

**. California-based Licensed Acupuncturist, Herbalist and Publisher of Herbal Medicine Books.**

This practitioner recommends that better compliance be achieved if clients (patients) supplement their diet with [Coriolus-MRL](#) in the morning (3 tablets) and in the evening (3 tablets).

His patient experience is the following:

a) **Patient A-** (Male 46 years): Sojgrens Disease (not certain, but runs in the family). Initial symptoms: night sweats, myalgia, arthralgia, fevers, extreme fatigue, anxiety and depression. Multiple sinus and lung infections.

**Medical Treatment:** Trazadon, Xanax

**Supplementation Schedule:** 6 tablets (6 x 500 mg Coriolus versicolor) of [Coriolus-MRL](#). Three (3) tablets in morning and 3 tablets in evening. Commenced January 11th, 1999. Along with adjunct treatment of 4 weeks of bowel cleansing, fresher foods; acupuncture.

**Observations 1-**(May 15th, 1999) Patient report-no recent infections; sinus clearer; joints not as painful; significantly more energy. No apparent side effects.

**TCM (Traditional Chinese Medicine) Observation-**Kidney pulse stronger, spleen a little slippery; tongue not as red.

**Observation 2-**(September 7th, 1999) Patient report-Patient has spell of low energy and myalgia, but still significantly better than before starting with [Coriolus-MRL](#). Patient has been overworking and "stressing" to a large extent, medical opinion is that either patient has Sjogren's disease (it runs in the family), or chronic fatigue syndrome and non-specific viral syndrome.

Before taking [Coriolus-MRL](#) patient had a severe outbreak of what appeared to be shingle lesions on his face and neck..very painful. These symptoms have subsided and not returned. Patient has not had any severe acute symptoms of any kind, which were pronounced before taking [Coriolus-MRL](#). Patient feels the product has helped him and he has been taking 6 tablets per day (3 morning and 3 evening) for 8 months.

b) **Patient B** (Women, 60 years) Uncertain medical diagnosis, SLE diagnosis as child. Initial symptoms: significant hair loss, memory loss, does not feel well; chronic fatigue; acute migraine attack; "liver attacks".

**Supplementation Schedule:** 6 tablets ( 6 x 500 mg Coriolus versicolor). Three (3) tablets in morning and 3 in evening. Commenced supplementation March 15th, 1999. Adjunct therapy, more protein in diet; acupuncture.

**Observations 1** (May 15th, 1999) Patient feels significantly better overall; no "liver attacks", which might be migraine attacks for 1 month (unusual), more energy. Tolerability to supplementation is good.

**TCM Observations** (May 15th, 1999) Tongue improved; less red/purple on liver area (sides).

**Observation 2** (September 7th, 1999) This patient is still taking [Coriolus-MRL](#) and continues to believe that it has helped her. Her energy is better and she has had no acute "liver attacks" for 1

month (unusual), more energy. Furthermore, in a major development, her hair has grown back. Tolerability to supplementation is good.

c) **Patient C** (Male, 52 years) Hepatitis C, Initial symptoms fatigue, anxiety

**Medical Treatment:** Patient has declined interferon therapy.

**Supplementation Schedule:** 6 tablets ( 6 x 500 mg Coriolus versicolor) . Three (3 ) tablets in morning and 3 in evening. Commenced supplementation March 17 th, 1999. Adjuvant therapy, more vegetables and fruit in diet; acupuncture.

**Observation 1** (May 15th, 1999). Patient feels very well, but never was symptomatic. ALT declined from 87 to 26 over 2 months (previously about 1 million). Tolerability to supplementation is good.

**TCM Observation** (May 15th, 1999): Liver pulse still a little weak; tongue red, scalloped.

**Observations 2** (September 7th, 1999): Patient is mostly asymptotic, energy is good and TCM diagnostic signs have improved....better colour and liver pulse. His viral load is down from 1 million to 500,000. Patient continues to take Coriolus MRL 6 tablets per day (3 morning /3 evening).

d) **Patient D** (Male, 52 years) Patient diagnosed with Bowel cancer, asymptotic.

**Supplementation Schedule:** Eight (8) tablets (8 x 500 mg of Coriolus versicolor) Four (4) tablets in morning and four (4) in evening. Commenced October of 1998. Adjuvant therapy included dietary modifications fresh vegetables juices (8-12 oz) daily.

**Observations 1** (May 15th, 1999) Patient reports that medical tumour removed in February of 1999. Patient had a fast recovery from surgery, digestion better, feels well.

**TCM Observation** (May 15th, 1999). Kidney pulse stronger, yellow coat towards back of tongue.

Note: Brother recently died from bowel cancer, cousin also diagnosed.

**Observation 2** (September 7th, 1999) This patient stopped taking [Coriolus-MRL](#) because he is working with another acupuncturist, a friend of the family. He continues to direct own program, but recently, a MRI showed that the cancer spread to the liver (2-cm tumour on lateral lobe).

e) **Patient E:** (Female 34) Genital Herpes: Initial symptoms frequent (every 2 weeks) painful outbreaks of herpes on back, genitals; PMS.

