

Yun zhi (Cloud Mushroom) PSP Extract

West Nile Virus and Yun zhi PSP

Now that it seems the worse of the SARS virus is over, a new virus is now being tested for its possible spread in the Lower Mainland. Last year, West Nile Virus was detected in the American states of Idaho, Montana, and Washington. It is expected this year that migrating birds will bring the virus into BC this summer.

West Nile Virus is a disease that is carried by birds, such as crows and ravens. However, it can be transmitted between birds and humans by mosquitoes. Now that warmer weather is approaching there is concern that the virus will spread. Protecting yourself against the spread of this infection can come in many forms. Among those are long sleeved shirts and pants, DEET-based mosquito repellent, and controlling the areas where mosquitoes can breed. The first line of defense however, is the one that everyone was born with – your immune system. The immune system is a vital part of any organism, and protects against invasion by viruses, bacteria, pollen, and other forms of infection. Without a healthy immune system, the body is unable to fight off infections, leading to symptoms that can include fever, body aches, and a rash.

Once a microorganism enters the body, it can multiply, and be toxic to the body's biochemistry and other organs, or the multiplying microorganism can produce toxins to make the body ill. A healthy immune system will hopefully recognize the presence of these microorganisms as "foreign", and immediately mobilize itself to produce white blood cells, antibodies, and other proteins to identify and destroy the invading foreign infectious agents.

For most people with healthy immune systems, these symptoms of West Nile Virus will usually disappear after about a week. However, one percent of those affected could experience more severe symptoms, such as confusion, headaches and paralysis, if their immune system cannot learn how to make the antibodies and other biochemicals that are needed to destroy the infecting virus. These people could then develop further complications such as meningitis or encephalitis. Ten percent of those people could die from the disease.

A weakened immune system can be caused by a combination of factors that can include stress, environment, aging, depression, and/or recent illness. Increasingly, many people are paying attention to what is called an alternative approach to health. It essentially involves taking care of the body, particularly the immune system, so that the body can take care of disease.

One approach can be the use of herbal remedies such as Yun zhi mushroom extract. It is only relatively recently that the world has become aware of the immuno-modulating properties of Yun zhi polysaccharides, but extensive research and clinical trials have shown that the regular use of natural Yun zhi can be effective in improving immune system function and response by increasing components of the immune system such as white blood cells, T-cells and B-cells.

Yun zhi polysaccharides have been used in the treatment of cancer and hepatitis in China and Japan for years. Patients who have used natural Yun zhi report increased strength and well-being, increased resistance to colds, flu, reduced fatigue and nausea, as well as regaining a normal appetite. Boosting the immune system through the regular use of natural Yun zhi could therefore provide increased protection against the threat of the West Nile Virus.