



Nature's Rise Highlights New Study That Shows Lions Mane Mushroom May Be Used For Treating Depression

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Nature's Rise, a nutritional supplements company focused on offering organic mushroom-based products, is drawing attention to a recent study that examines how Lion's Mane Mushroom extract can be used for treating depression. Further details about the physiological mechanisms of Lion's Mane Mushroom can be found on the company's website at <https://www.naturesrise.com/blogs/brainfood/lions-mane-depression>.

A recent study conducted by researchers from the School of Biomedical Sciences, Li Ka Shing Faculty of Medicine, The University of Hong Kong, and the Department of Anatomy, Faculty of Medicine, Universiti Malaya has found that the medicinal mushroom *Herichium Erinaceus*, the scientific name for Lion's Mane, may have the potential as a treatment for depression. The study used mice subjected to chronic restraint stress to induce depression-like behaviors. The mice were then treated with *Herichium Erinaceus* for 4 weeks. After the treatment period, the mice were tested for anxiety and depression-like behaviors using a variety of behavioral tests. The results showed that the *Herichium Erinaceus* treatment significantly reduced anxiety and depression-like behaviors in the stressed mice.

To understand the mechanisms behind the antidepressant effects of *Herichium Erinaceus*, the researchers performed gene and protein assays and histological analyses. The results showed that the 4-week treatment increased the expression of several genes and proteins involved in neurogenesis, a process that helps repair and regenerate brain cells. The researchers also observed increased numbers of new neurons in the hippocampus, a brain region involved in learning, memory, and emotion. The study suggests that *Herichium Erinaceus* may be an effective treatment for depression through its ability to promote neurogenesis and reduce neuroinflammation. The study also concluded that further research is needed to confirm these findings and to explore the potential of *Herichium Erinaceus* as a treatment for depression in humans.

The spokesperson for Nature's Rise, its founder David Longacre, commented on the findings of the study by saying, "Over a quarter of a billion people worldwide suffer from depression. What is shocking is that those are only the numbers that we know about. Everyone faces their own struggles, regardless of how well-adjusted they might seem from the outside. I can say this confidently because even when I was a successful serial entrepreneur running two businesses, I faced problems getting a full night's sleep and focusing on my work, which caused anxiety. When I started my self-development journey, the nutritional and healing powers of Lion's Mane mushroom played a huge role in eliminating my anxiety, improving sleep, and making me productive. So, I feel validated by the study's results as they are in line with what I had always known and experienced myself first-hand. If you want to check out the original paper, you can head over to <https://pubmed.ncbi.nlm.nih.gov/34876186/> to read its implications for yourself."

On its website, Nature's Rise has published a blog post that lists the 6 reasons that Lion's Mane Mushroom may be helpful for the symptoms of depression. The company quotes many scientific studies that say *Herichium Erinaceus* may be able to raise dopamine levels, may temper inflammation, may increase the growth of neurons in depression-affected areas of the brain, contains neurotransmitters that may promote better sleep, may help in the treatment of Bipolar Disorder, and may reduce the risk of schizophrenia. These benefits are a godsend for people suffering from depression who are hesitant to rely on conventional anti-depressants which are known to have side effects and whose efficacy is also up for debate.

Nature's Rise Lion's Mane Mushroom powder is made from select high-quality organic fully-grown, non-GMO mushrooms. The product is manufactured wholly in the United States in an FDA-registered, cGMP-compliant facility and is regularly tested by 3rd party labs to ensure high standards of quality control. The company offers a 30-day money-back guarantee and free shipping for orders over \$50. Every serving of Nature's Rise Lion's Mane mushroom powder contains up to 2000 mg of extract and can be consumed with coffee, tea, juice, smoothies, or savory items such as soup, sauce, or stew.

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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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