

Nature's Rise Study Finds High Medicinal Mushroom Consumption in 2023 Resolutions

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Sacramento, CA - Nature's Rise, a leading provider of natural health and wellness products, has released a new study showing a surprising number of people who made eating medicinal mushrooms part of their New Year resolutions in 2023. The company's lead researcher, Dr. Sony Sherpa, MD, conducted the survey. The research published in Nature's Rise Journal of Health and Wellness surveyed 1,000 participants across the United States.

The results revealed that 34% of respondents had included eating mushrooms as part of their New Year's resolutions for better health in 2023, with women making up nearly half (17%) of those surveyed. Additionally, most of those who had adopted this resolution were between the ages of 25 to 34, followed by those between the ages of 35 and 44. Dr. Sony Sherpa noticed that the leading trend was that those eating mushrooms had decided to start their day with these beneficial fungi by including them in their morning smoothies.

The study also revealed that the most popular reasons for adding medicinal mushrooms to their diets

included boosting immunity (41%), improving energy levels (24%), reducing stress (14%), and increasing mental clarity (12%).

Commenting on the findings, Nature's Rise CEO David Longacre said: "We're thrilled to see so many people taking proactive steps towards improving their overall health and well-being by incorporating medicinal mushrooms into their diets. This indicates a larger trend towards using natural remedies to address health issues. It is even more interesting to see many people including Lion?s mane powder in their new year resolutions, instead of missing out on the benefits of mushrooms because they can?t find fresh mushrooms on the market."

Medicinal mushrooms are known for their immune-boosting and anti-inflammatory properties, making them a powerful addition to any diet. Furthermore, research suggests that certain mushrooms may help reduce stress and anxiety levels, improve sleep quality, and provide other vital benefits.

Dr. Sherpa noted, "This study reinforces that medicinal mushrooms are more than just a health fad; they are used by an increasing number of people looking for natural alternatives to improve their overall well-being. We hope to continue providing more insight into these ancient remedies' power.?

Nature's Rise offers a range of high-quality mushroom products, such as Lion's Mane supplements, to make it easier for consumers to incorporate mushrooms into their daily routines. Their products are formulated with only the highest-grade mushroom extracts and ingredients.

"At Nature's Rise, we believe in the power of nature to heal and nourish our bodies," said Longacre. "Our mission is to bring the magic of mushrooms to more people so they can experience the incredible health benefits these ancient superfoods offer."

For more information on Nature's Rise's recent study on 2023 new year resolutions, please visit naturesrise.com. Those interested in new mushroom products can also follow its website to learn about new releases.

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For more information about Nature's Rise, contact the company here:Nature's RiseDavid Longacre(866) 443-0966sales@naturesrise.com1401 21st Street Suite RSacramento, CA 95811

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.

Website: https://www.naturesrise.com/

Email: sales@naturesrise.com

Phone: (866) 443-0966

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