Nature's Rise Explains Lion's Mane Mushroom: The Benefits You Need to Know

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Nature's Rise, a company based in Sacramento, CA, has discussed the benefits, side effects, and provided a usage guide for lion?s mane mushroom in a blog post. The company is a provider of Lion?s Mane Organic Mushroom Powder, which may help in getting rid of brain fog and in boosting cognition, focus, and brain power. Lion?s mane mushroom or Lion?s head mushroom is an edible fungus with a fuzzy appearance. It got its name from its long white shaggy spines that look like the manes of a lion and it has long been used in traditional Chinese medicine and in East Asian cooking. One of its primary benefits is that it may enhance brain performance and mental skills, and it has been linked to the repair of neurons that help in memory and learning.

According to the article, Lion?s mane has even more benefits compared to other mushrooms, such as reishi mushrooms. Whether consumed as mushroom flesh or as a supplement, lion?s mane has been observed to help with various conditions, such as: dementia, Alzheimer?s disease, better memory and focus, depression and anxiety, better digestion, cancer, hormone imbalance, and high cholesterol. For brain health, lion?s mane has been noted to offer neuroprotective effects after brain injury, which means faster recovery from nervous system injuries. This is due to the presence of the NGF protein. Animal research has indicated that Lion?s mane may speed up healing for the nervous system and in establishing new neuronal pathways. More about this can be gleaned from https://www.naturesrise.com/blogs/brainfood/lions-mane-benefits.

Aside from the benefits for brain health, Lion?s mane may have other benefits, such as: the ability to fight inflammation and oxidative stress; protection against gastrointestinal problems and ulcer; maintaining a healthy liver and intestines; stronger immune system; potential to combat cancer; reduction of the risk for cardiovascular diseases; reduction of blood sugar levels; lower blood lipid levels; and regulation of hormones and improvement of women?s health.

David Longacre, founder and president of Nature?s Rise, says, ?Although I have known that mushrooms

have medical benefits for decades, I waited too long before taking advantage of their nutritional and healing powers. I was listening to a holistic health professional on a podcast who recommended Lion?s mane to listeners dealing with issues like trouble sleeping and anxiety. After listening to the podcast, I immediately ordered Lion?s Mane online. Within the next few weeks, my memory and outlook on life improved. As I began to heal my mind and body, it felt as if a weight had been lifted from me. My anxiety melted away with each passing day until all that remained was an exciting sense of purpose for what is ahead in this new chapter of life! I found myself operating at full potential after years of slacking off and underperforming in my two entrepreneurial ventures.?

Lion?s mane mushroom or Hericium Erinaceus is considered to be a superfood. However, it is also important to be cautious in its consumption because of possible side effects. Some studies have shown the possibility of mild gastrointestinal discomfort when taking Lion?s mane supplements. This was observed when taking 300 mg of the mushroom extract everyday for 16 weeks. However, it has also been noted that these side effects are typically very rare. Also, some side effects may be experienced due to allergies. Thus, it is advisable to consult with a health professional before taking Lion?s mane supplement to help avoid the side effects.

Founded in 2021, Nature's Rise is focused on organic mushroom products and in 2022, they launched Lion?s Mane Powder as their first product. The highly positive reception of their Lion?s Mane Powder helped the company in establishing its first customer base throughout the country. And since then, they have focused their efforts on introducing new products and expanding their market coverage. Currently, their products have become accessible to the whole world. But all of their products are grown and produced in the US.

Those who are interested in lion?s mane and its health benefits can check out the Nature?s Rise website or contact them on the phone or through email. For those who are looking for ways to cook Lion?s mane mushroom, they have also published an article that can be accessed at https://www.naturesrise.com/blogs/brainfood/lions-mane-mushroom-recipes.

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Nature's Rise

Nature?s Rise is an organic mushroom supplement company for people on an epic journey to physical and mental well-being, health, self-improvement, and brain health. This includes functional mushroom products, as well as other

superfoods and nutrients.

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