



MEDICINAL MUSHROOMS

I am not a nutritionist nor an herbalist but there are some natural remedies that I've been using consistently, and they have worked for me. I live in NYC and I used to get colds and runny noses easily. APTTMH after doing some research and talking to people I learned about the benefits of mushrooms for the Immune system and since I've been taking the Mushroom Capsules, I have seen a significant improvement in my health. I don't get sick nearly as much as I used to.

I take "Mighty Mushrooms" 10 Medicinal Mushrooms (found it at a Home Goods store). Before that I was taking Turkey Tail (it's a mushroom). These mushrooms can be found ground up in capsule form. They would be in the vitamin aisle in the Health Food Store, Whole Foods store, and online like Amazon.

Shiitake Mushrooms can be bought in dried form at an Asian supermarket and sometimes in the Asian aisle in the regular supermarket. You can also find them frozen and fresh. Just check your grocery store (Whole Foods have them). To cook with dried mushrooms just soak them in water till they rehydrate and use them like you would any mushroom. Add them to Stir Fry, omelets, pasta sauce etc.

Below are the most common mushrooms that you can find at a health food store in capsules and some of the benefits they have.

(IMPORTANT: Make sure you don't have allergies and be cautious when pregnant)







Pray this helps



Please see below



6 Mushrooms That Act as Turbo-Shots for Your Immune System

TYPE	BENEFITS		USE IN
Reishi Mushroom	Restful Sleep, Reduce Anxiety, Helps with depression, increases focus, aide in weight loss		Hot tea, chocolate desserts
Shiitake	Helps lower Cholesterol, helps with heart health, helps with Blood Pressure		Smoothie, or add to recipes when cooking
Turkey Tail	Good for Immune System, Good to help prevent cancer		Immune boosting smoothie
Chagas	Helps with aging skin, Slows growth of cancer, lower bad cholesterol, helps with inflammation,		Morning smoothie, or frothy latte
Cordyceps	Helps with energy, athletic performance, muscle recovery		Favorite tea or pre workout meal
Lions Mane	Can help with cognition, memory and concentration		Add to a cup of Yerba Mate

For more detailed information, please see the link below

<https://www.healthline.com/health/food-nutrition/best-medicinal-mushrooms-to-try>

ALWAYS CONSULT YOUR PHYSICIAN OR MEDICAL PROVIDER BEFORE USING ANY MEDICINAL FOODS