurone. Besides, it also slows down the deterioration of diabetes, eases the pain of arthritis, increases the density of cartilage, carries toxins away, etc.

**(D) A blessing from Heaven**

What a pity for modern people to live in such a suitable environment for being ill! However, people are very lucky because God sends lingzhi as a cure-all to them. Lingzhi consists of more than 400 kinds of chemical elements. They have their own functions respectively. On the whole, these elements work together in a perfect harmony, providing people with a measure for preventing illness. If examining from their functions, we may group them into three: i.e. antioxidant, adjustment of immune system, and calm-enhancing, pain-easing, and pressure-softening.

If we further classify them in detail, then there are 13 functions as follows:

- 1 Function on the central nervosu system
- 2 Function on the cardiovascular system
- 3 Function on blood platelet clotting and antithrombotic condition
- 4 Function on respiratory system
- 5 Influence on metabolism and hormone system
- 6 Protection of liver
- 7 Function on muscle stiffness
- 8 Function on antioxidant, postponing aging

- 9 Anti-inflammation
- 10 Anti-tumor
- 11 anti-radiation
- 12 Adjustment of immune system
- 13 Function of anti-acetylcholine

In a word, examining either the long-term use of lingzhi for thousands of years or the clinical research of modern medicine, it is evident that our ancestors didn't cheat us. As the famous doctor in the Ming dynasty, Lee Si-Jane noted in his book *Chinese Herbal Materia Medica*, "lingzhi tastes bitter but nontoxic. It helps alleviate and even release the stifle in the chest. It is good for strengthening the air in our heart, nurturing our essence, lungs, livers, joints, muscles. Besides, it also sharpens our wisdom, empowering our memories. If unfailingly taking it, humans can prolong their life span."

I. What is *Auricularia polytricha* or black wood-ear?

Among the best ones in Chinese medicine, apart from lingzhi, ginzeng, astragalus, and dioscoreas, *Auricularia polytricha*, the well-known black wood-ear, is supposed to be widely understood and taken.

Even if *Auricularia polytricha* is one of the common edible mushrooms, it is not well-known that its rich protein is much higher than rice, noodles, or vegetables. Its vitamin B2 is ten times the quantity of rice, noodles, and cabbage; three to five times the quantity of pork, beef, and mutton. The quantity of vitamin C in each 100g of sporocarp is up to 200 mg. Its calcium quantity is thirty to seventy times of meat; its ferric quantity is more than one hundred times of meat. With this understanding, it is doubtless that *auricularia polytricha* can be regarded as the best choice for the public, especially women.

As for Chinese medicine, *Auricularia polytricha* tastes sweet, tender, and nontoxic. It is good for digestion, ceasing bleeding, activating the function of hematogenesis, innards, and excretory.

According to the research of western medicine, it proves that *Auricularia polytricha* can help lower the viscosity of blood, preventing or solving thrombus in advance and alleviating coronary thrombosis. Its acid polycarbohydrate has up to 42.6% anticarcinogenesis. Therefore, in clinical and natural therapy practises, the findings prove its function and value of regimen and prevention.

Black wood-ear, the colloid mushroom, is very precious. After cooking the fresh black wood-ear, we find it tastes plain without being sweet or salty. It can be seen as the plainest edible mushroom. When being dried, its volume will dwindle down to at least ten times its original volume. When being soaked, it

will bulge to the same original volume. It won't be overemphasized by claiming its benefits: low calorie and without any flavor. Owing to this, it can be seen as the ideal seasoning for any food. The ingredients of its colloid acid polycarbohydrate can lower cholesterol and its fiber can provoke the function of evacuation. Such a precious thing can be seen here and there. How can the consumers disregard the fresh black ear-wood only because of its cheap price. (excerpt from "Lingzhi and Nautere Medicine Digests" Vol. 3 by Dr. Chen Chee-Jen)

Chief of National Cerebrovascular Diseases Research Team in Mainland China, Pro. Hung Shao-Kuang once gave a lecture in Mid-South Sea to the officials of the central government. He put an emphasis on the content of daily cuisine: namely, it must contain the five colors of food (red, yellow, green, white, and black). Among the five colors, "black" means the black ear-wood. It is good for health and can effectively lower the density of blood.

