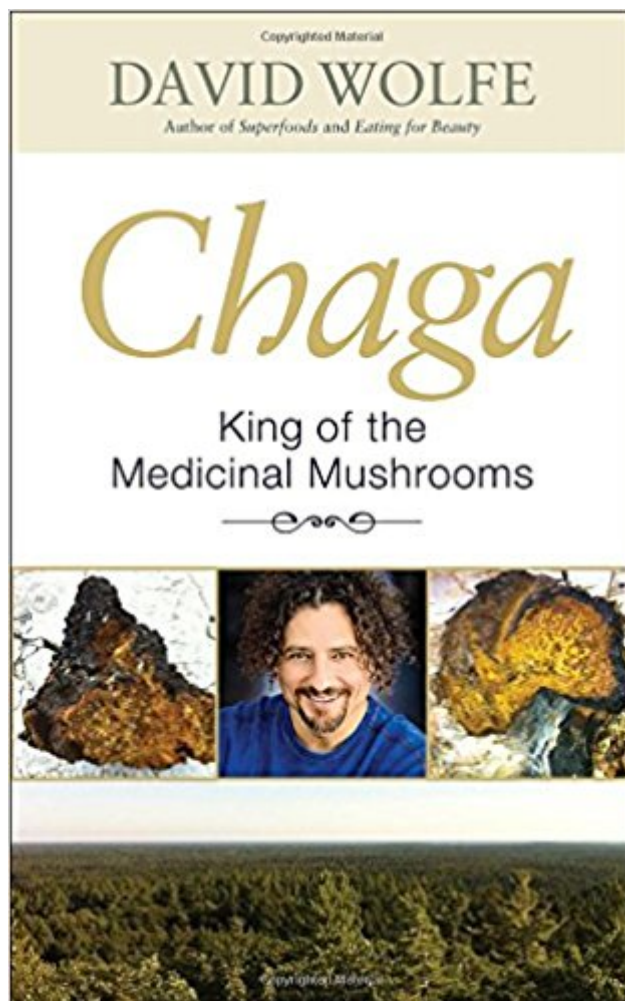


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# Chaga: King Of The Medicinal Mushrooms



## Synopsis

Taking the counsel of Hippocratesâ"Let food be thy medicine and medicine be thy food"âacclaimed author David Wolfe brings the wisdom of eating herbal medicine to today's health-conscious readers. His enthusiastic fan base, which includes celebrities such as Woody Harrelson and Angela Bassett, continues to blossom as more and more people realize the healing and immunity-boosting properties of raw and medicinal foods. In Chaga, Wolfe presents the many virtues of medicinal mushrooms, which boost immunity, stave off allergies and asthma, help fight against cancer, and generally improve core vitality. But the star of the book is chagaâ"the king of the mushrooms"âwhich holds the greatest storehouse of medicinal properties of any mushroom species. In addition to exploring the extraordinary history, lore, scientific research, and future of this potent healing mushroom, Wolfe provides readers with recipes for teas, soups, fermentations, and tincturesâas well as tips on how to obtain quality chaga products. Other mushrooms are also discussed, such as the fabled queen of the medicinal mushrooms, reishiâwhich promotes a healthy immune systemâand the cordycepsâwhich fights fatigue, improves endurance, increases lung capacity, and more. The wealth of wisdom, research, recipes, and advice will enlighten and satisfy Wolfe's fans, as well as any reader curious about natural ways to improve health and promote healing.

## Book Information

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## Customer Reviews

Chaga King Of The Medicinal Mushrooms by David Wolfe is a book I have been waiting for in

anticipation and it does not disappoint! I am a avid user of Chaga Extracts with excellent results! PART 1 of the book deals with the facts and history of Chaga and the Birch Tree from which Chaga grows on! PART 2 of the book deals with preparing and enjoying Chaga with a good variety of Recipes, this includes preparing Teas which was interesting as David states not to boil the Chaga in Boiled Water but to simmer over a period of time so as to not destroy the natural Acids and beta-glucan polysaccharides etc. PART 3 deals with the science of Chaga which I found the most interesting as this to me is the nuts and bolts of the Book. David has presented a comprehensive view of the individual constituents of Chaga These being Beta-glucans, Betulin, Betulinic Acid and Melanins. Overall I was very happy with the book it wasn't a long book and was straight to the point with each particular topic presented within its pages with citations, I also enjoyed the photos spread out within the book photos of Chaga on a Birch Tree is something to admire! I have a close Family member recently diagnosed Cancer and have started him on Chaga Extract with Turkey Tail in preparation for the onslaught of Chemotherapy and Surgery to boost his immune system. The only downside to the book was no discussion on Powdered Extracts which would of been of interest to me as I have been using a fantastic Chaga Product from ORIVEDA!! In my Opinion the Book is excellent for anyone wanting to know the A to Z of chaga, once familiar with this wonderful mushroom start researching the Peer Reviewed Research Papers In depth pertaining to the benefits of taking this Mushroom!

