POWERFUL Effects of Lion's Mane Mushroom on Brain Health Transcript

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Introduction to Lion's Mane

What's the most powerful mushroom extract for cognitive function for brain health? Well, without a doubt, it's lion's mane. In this video, I'm going to go through the science of lion s mane and really the extraordinary benefits it can have on your brain.

You know, for centuries, lime's main mushroom, also known as Haresium urinaceus, has been revered in Asia for both its culinary delicacy and its medicinal properties.

It has distinctive long white cascading spines. Its a type of fungus that has a deeply rooted tradition in ancient Chinese medicine. Now today, modern science is validating these ancient uses and it reveals that lion's mane is a powerful natural supplement for cognitive health.

Bioactive Compounds in Lion's Mane

Let's talk about the key bioactive compounds in lion' s mane. Well, they're quite unique in the roles of these bio active compounds. First, it has substances called haricinones, and these are found in a fruiting body.

And these compounds are known to support cognitive enhancement and memory. Next are the aronisenines. Primarily located in the mushroom of mycelium, that's the root-like structure you see going throughout the ground and within the grounds.

And they're particularly notable for their ability to cross through the blood-brain barrier and they stimulate nerve growth factor known as NGF. As well there's beta-glucans and these are polysaccharides or long-chain sugar molecules that have protective effects on the brain and nervous system and help to modulate the immune system to help shield the brains from damage.

Then there is the phenolic compounds. and something called ergothionine. And they are powerful antioxidants that combat oxidative stress and inflammation, which are two key factors in brain aging and disease.

So how does Lion's Mane really help brain and cognitive function? Well, there isn't just one aspect of brain health. There's multiple mechanisms to support and protect the nervous system.

But first, let's talk about how it stimulates nerve growth factor.

How Lion's Mane Supports Brain Health

Nerve growth Factor is celebrated because lion's mane has the ability to stimulate this growth Haresinones and ironysines work synergistically to boost this growth factor.

It's also a protein crucial for the growth, maintenance, and repair of brain neurons. This process, known as neurogenesis, allows the brain to form new neural connections, which is essential for learning and memory.

Second, lion's mane, the components in it, have a neuroprotective effect. So by protecting existing neurons from damage, Lion's Mane offers a line of defense against neurodegenerative diseases.

Third, lions mane compounds have anti-inflammatory actions. The mushroom's compounds modulate inflammatory pathways, reducing both neuroinflammation, which is inflammation of the brain and nerve system, as well as systemic inflammation.

Cronk inflammation is a known contributor to cognitive decline. Fourth, it has antioxidant power. Phenolic

compounds and ergothinine mitigate oxidative stress, a process that damages cells and contributes to aging.

Then fifth, you have the gut-brain axis. Lion's mane prebiotic pisaccharides, or the beta-glucans, promote the growth of beneficial gut bacteria, which in turn influences brain health through the Gut-Brain axis, So a balanced gut microbiome is increasingly linked to better mood and cognitive function.

It's this gut brain axis, which is very much in the literature today. Let's talk about some of the clinical studies and the evidence of benefits of Lion's Mane.

Now the cognitive benefits are not just theoretical, they're backed by scientific research, including human clinical trials. First, let's talk about mild cognitive impairment.

Well, a double blind placebo controlled trial involving adults ages 50 to 80 with mild Cognitive decline showed significant improvement in cognitive function scores over a 16 week period for those who took three grams or 3000 milligrams a day of Lion's Mane.

Clinical Studies and Cognitive Benefits

The study noted that these benefits decreased after supplementation was stopped, suggesting that continuous use may be key. Also, there's been research for cognitive function in young adults.

A pilot study on young adult between the ages of 18 to 45 years old showed that participants who took 1.8 grams or 1800 milligrams of lion's mane for 28 days demonstrate quicker performance on cognitive tests after just a single dose.

And there was a trend toward improved speed of performance and reduced subjective stress, which is observed after about 28 days. Then we have research on the cognitive function in older adults.

A randomized double-blind placebo-controlled trial involving healthy adults over the age of 50, actually the average age was 61.8 years of age, found that participants who took 3.2 grams or 3200 milligrams of Lyon's main extract daily for 12 weeks showed a significant improvement in cognitive functions.

as measured by the well-known Mini Mental Status Exam and a prevention of short-term memory deterioration. Additionally, a comprehensive review of high-quality human and animal studies highlighted lion's mane potential for the prevention and delayed progression of Alzheimer's disease.

Now, the review concluded that the mushroom's application, quote, demonstrated numerous improvements in Alzheimer disease-related behavior, biomarker parameters, histological features, and physiological mechanisms while neuroprotective and neurotrophic, or nourishing of the brain and nervous system, properties were also clearly established." So what can we conclude?

Well, lion's mane is more than just a culinary mushroom. It's a fascinating and powerful brain cognitive enhancer that offers a range of brain boosting benefits.

Through its unique compounds, it stimulates nerve growth, protects neurons from damage, and reduces inflammation, all of which contribute to enhanced cognitive function and overall brain health.

Conclusion and Takeaways

And as research continues to uncover its full potential, Lion's Mane stands as a promising natural ally for anyone looking to support their brain-health and vitality throughout their life.

And it's a mushroom extract that I use quite often in a memory formula that use virtually daily with my patients. Well, I hope you found that this was helpful.

Click the like button, subscribe to the channel if you haven't subscribed and look for my other videos on brain and cognitive function.