Dr. Chen Chee-Jen, a professor of Southern Taiwan University of Technology, once took the black ear-wood as his dissertation topic. With his long-term collection of his own research papers and related domestic and international information, he concludes with the following eight points:

- 1 To activate the hematogenesis, preventing from arteriosclerosis, and promoting blood circulation.
- 2 To alleviate pain, bad sanguimotor function, nerve paralysis, and charley horse caused by wounds.
- 3 To promote the function of evacuation, healing hemorrhoids, bloody stool, and varicos vein.
- 4 To cure cold and wet pain in waist and legs.
- 5 To prevent womb bleeding and premature menopause.
- 6 To improve anemia and osteoporosis.
- 7 To lower the density of blood, cholesterol, good for the patients of cerebrovascular diseases.
- 8 To lose weight.

Notice:

Because *Auricularia polytricha* contains high-leveled adenosine (154mg/g), it helps coerce the gathering of hematoblast. It can be widely used in preventing cerebrovascular diseases except for the condition of operations, monthly course.

The following are the successful experiments:

1 To lose weight: 88% batting average

87.5% batting average in male; remarkable between age 41-60.

88.9% batting average in female; remarkable between age 20-40

- 2 To dwindle the waist: 80% batting average  
 62.5% batting average in male; remarkable between age 20-40.  
 88.9% batting average in female; remarkable between age 20-40
- 3 To improve anemia: 50% batting average  
 62.5% batting average in male; remarkable between age 30-40.  
 44.4% batting average in female; remarkable between age 30-50
- 4 To lower stearin:54% batting average  
 37.5% batting average in male; remarkable between age 20-40.  
 61.1% batting average in female; remarkable between age 20-40
- 5 To lower chelesterol: 54% batting average  
 62.5% batting average in male; remarkable between age 50-60.  
 33.3% batting average in female l; remarkable between age 20-30
- 6 To lower UA: 50% batting average  
 50% batting average in male; remarkable between age 40-50.  
 50% batting average in female; remarkable between age 20-30
- 7 To lower BUN: 58% batting average  
 50% batting average in male; remarkable between age 40-50.  
 61.1% batting average in female; remarkable between age 20-30

Note: the above-mentioned data is by Dr. Chen Chee-Jen, Institute of Biotechnology(unpublished)

The suggestive cooking ways:

#### 1 Black wood-ear salad

Ingredients: fresh black wood-ear 3 pieces; green onion 3 pieces; hot pepper 30g; sesame oil and Japanese tamari

Method:

- (1) Slice these vegetables into strips.
- (2) Boil the black ear-wood with hot water quickly, and cool it with cold water.
- (3) Put the stuff into a container, adding sesame oil and Japanese tamari to it and stirring it evenly.

Notice: Adding ice to cool the wood-ear, making it taste better.

#### 2 Black wood-ear herbal soup

Ingredients: fresh black wood-ear 3 pieces, thin pork 30g, ginger 3 pieces, red Chinese date 5 pieces

Method:

- (1) Smash the fresh black wood-ear by machine, slice thin pork into strips and take the core of the red Chinese date away.
- (2) Add water 3000 cc to it, and then boil it. When boiling, turn down to low heat,

cooking for another one and half hours.

### 3 Nano-black-wood-ear capsule

Ingredient: 100 % pure black wood-ear

Format: 100 capsules 500 mg + 5%

Usage: Take 3-5 capsules every half an hour before meals. Three times a day.

It will function better if doing exercise after taking it.

