

Nutrition – Nature’s Way

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When I think of October and foraging fungi is what is in abundance this time of year. There are plenty of edible fungi out there right now and a lot of it is highly medicinal for us. Medicinal mushrooms and mushroom extracts are used worldwide to fight cancer and enhance and modulate immune response. There is a huge list of health benefits that mushrooms and fungi can give us. Integrating fungi and mushrooms into our daily lives can give us so many benefits including an enhanced and modulated immune response. This month’s newsletter will focus on fungi’s amazing abilities to help prevent and treat cancer.

Artist’s Conk (*Ganoderma applanatum*)

Artist’s conk is a woody shelf mushroom which grows in abundance throughout Canada, the United States, Great Britain, Europe and Australia. While it has not (yet) been researched as extensively as other medicinal fungi, researchers and folk medicine practitioners claim many impressive health benefits.

Its main reported benefits are its anti-tumor properties and its ability to reduce blood glucose, cholesterol, and triglyceride levels. Researchers claim that compounds found within the fungi may have potential in cancer and diabetes prevention. Many people also use it for respiration and lung support which is somewhat unique among medicinal mushrooms.

Other benefits which are much more common in medicinal mushrooms but no less impressive include being antimicrobial, immune system boosting, a potent antioxidant, anti-parasitic, and a diuretic.

This is not a fungi that can be consumed like other fungi but it can be dried, broken down then ground into a powder to add to meals. It does make a great cup of tea too. In addition to making tea, you can also make a decoction which is generally used when using it medicinally.

Edible of the Month *Ganoderma Applanatum*



- anti-tumour properties
- reduces cholesterol
- reduces triglyceride levels
- reduces blood glucose
- respiration and lung support
- immune system boosting



Turkey Tails

Turkey Tails (*Trametes versicolor*)

Turkey tail has long been used as an immunostimulant in Chinese medicine, promoting health and longevity. The vast majority of the mushroom's recent attention has been surrounding its use in conjunction with conventional cancer therapy. Many studies have found that turkey tail boosts the immune system and the body's count of natural killer (NK) cells, which can help the body rebound after radiation and chemotherapy treatment. Turkey tails may improve a patient's ability to recover after conventional treatments. In fact, polysaccharide Krestin (PSK) is an anticancer drug which was initially extracted from turkey tail which has been used in Japan for over 30 years. This treatment has yet to be approved by the FDA due to the changing nature of natural remedies.

Turkey tail is also antiviral, anti-tumor, antimicrobial, and contains several anti-oxidants. Its antiviral properties have been used to help prevent Human papillomavirus (HPV) and hepatitis C. Its strong immunoboosting properties are currently being researched as an additional treatment for diseases in which immune suppression plays a major role, such as HIV.

Chaga (*Inonotus obliquus*)

Chaga has been heavily researched for over 50 years and has a long history of folk medicinal use in northeast Asia. Chaga is a fungi which grows on living birch trees. It contains over 215 phytonutrients and is one of the highest known natural sources of vitamin B and antioxidants. In fact, it has up to 50 times the amount of antioxidants as Acai, wild blueberries, or pomegranate. It is antibacterial, anti-inflammatory, antiviral, anti-fungal, and antimicrobial. It is also an adaptogen, meaning it increases the body's ability to adapt to stress, fatigue, anxiety, and changing situations. Combined, these properties make chaga one of the best immune system boosters and regulators, helping to combat and prevent disease. Chaga is often used to maintain good general health and as a 'cure all' for common ailments such as influenza and the common cold.



Chaga

In addition to general health, there is currently a multitude of research ongoing with regards to chaga's potential in cancer treatments. There is historical evidence of chaga use being included with cancer treatment and many of its components, such as betulinic acid and superoxide dismutase have been accredited to reducing the side effects of cancer drugs or reinforcing the drugs' work within the body.

Betulinic acid is an antiviral, anti-fungal, antibacterial, and antioxidant. It contains compounds which are currently being researched as a chemotherapy agent.

Superoxide dismutase (SOD): Chaga contains one of the highest concentrations of SOD. Amongst SOD's many properties, it is best known for its ability to stabilize the oxygen free radical which is often most abundant in the body and is the free radical responsible for degrading tissue cells, particularly those in the dermis and epidermis. Plainly said, the high concentration of SOD in chaga helps fight the appearance of aging by stabilizing the free radicals and repairing damaged tissue cells. SOD has also been used to treat arthritis and reduce inflammation.

There are many other medicinal fungi and mushrooms including Cordyceps sinensis, Maitake, Reishi and Shitake. Learning how to properly identify fungi is critical because if you make a mistake in identification it could result in a visit to the emergency ward or worse, a one way trip to the morgue.

The fungi I mentioned in this newsletter can be used in a tea or as a decoction. One way to make a decoction is as follows:

Bring water to a boil and let cool for 10 minutes. Put chopped up fungi into this boiled water and let infuse for 48 hours. Strain and drink liquid. For best results drink within 3 days.

Recommended Books

One of the best books out there to help in identification is simply called **Mushrooms** by author Roger Philipps. I highly recommend if you do not have this book to purchase a copy. [Click here](#) and you are on your way to owning a copy.

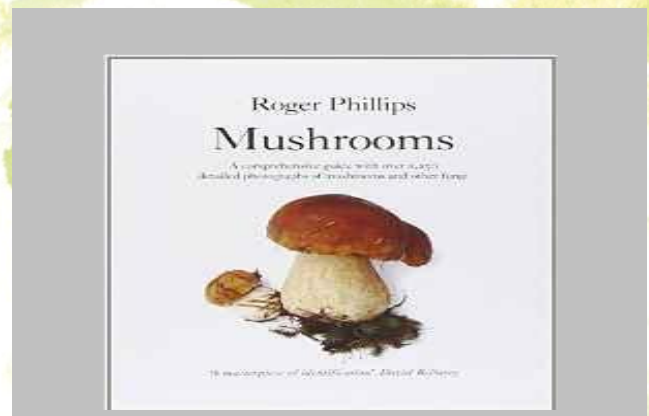
Another book I have in my library that I absolutely recommend is **The Fungal Pharmacy** by Robert Rogers. This book is loaded with incredible information and is worth way more than what it sells for. To find out more [click here](#).

FREE Cancer Documentary

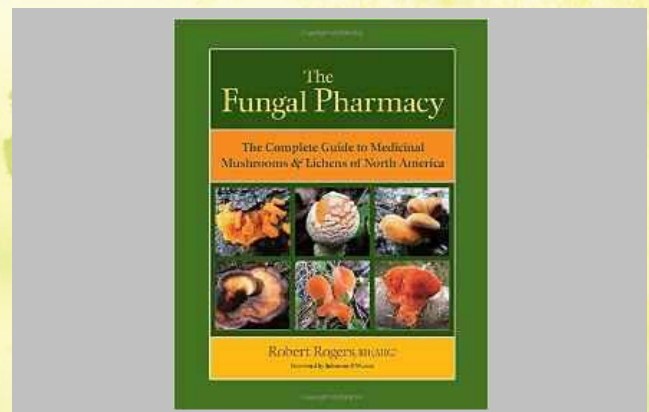
Tomorrow is the airing of a well-researched documentary that promises to be absolutely amazing: "The Truth about Cancer". Over 100 doctors, researchers, scientists and cancer survivors from across the globe come together in unity and reveal for the first time their amazing new findings and the truth.

If you or anyone you love has been affected by cancer, you owe it to them and to yourself to watch this explosive FREE docu-series, "The Truth About Cancer: A Global Quest".

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