**The Meaning Of Ganoderma Lucidum**

Ganoderma Lucidum is a form of mushroom that is available in Asia. This type cannot be eaten but it serves well for medicine purposes. Asian people perceived this mushroom to be the most beautiful across the globe. Ganoderma Lucidum grows once in a year and it is not a permanent plant.

It only lasts for few months and it has a body and it has a rough surface. Ganoderma Lucidum exists in two categories. The first is found in Northern part of America. It is tiny with no stalks. The second form is accessed in the tropics and it incorporates extended stalks. Ganoderma Lucidum gives out ganoderic acid. This acid incorporates a part that is similar to steroid hormones. Furthermore, this mushroom has different fungal structures. The mushroom also has supplements and capsule

Ganoderma Lucidum has numerous advantages and it can be used in different conditions. Clearly, mushrooms have been useful since old days. It also serves the Asian society for medicine purposes. Its benefits are clear when people use it as an immune booster. This applies to individuals who suffer from cancer.  Chen (2011) cites that Ganoderma Lucidum is a type of mushroom that could be used as immune stimulant. It aid individuals who suffer from cancer that affect the breast. Chen further indicates that this type of mushroom has the capability to protect the development of tumor that leads to breast cancer.

Another benefit of Ganoderma Lucidum is that it can be applied as an antioxidant. This happens if the victims take the supplements on a regular basis. Additionally, this mushroom consists of antiviral and antibacterial effect. This is helpful because it controls cholesterol in the body system. Besides having numerous benefits, Ganoderma Lucidum also has its side effects. They include an itchy skin and dry nose but they do not exceed its benefits.

**References**

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