

**Traditional Chinese Medicine Clinic (TCMC)**

**中国医学**



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*Mailing to:*

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**Traditional Chinese Medicine**

*Integrating Eastern and  
Western Medicine*





## THE MYSTERIOUS AND MAGNETIC CORDYCEPS

*Cordyceps sinensis* ( berk ) Sacc

It has been used in Chinese history for 1,500 years (Some data shows that it has been used for 5,000 of years) to promote well-being, anti-aging and increased immunity. Cordyceps is an ergosterol fungal plant, a member of the Clavicipitaceae family. The Chinese call it “winter worm summer grass”- Dong Chong Xia Cao. It actually is a kind of fungus that infects a specific host - a caterpillar (*Hepialus Armoricanus Oberthür*). After multiplying in the host underground, the worm eventually dies from the infection. The fungus continues growing from the air hole on the head of caterpillar toward the surface of the



the mature body of the

Natural Cordyceps only grows on the mountain areas of Si Chuan, Yu Nan, Gui Zhou and Qin Hai provinces and in Tibet, flourishing about 3,500 meters above sea level. The best time to collect Cordyceps is around the beginning of the summer (June 21<sup>st</sup> each year) when the snow on the top of mountain is ready to melt. If the snow melts and the wild grasses grow, it is hard to locate the Cordyceps. If the soil becomes too dry after the snow melts, the caterpillar body part of the herb will become too dry. Then the effectiveness of the Cordyceps will be lost. The length of the whole herb including the caterpillar part and the grass part is about 9-12cm. Cordyceps strengthens the human immunity and many organs, especially in the nervous system, cardiac system, respiratory and endocrine system. It promotes the recovery of patients from all kinds of chronic sickness and fatigue such as chronic asthma, coughing, tuberculosis, infertility, impotency and autoimmune disorders.

Recently research shows that Cordyceps has the ability to inhibit the growth of stomach carcinoma and breast cancer cells both in the laboratory and in the human body. Most people use it as a supplement for increasing and balancing body energy (not in a stimulating way), enhancing physical, mental and sexual performance. However it is mostly used for well-being and longevity. Many elderly people take it for preventing and treating hyperlipidemia and hypertension.

In a nutshell, many countries including the U.S are continuing to discover its benefits. That is why Cordyceps is more expensive than GOLD. The natural Cordyceps costs range from \$8,000 to \$ 20,000 per lb.

### Instruction:

1. Take capsule or concentrated extract orally
2. Cook with whole duck for chronic disease: place 2-4 pieces of Cordyceps (or 4-6 capsules) in the stomach of the duck and cook it for long time. Drink the soup and eat the duck. The herb makes the duck tastier.
3. Cook with whole old rooster for impotency: follow the instruction for cooking the duck.
4. Cook with whole chicken to make soup for strengthening the body and for well-being.



**GCH tea** for the summer

**Green Tea** 15 g, **Chrysanthemum Flower** 15g  
**Raw Hawthorn Fruit** 20g

Cooking Method: a). Place all of the ingredients in a tea pot, Pour boiling water over it and seep for at least 10 minutes

b).Bring to a boil and simmer for 10 minutes

**Function of tea:** Strengthen Spleen, clear heat, certain headache, food congestion, and lower cholesterol

**Indication:** prevention and help treatment of coronary heart diseases, hypertension, hyperlipidemia and overweight

**If you need more information of Cordyceps and its products, please do not hesitate to contact:**

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