

the Healing Mushroom

What you should
know about our
Medicinal
Mushrooms
&
how to extract the
Health
Benefits

www.thehealingmushroom.com

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 Life Gourmet Shop



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REISHI

(Ganoderma lucidum)

Hundreds of scientific studies have confirmed that Reishi can be used to boost the immune system, build physical resistance to disease, and treat a wide range of ailments, including liver disease, hepatitis, autoimmune disorders, allergies, depression, and cancer. It is also used for HIV/AIDS, altitude sickness, chronic fatigue syndrome (CFS), trouble sleeping (insomnia), stomach ulcers, poisoning, and herpes pain.

TURKEY TAIL

(Trametes versicolor)

Turkey tail mushroom is known for its strong antiviral, antimicrobial and antitumor properties. These properties have been attributed to two polysaccharides, polysaccharide-K (PSK), also known as krestin, and polysaccharide-P (PSP). A seven-year study funded by the National Institutes of Health found that the use of turkey tail mushroom significantly boosted immunity in women who had been treated for breast cancer.





SHI-ITAKE

(Lentinula edodes)

Shi-itake mushrooms provide B-complex vitamins that benefit your metabolism by helping your body convert food into energy. B vitamins also help your body make red blood cells, protecting you from developing anemia. Shi-itake mushrooms have anti-cancer properties, according to Japanese researchers. Shi-itake extract appears to restore melanoma-reactive T cells, an important aspect of cancer treatment.

LION' MANE

(Hericium erinaceus)

Lion's mane mushroom has been shown to be exceptionally active in stimulating the synthesis of Nerve Growth Factor (NGF). The mushroom contains substances that stimulate NGF production and pass easily through the blood-brain barrier. It is used for a wide variety of health problems like Alzheimer's disease, cancer, anxiety, depression, high cholesterol, inflammation, Parkinson's disease, and ulcers.





MAITAKE

(Grifola frondosa)

Maitake contains beta-glucan (a substance shown to stimulate the immune system). By spurring activity in immune cells (such as natural killer cells and T-cells), beta-glucan is thought to help combat cancer. Immune benefits of maitake mushrooms include modulation of cytokines, molecules produced by white blood cells that activate the immune response.

CHAGA

(Inonotus obliquus)

Betulinic acid, a constituent of Chaga, triggers apoptosis through a direct effect on the mitochondria of cancer cells. Chaga has demonstrated anti-HIV, antibacterial, anti-malarial, anti-inflammatory and anthelmintic properties. It is also antiviral, antifungal, antimicrobial and anti-Candida. It modulates the immune system as well as an adaptogen and has the highest level of superoxide dismutase or (SOD) detected in any food or herb in the world.



WATER Extraction

Water extracts contain most of the polysaccharides and some, but not all of the triterpenes.

Immune system benefits come from polysaccharides, complex carbohydrates that are soluble in water, not alcohol. These water soluble compounds are powerful anti-tumor agents, immune enhancers and strong antioxidants.

What will you need to make the water extract?

Pot
Strainer
Water
Dried mushrooms

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Steps for Water Extraction

- 1** Break the dried mushrooms into the smallest pieces possible. This creates a larger surface area and allows you to perform a more thorough extraction
- 2** Use 1/2 cup of the broken mushrooms for 4 litres of water. Combine the mushrooms bits and water and bring to a boil, then reduce heat and simmer for at least 1 hour (up to 5 hours).
- 3** Covered overnight with no heat so it can cool completely before straining.
- 4** Once cooled, strain the solution with a fine mesh strainer and you can either keep or discard the mushrooms bits
- 5** You can drink the mushroom extraction directly, hot or cold, and benefit from many compounds extracted by the water only.



ALCOHOL Extraction

Alcohol extracts have a distinct advantage in that they remove the water insoluble components from the mushroom. This gives alcohol extracts higher levels of triterpenoids, anti-inflammatory compounds, which can only be extracted by alcohol. Triterpenoids help regulate clotting, blood pressure and cholesterol.

What will you need to make the alcohol extract?

Jar
Strainer
Vodka (100 proof)
Dried mushrooms

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Steps for Alcohol Extraction

- 1 Cut the dried mushrooms into very small pieces or used the saved mushrooms pieces from the water extraction process.
- 2 In a mason jar or other glass jar combine the vodka and mushrooms pieces and close tightly.
- 3 Shake well and Keep in a dark cool place.
- 4 Let macerate for 1 month, gently shaking occasionally.
- 5 When your tincture is ready, strain and rebottle. Label and keep it in a dry, dark place.
- 6 Add 5ml of the tincture to your next mushroom tea cup. You will have a potent dual-extraction solution, with all of its benefits.

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