

The effects of cordyceps honey soaked? How to soak?

The following article will help you learn the effects of cordyceps soaked in honey and how to soak.

Cordyceps and honey are both valuable herbs and have a very good effect to care, improve health as well as beautify the skin, prevent and repel some diseases. When combining these two medicinal herbs, cordyceps soaked in honey will bring an excellent remedy for your family's health. So specifically what is the **effect of cordyceps in honey? How to soak honey honey cordyceps?** Along TipsMake.com learn in the article below!



What is the effect of cordyceps honey soaked?

What is cordyceps?

Cordyceps is a rare and precious animal whose nature is a parasite of Cordyceps Sinensis. The reason is called cordyceps because in the winter, the parasitic fungus enters the caterpillar and absorbs all their nutrients to kill the worm, and in the summer the mushrooms begin to grow and grow out of the worm like the yellow grass. This magical combination of animals and plants, especially with Cordyceps sinensis mushroom contains very high medicinal ingredients, has made cordyceps a valuable treasure for human health.

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Effects of cordyceps



Here are the miraculous uses of cordyceps:

1. **For the immune system** : Strengthening the cellular and humoral immune activities, assisting in destroying viruses and bacteria that cause good disease.
2. **For the digestive system** : Cordyceps is appreciated for its ability to enhance liver function as well as support the treatment of liver diseases such as fatty liver, liver heat, hepatitis, cirrhosis, .
3. **For the excretory system** : Great use in the recovery of nephrotic function, enhance the elimination of detoxification, supplement qi kidney.
4. **Impact on blood circulation system, heart** : Cordyceps works to relax blood vessels, increase blood circulation, in the body from which stabilize blood pressure, lower blood sugar, limit arrhythmia heart.
5. **For respiratory system, lungs** : Cordyceps is also effective in supporting the treatment of respiratory diseases, increasing the efficiency of using oxygen in the body and cleaning the lungs.
6. **Against depression and fatigue** : Using as a tonic, using cordyceps will help increase ATP (Adenosine triphosphate - the energy needed for the body's cells to function normally), enhance oxygen, alleviate fatigue, asthenia.
7. **Enhance physiological ability** : Cordyceps can balance, regulate hormones in the body, treat disorders and impaired sexual function for both men and women.
8. **Beauty skin** : Nutrients in cordyceps will reduce wrinkles, prolong the aging process, regenerate smooth skin.

The effect of honey



Honey is also a miracle remedy, here are their great uses:

1. **Boosts energy** : Honey helps regulate the body's energy consumption, maintains good energy for comfortable operation, very suitable for athletes.
2. **Blood sugar control** : Honey has a combination of glucose and fructose, so it is easy to control blood sugar.
3. **Heart health care** : Vitamin E, C and Pinocembrin in honey form a defense system to reduce the risk of cardiovascular disease.
4. **Reduce throat irritation** : Honey has strong antibacterial properties, works well in coughs, soothes the throat, kills bacteria that cause infections.
5. **Wound healing** : Honey also has extremely good antiseptic and antibacterial properties that you should use when experiencing skin wounds or burns. It helps make the sore area feel more comfortable and faster to heal, fading dark scars.
6. **Preventing cancer**: Honey is at the top of the list of antioxidant foods - preventing cancer cells from growing well, supporting the treatment of some types of cancer.
7. **Good for the skin** : Brightens skin, treats well, retains water in the skin to give it soft skin. Not only that, the good acids in honey have the ability to exfoliate the skin perfectly, stimulating new cell production.
8. **Hair care, prevent hair loss**: Honey has moisturizing properties, replenishes moisture to the hair, will help maintain a healthy hair, shiny, less hair loss and faster long.

With the rich effects of cordyceps and honey, cordyceps soaked in honey is really a perfect formula, great for health care and beauty. So, **how to soak honey honey cordyceps?** Let's find out in the next section!

How to soak honey honey cordyceps

Currently, the most common cordyceps fungus soaked in honey is cordyceps mushroom because of its reasonable price, easy to buy and easy to use. Although this cordyceps mushroom composition may not be as high as the natural cordyceps in the environment, it still ensures the necessary substances for health promotion, physiological enhancement, and support for women. types of disease.

Cordyceps fungi are artificially grown cordyceps, including parasitic cordyceps and biomass cordyceps. The parasitic cordyceps are grown on silkworm pupae and the cordyceps biomass are grown on a mixture of brown rice substrate, green beans, crushed silkworm pupae and some other nutritional compounds.

Prepare materials

1. 100g fresh / dried cordyceps mushroom
2. 1 liter of pure honey
3. Glass jars / jars with lids

How to soak cordyceps honey

1. **Step 1** : Rinse the cordyceps, glass jar and drain
2. **Step 2** : Put the cordyceps in a jar / glass jar and pour the honey into the cordyceps.
3. **Step 3** : Close the jar / jar tightly, keep in a cool and dry place, avoid direct sunlight. Soak after about 7 days to be able to use.



How to use cordyceps soaked honey

For this product to give the most effective use, use it with the right audience, at the right dose. Users should note the subjects should and should not use as well as daily dose accordingly.

1. **Target users** : heavy workers, newly ill people; older people; People want to beautify and improve health.
2. **Who should not use** : Children under 13 years old, who have fever, people with infectious diseases, women during menstruation.

CÁCH SỬ DỤNG NƯỚC ĐÔNG TRÙNG NGÂM MẬT ONG

NÊN DÙNG

- NGƯỜI LAO ĐỘNG NẶNG.
- NGƯỜI MỚI ỒM DẬY.
- NGƯỜI GIÀ YẾU.
- NGƯỜI MUỐN TĂNG CƯỜNG SỨC KHỎE.
- PHỤ NỮ MUỐN LÀM ĐẸP.

KHÔNG NÊN DÙNG

- TRẺ EM < 13 TUỔI.
- NGƯỜI ĐANG SỐT.
- NGƯỜI MẮC BỆNH TRUYỀN NHIỄM.
- PHỤ NỮ TRONG THỜI KÌ KINH NGUYỆT.

Ngày dùng 1 lần. Mỗi lần dùng 20-30ml mật ong vào trước buổi ăn sáng.

Suggest some cordyceps for soaking honey

Cordyceps Biofun - Dry biomass - Reference price: 1,000,000 VND



Cordyceps Vinh Gia - dried whole - Reference price: 2,950,000 VND



Cordyceps sinensis whole body - Reference price: VND 8,000,000



If you are looking to buy good and genuine cordyceps products, we would like to introduce META.vn - a reputable address with many years of experience in the e-commerce industry that consumers trust to use. use the service.

Order goods through META.vn website or contact hotline for free advice from a team of professional consultants.

Address of direct purchase and hotline:

1. **Hanoi** : No. 56 Duy Tan, Dich Vong Hau Ward, Cau Giay - Hotline: 024.35.68.69.69
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