### Conclusion:

Since ancient times, the source of food has played an important part in our lives. Using food to nurture bodies and prevent illness is thought of as precious traditional experience and wisdom. Therefore, if traveling in Korea, you will notice the phenomenon; namely, "agriculture is seen as the essence of a country." Han people as a race combine medicine and food and view them as the same. As the famous doctor Sun Si-Miao in the Tang Dynasty noted in the "cuisine therapy" of his *Emergency Recipe of Thousand Gold Nugget*, "if people eat plain food, treating illness with relaxation, then it can be seen as the best way to prolong life span and as the art of nurturing life. As for doctors, they are aware of the causes of illness, healing it by eating right food. If not, then take medicine." Hippocrates (460-377B.C.) the famous doctor in the West once admonished people that "your food is your best medicine." With this understanding, the prophets from the East and the West claim the points in common.

Likewise, the prevention of cerebrovascular diseases remains the same method: namely, to have a reasonable and natural cuisine and moderate exercise, to quit smoking and drinking alcohol, and to keep the psychology balanced to sustain health. Thus, I will contribute the following recipe to the readers: three meals each day, cook the black wood-ear with suitable quantity. You can make black wood-ear soup or salad (boiling it quickly first). Take at least fresh black wood-ear 50-80g every day. And then take a tablet of condensed (12-20 times) lingzhi or spore powder. There are four functions:

- 1 The bitterness of lingzhi can provoke saliva. Don't forget that the meaning of 活 (a combination of two words, i.e. water and tongue in Chinese) is to hold water in tongue to keep you alive.
- 2 The old people generate less and bad-quality saliva. Lingzhi can be absorbed through oral catarrh to activate saliva glands, adenoid and lymph glands. It is effective to prevent illness from entering the human body through the mouth.
- 3 It helps heal all kinds of oral inflammations, including adenoiditis and periodontitis.
- 4 By absorbing a small amount of lingzhi with oral catarrh and tongue, it will soon enter the coronary artery and then be swallowed into the stomach with a vast amount of saliva. Besides strengthening the function of spleen, stomach, liver,

and guts, it also has five functions for heart disease:

- (1) It helps to expand coronary artery, increasing the blood flow in heart and brain.
- (2) Moderating the heart beating
- (3) Strengthening the function of heart
- (4) Largely increasing the oxygen quantity in blood
- (5) Lowering the viscosity of blood, or dissolving the thrombus.

According to a Taiwanese scholar Professor Liu Kao-Joe's research, , lingzhi (especially lingzhi alkali) can increase the blood flow in coronary veins and brain veins up to 45.7% and 24.8% individually. Therefore, lingzhi is helpful for provision of blood and oxygen in the heart and brain.

In a word, lingzhi and black wood-ear can be seen as the savior of cerebrovascular diseases, saving brain and heart. In case of myocardial infarction and stroke, the top priority of emergency cure is to let the patient take lingzhi (5-10 tablets) first, hold 1-2 tablets in the mouth and then send the patient to the hospital in time. It will work all the time.

Note 1,2,3,6 Chinese doctor Chen Chow-Yi

*Nature Therapy* from the doctrine of "Tao generates one and one generates two" of Confucianism and Taoism to examine the theory and methodology of "Chinese Nature Therapy" Vol. 125 p5-6

Note 4-5 Dr. Chang Jia-Zue *Method of Not Being Ill* p91

Note 7 *Golden Almanac of Medical Masters*

Note 8-10 Dr. Chen Zung-Chow and Dr. Zeng Fu-Sue

*Medical God, the Wars of Illness* p170-171

Dr. Chen Zung-Chow and Professor Lee Sue-Seng

*Medical God, The War of Tumor* p183

Note 11 Dr. Liu Kao-Joe *Epitome of Lingzhi* Vol. 2

#### Reference Books

1 Dr. Chen Chow-Yi *Nature Therapy* vol. 125

2 Dr. Chang Jia-Zue *Method of Not Being Ill*

3 Dr. Chen Zung Chow and Dr. Zeng Fu-Sue *Medical God, the Wars of Illness*

4 Dr. Liu Kao-Joe *Lingzhi in Modern Science*

5 Dr. Chen Chee Jen *The World of Mushrooms*

6 "Symposium of the Development and  
Appliance and the Industrial and

Academic Cooperation of Mushroom"

7 Dr. Liu Kao-Joe *Epitome of Lingzhi* vol.2

