

# Lion's Mane – Nervous System Regenerator, Brain Tonic & Mind-Body Connector

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## Botanical Profile

- Latin Name: *Herichium erinaceus*
- Alternative Names: Yamabushitake, Monkey Head Mushroom
- Fungal Family: Hericiaceae
- Parts Used: Fruiting body and mycelium
- Origin: Native to North America, Europe, and Asia; cultivated worldwide

Lion's Mane is a unique medicinal mushroom renowned for its ability to nourish the nervous system, enhance memory, and support emotional clarity. Its cascading white tendrils resemble a lion's mane and its medicine runs just as deep—restoring nerve pathways, calming anxiety, and reconnecting the mind to body wisdom. At Peridotflow Wellness Centre, we honour Lion's Mane as a sacred ally for cognitive renewal, emotional resilience, and gentle transformation.

## **Supports Nerve Repair and Neuroregeneration**

Lion's Mane stimulates the production of Nerve Growth Factor (NGF), a protein essential for the growth, maintenance, and repair of neurons. It is used to support recovery from neurological injury, peripheral nerve damage, and to protect cognitive function with age or trauma.

## **Enhances Memory, Focus & Mental Clarity**

Regular use of Lion's Mane is associated with sharper cognitive function, improved memory, and clearer thinking. It gently enhances mental stamina without the overstimulation of caffeine or synthetic nootropics—ideal for students, elders, and those with brain fog.

## **Calms Anxiety and Lifts Mild Depression**

Lion's Mane has shown promise in easing symptoms of anxiety and depression by supporting a healthy nervous system, improving gut-brain signalling, and reducing inflammation. Its mood-brightening effect is subtle but profound—helping one feel more centred, calm, and connected.

## **Strengthens Gut-Brain Axis and Digestion**

This mushroom has a nourishing effect on the gut lining and helps reduce intestinal inflammation. Through its influence on the enteric nervous system, it supports balanced digestion, reduces bloating, and may benefit IBS and leaky gut syndromes.

## Supports Recovery from Burnout and Cognitive Fatigue

When mental exhaustion, emotional stress, and overwork have left the system depleted, Lion's Mane offers slow, steady restoration. It rebuilds from the inside out—supporting both emotional grounding and neurological repair.

## Folklore & History

Lion's Mane has a long-standing history in Traditional Chinese Medicine (TCM), where it is regarded as a tonic for the five internal organs—especially the stomach and spleen. Buddhist monks were said to use it in tea to enhance concentration during meditation. In Japanese herbalism, it was considered a sacred food of longevity, linked to spiritual clarity and cognitive strength.

## Traditional Usage

Traditionally consumed as a decoction, tea, powder, or food to support digestive health, memory, and spiritual focus. Used in both clinical and ceremonial settings to aid recovery from nervous exhaustion or trauma. Now commonly included in mushroom blends for brain and mood support.

## Herbal Actions

Nootropic, Neuroprotective, Nervine trophorestorative, Adaptogenic, Anti-inflammatory, Gastroprotective, Antioxidant, Immunomodulating

## Energetics & Tissue States

Temperature: Neutral to Slightly Warming

Moisture: Moistening

Tissue States: Dry, Atrophic, Deficient, Hypofunctioning

## Active Compounds

- Hericenones and erinacines – Stimulate Nerve Growth Factor (NGF)
- Beta-glucans – Immunomodulating and anti-inflammatory
- Polysaccharides – Nourish gut lining and support digestion
- Antioxidants – Protect against oxidative damage

## Dosage & Preparation

- Powdered extract: 1–2 grams daily
- Capsules: 500–1000 mg, 1–2x daily

- Tincture: 2–4 ml up to 3x daily
- Tea or broth: Simmer dried fruiting body for 20–30 mins

### **Safety & Contraindications**

- Generally well tolerated and safe for long-term use
- Rare cases of mild digestive upset or skin sensitivity
- Use with caution in mushroom-allergic individuals
- Always ensure organic or dual-extracted sources for therapeutic use

### **Herbal Pairings**

- Ashwagandha – for adrenal and emotional support
- Gotu Kola – for cerebral circulation and focus
- Reishi – for immune-nervous system synergy
- Rhodiola – for cognitive fatigue and resilience
- Lemon Balm – for calm clarity and nervous integration

### **Peridotflow Perspective**

Lion's Mane is a bridge between the physical and energetic brain—it teaches repair, renewal, and reconnection. At Peridotflow, we offer it when clients are recovering from burnout, seeking mental clarity, or feeling disconnected from their inner knowing. It brings quiet strength to the nervous system and reawakens the light of clear thought and intuitive presence.