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Facts about Cordyceps by Alarm Systems

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Everyone knows that Cordyceps is also referred to as the killer mushroom. Here killer signifies the number of diseases which this fungus helps in combating and mushroom refers to the shape of this fungus. There are approximately 700 different types of species of this fungus which are currently available for the use by human beings. And one such specie is Cordyceps Sinensis. This variety of Cordyceps is believed to have been found in Tibet and also in some remote locations in china and Nepal. But if one considers the effectiveness, then the fungus variety found in the coastal regions of Tibet is the best one. If one wants to harvest the Cordyceps Sinensis, then the best month for such an activity is the month of July. In, June, the quality of Cordyceps is not up to the mark.

More about Cordyceps Sinensis

Out of all the varieties of Cordyceps, Cordyceps Sinensis is the best one. It has been used for medicinal purpose since 1400s. Most of the Tibetans swear by its ultra curing power to cure diseases whether it is a normal cough or a dangerous cancer. And almost all the time, there swear have come true. Cordyceps has never let them down. Apart from this there are various other important advantages of this type of fungus. It helps in curing diabetes or reducing its effects to a great extent. Not only this, it also helps in making people to look younger and more energetic. It helps in maintaining the immune system of oneâ€™s body as a result of which there are fewer chances of people getting ill. Also, it helps considerably in improving the blood circulation in oneâ€™s body. The health of the human body is dependent on whether the required amount of blood is flowing through all the vital organs of the body or not. Hence, blood circulation is very important and for this, Cordyceps Sinensis is the best choice. Other properties which are available in this type of fungus is anti inflammatory, anti oxidant and anti tumor properties.

Side effects

There hasnâ€™t been any deaths or a major injury to people who have consumed Cordyceps but they also it has shown certain side effects which cannot be ignored. Some of the most common consequences are stomach upset, mouth getting dried up, dizziness, pain in abdomen and many more. There are also effects of loss of appetite which may cause people to lose weight and look weaker. If the person is not concerned about the liquid intake of his body when he suffers from diarrhea then it might lead to dehydration. Apart from this, it has been reported that those women who are expecting a child or who are nursing children should not be consuming this Cordyceps. Though there havenâ€™t been any reports of adverse effects in this case, but then there is no surety that there wouldnâ€™t be any adverse effect. Hence, it is advisable that instead of experimenting oneâ€™ life, women should tend to avoid consuming these tablets. Hence, Cordyceps though might have a few side effects, but its advantages will always exceed its side effects by leaps and bound.

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