

July 2019

Medicinal Benefits of Mushrooms

I would love to share with you my passion for Medicinal Mushrooms (MM), to mention only a few of mother earth's creations are, Chaga, Reishi, Cordyceps, Lions Mane, Turkey Tail.

Ask me about my 24/7 crock pot Chaga tea with raw honey that I drink every day. I personally take all of these mushrooms daily and below are the reasons. - Treena

Immunity and Protection

Medicinal mushrooms are very supportive of the respiratory, digestive, circulatory, cellular, and lymphatic systems. They also increase the natural Killer Cells by more than 300% (our protection cells that eat up pathogens)

Detox and Digestion

MM's are a source of pre-biotic which nourish good bacteria in your gut called microbiomes (acidophilus and bifidobacterium)

Weight Loss

MM's contain two types of dietary fibers called beta-glucans and chitin, which increase satiety and reduces appetite.

Cancer Fighting Powers

Last but not least, The Health of our Planet

World renowned mycologist Paul Stamets states that mushrooms can potentially solve some of the most pressing and serious problems like, oil spills, absorb farm pollution, fight off small pox and flu viruses, combat insects, create rich environments for farms and new forests, become a sustainable fuel source for the future. In 2012, Yale University students found a rare species of mushroom called Pestalotiopsis Microspora in the Amazon Rainforest, that are capable of living on a diet of pure plastic. They then turn the plastic into pure organic matter. This rare species of mushrooms can live without oxygen, which would make them an ideal agent for landfill clean up from the bottom up.

MM's are best known for and researched for their apparent cancer fighting powers. MM's contain a class of proteins called lectins which are able to bind to abnormal cells and cancer cells for destruction by our immune system.

Energy and Exercise

Cordyceps, Chaga and Reishi specifically assist the body with lung tonicity, increased blood flow and oxygenation of the cells.

Nervous System Support, Mind and Memory

MM's support the body with every day stresses, toxins and chemicals that we are exposed to. They are adaptogenic, restorative and nootropic.



We have these amazing oral sprays in our office that taste like chocolate and chocolate mint. They are called Myshrooms Defence (Chaga + D3) and Immunity (8 medicinal mushrooms)