

GanoPoly

Written by

Friday, 27 February 2009 17:36 - Last Updated Monday, 02 March 2009 00:42

GanoPoly

- Ganoderma Polysaccharides

(Comprehensive Care Formula)



GanoPoly contains the new generation **Ganoderma Lucidum** extract manufactured by **patented bio-chemical extraction technology** utilizes specific low temperature extraction and special activation treatment, achieving this highly concentrated and potent extract.

GanoPoly contains not only **Ganoderma Lucidum** but also **Cordyceps Sinensis** such pure and natural ingredients. As a result, efficacy is further enhanced and the ideal health promoting effects could be achieved.

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GanoPoly is the best choice for improvement of general well-being and restoration of good health.

- v Helpful for assisting recovery after illnesses

- v Supports the body's normal response to the menstrual period

- v Supports healthy nervous system and quality of sleep

- v Promotes calmness and a sense of well-being

- v Beneficial for healthy menstrual function

- v Supports a healthy condition of heart and blood vessels

- v Supports healthy immune system

- v Protects body against cellular damage

- v Helps support normal cholesterol balance and blood sugar levels

- v Supports liver's health

GanoPoly "SUPREME" INGREDIENTS: Highly potent extract of 100% natural and pure

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Ganoderma Lucidum (red lingzhi) 500mg (equiv to 20g dry Ganoderma Lucidum, Cordyceps Sinensis 100mg (equiv. to 200mg raw ingredients) and gelatin.

SUGGESTED USAGE:

Adults – take 1-2 capsules twice a day.

Children (3-12) –take 1 capsule once or twice a day.

For best result, **GanoPoly** should be taken 1 hour before or after meal.

What is sub-health?

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Sub-health by itself is not an illness, but reveals both mental and physical unhealthiness of modern day people. Sub-health people normally have low immunity, hence weak to prevent illness and prone to be sick. Signs such as poor sleep, absent-mindedness, unsettled stomach, fatigue, listlessness and nervous exhaustion prevail in the sub-health people, which will degrade quality of life and lower one's working capability.

Poverty, malnutrition and famine are no longer major issues for most of us living in the 21st century. On the contrary, it is the financial better-off, rich food, comfort of living, insufficient physical exercises, the craving for more money, work maniac state, plus the never ending struggle for survival in this highly competitive social and economical environment cause emotional instability, that eventually lead to various issues affecting our health.

According to the survey conducted by the WHO, there are only 5% people who are truly healthy, 20% sick, and an amazing 75% in a state of sub-health, bordering between health and sickness. It is a long and slow process for anyone to become sub-healthy. While left unattended to one's sub-health state over a long period, people may fall seriously ill owing to negligence. Therefore, people must pay attention to their daily health care, and the best approach to good health is through prevention, better prevention than therapy.

Ways to stay healthy

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- Maintain a minimum 20 minutes exercises a day, three times a week;
- Stop smoking, drinking alcohol and coffee;
- Learn how to relax;
- Drink enough water (8 cups or 2 liters a day);
- Eat plenty of various types of fruit and vegetables;
 - 5-10 servings (1 serving equals to 1 medium size vegetable or fruit, half bowl of cooked vegetable, one bowl of fresh vegetable or half cup of fresh juice of vegetable or fruit);
 - Eat vegetable with dark green leaves;

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- Avoid eating between meals, fast food or artificial food;
 - Reduce eating fat or greasy food, sugar or salt;
 - Regulate and fix, if possible, time for breakfast, lunch, and dinner;
 - Do not over eat; eat slowly, and chew carefully before swallow;
 - Increase supplement of natural nutrients:
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- Quality Ganoderma Polysaccharides;
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- Antioxidants (berries, grape seeds, green tea, and cauliflower);
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- Vitamin compound and minerals (all vegetables and fruits);
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- Natural chlorophyll (All vegetables with dark green leaves, and wheat grass).