I hoped this book would contain enough research data to decide whether to start using chaga. It does. That said, it is not exhaustive but I don't blame the author. Superfood research is in its infancy and David is doing for Chaga what he has done with other superfoods like Cacao - supplying enough information and enthusiasm to make the superfood more available so more research can be done. A year ago I couldn't find Chaga on ebay. Now it's there for about \$10/lb including shipping - cheap for a superfood. Bravo to all involved.

David Wolfe's book Chaga, King of the Medicinal Mushrooms is so comprehensive, and yet easy to read and understand. The paperback itself is 5" by 8" with thick semi-glossy pages, lots of wonderful, clear pictures, and bound really well. The reason I'm saying this, is because this is a book that I'm going to be referring to for both the recipes, and the instructions as to harvesting the Chaga mushroom. The pictures of the mushroom show clearly what exactly this medicinal mushroom looks like, because you certainly don't want to harvest, and eat the wrong kind of mushroom. And of course the pictures of David show a charming, kind, and vital man, which helps

to sell his idea of herbal medicine. His face practically glows with good health, something you can't photoshop in when needed. David first introduces us to Chaga in the wild, showing us how it grows mostly on Birch trees and how it prefers a colder climate. How it was used by Siberian Shamans for healing. David gives us a list of the remarkable things that Chaga can do for our bodies such as being a 'premier herbal adaptogen (a metabolic regulator that increases an organism's ability to adapt to environmental factors and resist stress), cancer fighter, immune-system modulator, antitumor agent, gastrointestinal (digestive) tonifier, longevity tonic, and a genoprotective (DNA-shielding) agent." page 1 David made his case so well, that I went to his website, [...], and ordered some Chaga for myself. There were different forms of the Chaga, and David explains them all in this book, plus he tells you how to make your own, but that's not going to happen for me, so I took the easy route and pulled out my credit card. Combining the history of Chaga and its ancient uses, along with modern science, David gives you all the information you'll need to make an intelligent decision about your own health. He also includes other superfoods and herbs, along with the what they do, and scientifically, why they work. I'm even going to continue with the Horsetail that I was eating to build up my hair (a real motivating factor for me) happy that I've learned that it also is an anti-fungal, and bone-strengthening agent. I've also read that cancer might start out as a fungus, whether it's true or not, it certainly can't hurt. With so many pharmaceuticals being prescribed now days, it's good to find herbs that can help with some of the same problems, but without the long-never-ending list of side effect that take up half the commercial time for these drugs. David Wolfe's book is an excellent guide to anyone's search for better health through nature.

The book is full of valuable information. Personally, I drink chaga tea every morning instead of coffee. It has a nice vanilla flavor. I've been drinking chaga for over 2 years now and since I've started this routine I have not had a cold. The chaga that I use comes straight from the woods. Another healthy thing to do- search for chaga while hiking in the woods.

This book gives you a reason to start using chaga as a superfood and why it deserves the name superfood. David Wolfe would not write a whole book on chaga if it would not be a real superfood, since David is the King of Superfoods. You can read on the science of chaga, the facts and the history of this outstanding medicinal mushroom. It is also worth reading his book The Sunfood Diet Success System. Thank you David for making it your mission to share all this important information.

I haven't had the chance to read this yet...I lent it to my brother and his wife, and they said it is

INCREDIBLE and full of all kinds of wonderful information!! I have no doubt. David Wolfe is TOPS in knowledge in all things herbal/natural.

If you are serious about your health and want to do everything you can naturally to secure your health and the health of your family, read this book and use the water extraction and then the alcohol extraction methods described in this book for the tea and tincture to consume daily, use this as a daily regimen for your overall health and you will not be disappointed.

After reading this book, went out our back yard and started looking for Chaga. Found all that we need for a long time. We are drinking the tea every day. Will have to wait to see how Chaga works for us.

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