

# HEALTH NOTES

## The Medicine On Your Pizza *Mushrooms Hold Many Health Secrets* ®

(NAPSA)—Here's some food for thought. The mushrooms on your pizza or Chicken Marsala don't just taste great, they may be the key to many serious health concerns. Numerous researchers agree that mushrooms are a large and untapped source for powerful, new health products.

For thousands of years, mushrooms have been used to fight disease in Asia. They have been used against cancers of the stomach, esophagus and lungs. Modern medical research shows mushrooms help with tumors and heart disease by lowering bad cholesterol. Mushrooms also help the immune system and can prevent the common cold, flu and some infections.

Asia has been a leader in the use of medicinal mushrooms, but the U.S. is catching up. A few supplement companies are adding mushroom remedies to their product lines.

Isaac Eliaz, M.D. is a physician with a Northern California clinical practice. He uses medicinal mushrooms to help build his patients' immunity. "There are 270 species of mushrooms that have real health benefits," he said. "I have personally seen the benefits of mushrooms in helping the immune system. I have also found in my clinical practice that they prevent infections." He uses MycoPhyto Plus Complex. This remedy has six medicinal mushrooms grown on immune-enhancing herbs.

"A stronger immune system results in the resistance to bacterial, viral, fungal and parasitic infections," he added.

Experts say there are over 140,000 types of mushroom on Earth but only 10 percent are really studied and known. The future holds real promise for unearthing even more wellness benefits of the mushroom.

For more information, call Advanced Bionutritionals at (866) 202-3772.