

Research Directions

Office of Research Services



Ganoderma lucidum

MUSHROOM MAGIC

Dr Dennis Chang, School of Biomedical and Health Sciences and Complementary Medicine Research Centre, is supervising PhD student Ms Nerida Klupp in a randomised placebo controlled trial to evaluate the effectiveness of *Ganoderma lucidum* (reishi) mushrooms for treatment of Metabolic Syndrome. The project is being supported by Concord International Pty Limited.

Metabolic syndrome may be diagnosed when a person is overweight, has high blood pressure, high cholesterol and high blood sugar levels. The causes of the syndrome are not well understood, and although genetic factors are involved, the syndrome is largely related to unhealthy diet and exercise habits. The syndrome is closely associated with a generalised metabolic disorder called insulin resistance, in which the body cannot use insulin efficiently. At the molecular level, the biologic mechanisms between insulin resistance and metabolic risk are not fully understood and appear to be complex.

'Reshi mushrooms have been used in China for over 2000 years to improve health and treat a wide range of diseases' explained Dr Chang. 'Preliminary research studies have shown *Ganoderma lucidum* might effectively treat the main components of metabolic syndrome by reducing levels of blood glucose, blood cholesterol and blood pressure. This study will be the first randomised controlled clinical trial in human subjects to determine the effectiveness of these mushrooms'.

Project Title: *Clinical Trial to evaluate the effectiveness of Ganoderma lucidum for treatment of Metabolic Syndrome.*

Research Partner: *Concord International Pty Ltd.*

Funding has been set at: \$110,000.

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Web Sites:

<http://www.uws.edu.au/about/acadorg/schools/biomedicalsciences>
<http://www.concordhealth.net/>