

(Caterpillar, continued from page 1)

enhancing properties. One study mentions that Cordyceps 'was used to hasten recovery from exhaustion in ancient China'³. Another study notes "testosterone-like effects", and describes increased oxygen uptake by cardiac and cerebral tissues'. Other researchers have documented Cordyceps "male sex hormone action"⁴, increased endurance to hypoxia (lack of oxygen)⁵, and improved liver function⁶, some or all of which could account for its claimed athletic benefits.

Additional Health Benefits

The best documented effects of Cordyceps are in areas other than athletic performance. Chinese research documents powerful immune-enhancing properties of the fungus in human and animal test, including 'acceleration in splenic regeneration and growth, leading to an increase in immunological function', augmenting natural killer cell activity', and increasing T-helper cells and phagocytic activity⁷.

Cordyceps and its extracts also exhibit specific anti-cancer effect in human and animal studies. Various clinical studies report reduction in tumor size³, direct cytotoxicity against tumor cells and potent anti-tumor activity, significant lifespan extension (in tumor-induced animals)^{3, 10, 11}, and strong inhibition of growth of cancerous tumors¹².

Significant protective effects on kidney tissue and function have been reported in studies on rats¹³ and aged humans¹⁴. Cordyceps also shows promise as a therapy for Lupus¹⁵, an intriguing ability to increase the amount of superoxide dismutase (SOD) in mouse liver cell cultures¹⁶, and has been noted to improve the loss of sexual drive in aged humans¹⁷.

NEW FORMULA

If you want to try cordyceps, it is available through some Chinese pharmacies in the U.S., and in a new formula from Neways Corporation called **Ming Gold**. The results of the Chinese track and field athletes indicate that Cordyceps may produce additional stamina, strength, energy, and athletic prowess, but the scientific evidence we have found so far in the area is no

conclusive. We will continue our research into Cordyceps, both in the medical literature and in personal testing. We hope to bring you a more conclusive recommendation on this unique supplement in the near future. •

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cc 'This is what I tell my trainees to drink' says coach Ma. Caterpillar fungus."