**Medical Treatment:** Acyclovir

**Supplementation Schedule:** Six (6) tablets ( 6 x 500 mg Coriolus versicolor) Three (3) tablets in morning and three (3) tablets in evening. Commenced March 24th, 1999. Adjuvant treatment started calcium supplement.

**Observations 1** (May 15th, 1999): Patient has had no outbreak for 4 weeks, patient is encouraged, generally feeling better; says mood is better. No apparent side effects. Patient feels more positive.

**TCM Observation** (May 15th, 1999): Pale tongue scallops (digestive weakness).

**Observation 2** (September 7th, 1999): Patient is having fewer outbreaks...only 1 in last 2 months. She continues on the [Coriolus-MRL](#) with four (4) tablets per day (two (2) in morning two (2) tablets in evening. Her TCM diagnostic signs are also better.

f) **Patient F** (Women 49) Hepatitis C: Initial symptoms: major fatigue, depression, anxiety, frequents colds, ringing in ears, irritable bowel, diarrhoea, insomnia.

**Medical Treatment:** Declined interferon treatment.

**Supplementation Schedule:** Six (6) tablets ( 6 x 500 mg Coriolus versicolor) Three (3) tablets in morning and three (3) tablets in evening. Commenced April 20th, 1999. Adjutant therapy: multivitamins, milk thistle, acupuncture since August of 1997.

**Observation 1** (May 15th, 1999): Patient reports she felt improvement after 16 months of treatment from another acupuncturist, milk thistle, but in last two months, getting worse, symptoms returning. The 1999 clinical results for ALT and AST reflect two months of Coriolus supplementation:

	1995	1998	1999
ALT	98	186	140
AST	69	113	96

Patient report feeling significantly better after 3 weeks, is excited about results.

**TCM Observations** (May 15th, 1999): Tongue is purple, pale, scalloped, shaky (liver blood stagnation, digestive weakness).

**Observation 2** (September 7th, 1999): Patient is still taking six (6) tablets per day (three- (3) morning and three- (3) evening). She is "holding her own" but still goes up and down. She considers [Coriolus-MRL](#) to be effective and continues to ask for the product. Her liver enzymes are still up and down, but trending down. Fatigue and myalgia are the most prominent symptoms. This patient was fairly advanced when I began meeting with her and when she began with [Coriolus-MRL](#). She continues to struggle with symptoms sometimes, but seems better overall. She does not have as many acute symptoms as formerly, except fatigue. Less colds and flu and diarrhoea. I believe Coriolus MRL has helped support her immune system. She continues on a natural program, and has not lost enthusiasm for the program.

g) **Patient G** (Women 46) Breast cancer and liver cancer. Chemotherapy completed 1 year ago.

**Supplementation Schedule:** 6 tablets ( 6 x 500 mg Coriolus versicolor). Three (3) tablets in morning and 3 in evening. Commenced supplementation April 1st, 1999. Adjutant therapy, more vegetables and fruit in diet; acupuncture.

**Observation 1** (May 15th, 1999). Patient reports improved energy, feeling of well being, tumours stable.

**TCM Observations** (May 15th, 1999). Improved tongue and pulse.

**Observation 2** (September 7th, 1999). Tumour still stable, patient was taking [Coriolus-MRL](#) until one month ago.

h) **Patient F (Female) Appendicital cancer.**

**Medical Treatment:** Doctors want to give radiation therapy

**Supplementation Schedule:** Trametes versicolor extract from N.A. Reshi Company. Adjuvant therapy balanced diet counselling.

**Observation** (September 7th, 1999) New small tumour near urethra; stent inserted.

Notes: Interesting comparative case her partner researched medical mushrooms and started her on a powdered extract of Trametes versicolor 8 months ago. Her primary tumour has been shrinking, but they discovered a new tumour near her urethra; inserted stent to preserve kidney function; causes her significant discomfort, otherwise feeling better.

**Overall Impression** (May 15th, 1999). Difficult to assess role of [Coriolus-MRL](#) in every case, because patients come in for acupuncture, emotional support and encouragement by myself and my staff, but have got excellent results with Hepatitis C patient and possible Sjorgens Disease patient. Several patients ask for Coriolus specifically and as noted above, feel it is a major contribution to their improved symptoms, as well as feeling of improved energy and well being.

**Recent Impressions** (September 7th, 1999). I recommend [Coriolus-MRL](#) for viral syndromes mainly. I have fewer cancer patients. I believe the product is worth trying on any patients with viral syndromes to help reduce symptoms with ailments like Hepatitis C, shingles, chronic fatigue syndrome/ fibromyalgia and AIDS (though I have few AIDS patients). I have seen the best results with chronic fatigue syndrome and Hepatitis C.

I believe the best supplementation schedule is to start at six (6) tablets per day (3 morning and 3 evening), reducing to four (4) tablets per day (2 morning and 2 evening) for smaller people or as a maintenance supplementation schedule. Higher supplementation schedules such as eight (8) to ten (10) tablets may be worth trying in stubborn cases.