

HOAF-CAIM

COMPLEMENTARY ALTERNATIVE & INTEGRATIVE MEDICINE



氣

qì
energy

功

gōng
cultivation

Author Disclaimer

Traditional Chinese Medicine it is a challenge to find and provide all the necessary available information related with trials, documentaries, media investigative reports, movies and patients experiences. All that bring a natural and healthy useful information which will generate support and augmentation of the immune system necessary to fight several health diseases.



Ganoderma lucidum (Reishi) **Inhibits Cancer Cell Growth and Expression of Key Molecules in Inflammatory Breast Cancer**

Ganoderma lucidum (Reishi) Inhibits Cancer Cell Growth and Expression of Key Molecules in Inflammatory Breast Cancer.

Inflammatory breast cancer (IBC) is the most lethal and least understood form of advanced breast cancer. Herein we describe the potential of the medicinal mushroom *Ganoderma lucidum* (Reishi) as an attractive candidate for anti-IBC therapy. Reishi contains biological compounds that are cytotoxic against cancer cells. We report the effects of Reishi on viability, apoptosis, invasion, and its mechanism of action in IBC cells (SUM-149).



**REVIEW AND USE THE FOLLOWING HERBAL RECIPES
THAT WILL PRODUCE METABOLIC AUGMENTATION WHICH
WILL HELP YOU TO RECOVER AND OR MAINTAIN YOUR
IMMUNE SYSTEM**

Super Easy Smoothie to alleviate Back Pain

In modern times, back pain has become one of the most common ailments. It occurs as a result of sedentary lifestyle, improper or strenuous physical activity, and even mentally stressful working conditions.

Its treatment involves expensive massages and alternative treatments, but many experts also suggest increasing the consumption of natural, organic ingredients that provide strong anti-inflammatory properties.



Ingredients:

- 1/2 cup blueberries
- baby spinach
- 1 apple
- 1 tbsp honey
- 1/2 tsp ginger
- 1/3 cup water

Directions:

Soothe ginger in some boiling water and let it cool for 20 minutes. Blend it together with the rest of the ingredients until creamy. Serve in glasses and toss some blueberries on top. Enjoy this delightful smoothie and watch your back pain disappear!

Fat Flush Water Recipe

Thanks to the vitamin C rich ingredient work great with **reishi**.

Refreshing fat flush water is actually just plain water enriched with herbs that effectively remove fat from the body. Besides melting pounds, this drink also positively affects digestion and reduces bloating.

Ingredients:

- 8 cups water
- 1 teaspoon grated ginger root
- 1 fresh cucumber , peeled and cut into thin slices
- 1 lemon, also cut into slices
- 12 mint leaves,
- 1cc of **reishi extract**



Preparation:

Put all ingredients in water and leave the mixture stay overnight to release some aroma. Drink this water during the next day.

Nutritionist Cynthia claims that regular consumption of this refreshing beverage along with moderate physical activity will give you nice flat stomach in a short period of time.

The best sinus cleaner

Sinus inflammation accompanied by stuffy nose, wheezing and headache can be quite common, especially in the upcoming winter days. If you think you have tried everything you could, and nothing helped so far, we recommend you try this homemade mixture and the best about it is that you do not need much time or money.



Ingredients:

- 1 small cup of honey
- 1 small cup of lemon juice
- 5 to 7 radishes
- 1 small purple onion
- 6 garlic cloves
- 1/4 tbsp **reishi powder**

Preparation:

Wash the vegetables and peel the onions and the garlic. Cut vegetables in quarters and use a blender to get a nice and smooth mixture. Add all the ingredients and stir again. Put the mixture in a jar and keep it in the fridge.

Use:

Adults should take about 2 tablespoons per day, or more if necessary. The recommended maximum dose for children is 1 tablespoon per day. The first reaction of this homemade remedy will be noticed in just 24 hours.

Fight Bad breath with this drink

Bad breath can be caused by various food products, tooth decay, indigestion or insufficient oral hygiene. But luckily nature is a great friend of health, so you can eliminate this problem with a few sips of this healthy, natural shake.

One of the most popular spices – cinnamon contains essential oils that eliminate bacteria in the throat, responsible for causing bad breath. Citric acid neutralizes the rest of the food, and spinach and parsley kill bacteria in the digestive system.

The mixture of these ingredients and some honey will save you from bad breath when you most need it.

Ingredients:

- 1 lemon
- ½ tablespoon of cinnamon
- 1 ½ tablespoons of honey
- 2 tablespoons of spinach
- 10 parsley branches
- 1.7 oz/50 ml warm water



Preparation:

Wash both spinach and parsley, put them in a blender and add some lemon juice and warm water. Mix well all the ingredients and add cinnamon and honey at the end.

You can keep this powerful shake in the fridge and consume it in the morning before your meals.

Anti-cold and immunity booster juice

The temperatures in this period of the year, besides headaches and sleepiness, cause numerous viruses, followed by sinusitis, cough and overall decline in the immune function. If you want to strengthen your body in a natural and healthy way and cure colds and viruses, prepare this simple and delicious drink.

Ingredients:

- 6 lemons 1 big garlic clove
- 2 tsp ginger powder
- 2 tbsp honey
- 3 cups pineapple juice
- 1/4 tsp chili powder

Preparation:

1. Squeeze the lemons and add the juice in a blender.
 2. Add all the ingredients and blend well until you get a smooth mixture.
 3. Keep the mixture in a glass container and store it in the fridge.
 4. Drink 4 cups of this drink every day until all the viral symptoms are completely gone.
- Plus Vitamin C contained in the Juice Helps if you are taking our **reishi supplements**

Pain reliever Recipe with reishi

Whether you have pain and inflammation from strenuous exercise, working on your job, joint pain, arthritis pain, pain from unexpected injuries, or migraine headaches, you want to get relief so you can start feeling better. Try this delicious smoothie recipe to relief inflammation and pain:

Ingredients

- 1/2 Cup Coconut Flesh
- 1 Cup Frozen Cherries
- 5-8 Basil Leaves
- 1-2 Cups of Coconut Water or Water
- 1 tbsp. Chia or Hemp Seed
- 1/2 tsp of **reishi soluble extract** or soluble coffee

Preparation:

Put all ingredients into a blender and blend for 20-30 seconds until smooth.

