Enhance, protect and restore the function of your liver while balancing your immune system. Take this formula to nurture and detoxify your liver and protect the liver from damage associated with autoimmunity, inflammation, oxidation and infections such as hepatitis viruses. This formula has been tested in a clinical trial in China with 100 people and demonstrated 63% success rate in reduction and elimination of HBV surface Antigen in the blood. Traditional Chinese Medicine believes that the liver energy controls and balances the Spleen/Stomach energy. The Spleen plays a major role in the immune function. Liver Chi™ helps balance the immune system, thus heals psoriasis and presents protective effects against liver damage. Liver Chi™ delivers maximum benefits of historically proven edible, precious and beneficial mushrooms including Ganoderma, Poria, Cordyceps, Grifola, Lentinus, and Hericium. Polysaccharides in these mushrooms have been scientifically proven effective for modulating the immune system.

**Documentation of Individual Herbs**

**Ganoderma (Lingzhi) (Reishi)**
Organ Affinity: Liver  
Effects: Protects liver, calms nervous system, increases white blood cells, anti-microbial, lowers blood pressure, reduces internal phlegm, strengthens digestive system.  
Indications: Emphysema, bronchitis, irregular heart beat, liver infection, cirrhosis, ringing in ear, arthritis, sleeping disorders, poor digestion.  
Remarks: One clinical study (288 patients) in China on the treatment of chronic bronchitis using Ling zhi extract indicated an 87% improvement. Another clinical study on the treatment of acute liver failure indicated that 19 out of 21 patients recovered their liver function after 45 day treatment using Ling zhi extract.

**PoriaCocos(Fu-Ling)**
Organ Affinity: Kidneys and Spleen  
Effects: Sedative, diuretic, anti-microbial, anti-parasitic.  
Indications: Difficult urination swelling lack of appetite diarrhea excess phlegm, coughs, insomnia, nervousness.  
Remarks: This herb has been used in TCM for lowering blood sugar and controlling stomach acids. Poria has anti-emetic activity, anti-carcinogenesis, anti-edema effect, and prevents toxicity. These medicinal activities may be related to its immune modulating function. The polysaccharides are responsible for this modulating function.

**Cordyceps sinensis**
Organ Affinity: Heart, Kidneys, and Liver  
Effects: Blood tonic, strengthens adrenal glands, antitumor  
Indications: Excessive perspiration, bronchitis, emphysema, low sexual vitality, pain in lower back and knees arthritis.  
Remarks: This is one of the most popular and precious longevity-promoting herbs because it strengthens the adrenal glands, increases sexual vitality, relieves bronchitis and emphysema, reduces blood fats and sugars, lowers blood pressure and improves blood circulation.

**Grifola (Maitake)**
Organ Affinity: Liver  
Effects: Protects liver, modulates immune system, lowers blood sugar, promotes balance of cholesterol.  
Remarks: Contains a group of polysaccharides that have immuno-modulatory, lipid-lowering antitumor activities by stimulating cytokine production from macrophages.

**Cordyceps (Xiangyun) (Shiitake mushroom)**
Effects: Anti-carcinogenic, anti-cholesterolic, immune stimulating; reduces blood sugar, lowers blood pressure, suppresses appetite.  
Indications: Improving Qi and blood, detoxification cleansing blood fat, lowering blood sugar, acne.  
Remarks: Approximately 200,000 tons of Lentinus are produced each year. The volume is expected to increase as more benefits become known. The positive effects include anti-carcinogenic, anti-cholesterolic, and immune stimulating and modulating effects. They also contain rich minerals and amino acid composition. Lentinus also prevents liver cancer cell metastasis.

**Hericium (Yamabushitake) (Houtou)**
Polysaccharides in Hericium increases proliferation of T&B lymphocytes in spleen cells and has antitumor activities.

**Schisandra (Schisandrachinensis)**
Organ Affinity: Lungs, Kidney, Liver, Heart, Spleen  
Effects: Astringent; tonic to kidneys; demulcent; anti-diarrhoeic; antitussive.  
Indication: Chronic coughs; asthma; thrush; profuse perspiration due to "empty" ailments; spermetorrhoea; nocturnal emissions; profuse and frequent urination; chronic diarrhea.  
Remarks: It is both astringent and demulcent. Excellent fluid balancer. Beautifies the skin. Strengthens liver function and immune system.
Selected References For Liver Chi


These statements have not been evaluated by the FDA. Information contained in this bulletin is for informational purposes only and is not intended to diagnose, treat, cure, or prevent any disease. In all cases, it is recommended that you consult with your healthcare professional before initiating a supplement program.