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The Maitake Mushroom and Its Numerous Health Benefits by [Mack Shepperson](#)

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Maitake is a mushroom that comes from Japan, which is closely related to the Chinese polyporus mushroom. It has been used as an ingredient in many Asian recipes for thousands of years. However, they were not used as a food ingredient because they tasted good or enhanced flavor; maitake mushrooms were mainly used for their supposed medicinal health benefits, foremost of which is their benefit to the immune system.

“Maitake” means “dancing mushroom” in Japanese. It was so named because maitake mushrooms were deemed valuable. Therefore, once a person found where they were growing, this would make him dance in celebration. Maitake mushrooms were so valuable in the past that they were worth their weight in silver. Because of widespread use, a clinical study was begun on the maitake mushroom in the mid-1980s to find out the validity of people’s claims as to the promotion of health and long life.

During this research on the maitake mushroom, scientists found that it contained beta glucans, a polysaccharide that stimulates the immune system and activates antibodies that fight off cancer. In these tests, it was seen that the maitake mushroom’s beta glucans slowed cancer growth in some cell cultures and mice, as well as increase the levels of macrophages, T-cells and natural killer cells in a person’s immune system.

Aside from this, maitake mushrooms were also able to lower blood pressure. It even had favorable effects on diabetes sufferers because maitake mushrooms can successfully lower a diabetic person’s blood sugar levels. It was also established that regular maitake treatment can reduce the possibility of bladder problems from occurring in people with advanced age. When maitake mushroom supplement was combined with mitomycin, the growth of breast cancer cells was inhibited even after metastasis. This was seen in parallel studies done by Chinese clinics.

Maitake mushroom supplement is deemed safe for human consumption. After all, people have been using the mushroom for centuries. Because maitake mushrooms are known to lower blood pressure and blood sugar levels, people who have low blood pressure and low blood sugar should avoid using it. There are also reports of people who exhibit allergic reactions to maitake mushrooms. It is important, therefore, to learn more about the mushroom before using it.

There are various websites on maitake mushroom that may also be helpful to you, among them is cancer.org/Treatment/TreatmentsandSideEffects/ComplementaryandAlternativeMedicine/DietandNutrition/maitake-mushrooms, where you can learn about the numerous health benefits of the maitake mushroom supplement.

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