

## Medicinal Mushrooms: Ancient Wisdom Meets Modern Science

Humans have used medicinal mushrooms for thousands of years. The Greek physician Hippocrates, circa 450 BC, used mushrooms as potent anti-inflammatories and for cauterizing wounds. Yet, mushrooms remain an enigma to many in the medical field. Fortunately education is beginning to replace ignorance.

That many scientists and laypeople have avoided mushrooms for centuries is understandable, maybe even sensible. After all, while some mushrooms can feed and heal, some can kill, and some can send you on a psychedelic spiritual journey. This demonstrates their diverse chemical constituents and from a survival point of view, it's probably safer to avoid powerful but poorly understood phenomenon. Only recently has modern science rediscovered what the ancients knew long ago - that mushrooms can be deep reservoirs of powerful medicines.

With over 2,000 species of mushrooms, it can be difficult to know which are considered medicinal. To some degree all mushrooms contain beta glucans, which have been found to help fight inflammation and enhance the immune system. And while some medicinal mushrooms have powerful unique advantages, they generally share the following common list of benefits:

- \* Boost immunity \* Reduce stress and anxiety
- \* Fight cancer \* Enhance memory
- \* Improve mood \* Improve endurance
- \* Decrease fatigue \* Reduce Inflammation

It would be unrealistic to think you'll experience benefits from medicinal mushrooms immediately. Adaptogens generally work slowly, so it can take weeks until their powerful effects begin to become obvious. **And even more than simple vitamins and minerals, for best results, it's imperative to take high-quality mushroom products at sufficient doses.**

### Some Well-Known Medicinal Mushrooms And Their Documented Benefits Include:



*Lion's Mane is proven to improve cognitive function*

**Lion's Mane Mushrooms:** Compounds in Lion's Mane promote the creation of nerve growth factor (NGF) which can enhance cognitive abilities by regulating and renewing cells in the nervous system. One Japanese study showed that Lion's Mane supplementation provided significant cognitive improvement in older adults who were suffering from mild cognitive impairment. It helped the brain in all aspects including aiding in memory, concentration, and even depression and anxiety. The abundance of antioxidants in them can also reduce inflammation, which is helpful for people who deal with digestive issues like irritable bowel syndrome (IBS). We've had reports from customers afflicted with MS that Lion's Mane created significant benefits to the nervous system throughout their bodies.



**Cordyceps Mushrooms:** For centuries, Cordyceps was available only to the royal families of Asia. This is the medicinal mushroom of choice when it comes to fitness, endurance, stress, in addition to immunity. Cordyceps is often considered the top vitality in the mushroom world.



*Reishi may be the "King" of immune enhancers*

**Reishi is often called the "King of Mushrooms."** It is one of the world's most researched botanicals and has been shown consistently to benefit the mind and body. In Chinese medicine it's taken to boost immunity against everything from the common cold to cancer by increasing the activity of the body's essential white blood cells. The Reishi mushroom is also famous for its soothing, relaxation and sleep-enhancing effects. It can even promote relief and mood enhancement for people dealing with anxiety or depression while alleviating fatigue. Seasonal allergy sufferers frequently find relief when supplementing with Reishi. It's often used treating hepatitis B patients and patients with chronic bronchitis showed clinical improvement using it, especially older patients with asthma. Reishi has been shown to regenerate bronchial epithelium (bronchial tract lining).

**Turkey Tail Mushrooms:** They're prized for their immune-boosting and anti-cancer potential. It's one of the most widely used anti-cancer supplements in Japan and China. Turkey Tail's powerful white blood cell-boosting qualities are believed to help treat several different kinds of cancers by suppressing tumor growth. **Turkey tail can also help chemo patients, repairing immune cell damage that was caused by chemotherapy.** The prebiotics present in turkey tail mushrooms also makes it a great ingredient to improve digestion and overall gut health.



*Turkey Tail is considered a cancer fighter*



*Shiitake is medicinal and also delicious*

**Shiitake Mushroom** is a potent immune-boosting mushroom with antitumor and antiviral properties. It can also help reduce blood pressure and cholesterol. Shiitake is used medically for diseases involving depressed immune function, including cancer, AIDS, environmental allergies, candida infections, and frequent flu and colds. An injectable form of Shiitake mushrooms is often used alongside chemotherapy in China and Japan for the treatment of gastric cancer.

When selecting and using medicinal mushrooms quality and patience (giving them enough time to work) are paramount. They can be very powerful medicine.

## Proven Cancer Protection

### Turkey Tail Medicinal Mushroom



*Turkey Tail mushrooms were named for their beautiful resemblance to a turkey's tail feathers*

Turkey Tail mushrooms, also known as *Trametes versicolor* or *Coriolus versicolor*, were named for their concentric rings of brown and tan, which give a resemblance to the tail feathers of a turkey. Unlike many other medicinal mushrooms, Turkey Tail mushrooms are tough and chewy and are not considered a gourmet food. However, they have now been proven very effective as an immune enhancing, cancer fighting supplement!

**Successes with thousands of cancer patients in dozens of clinical trials in the last several years have demonstrated across the board increased survival rates when using extracts from Turkey Tail mushroom** that are rich in the main active ingredients. Results were documented when being used as an adjunct to standard cancer treatments compared with using the standard treatments alone. Studies have included patients being treated for cancers of the breast, lung, stomach, and bowel.

Turkey Tail's benefits appear to be derived from its content of the phytonutrients abbreviated as PSP and PSK, both of which appear to inhibit the growth of cancer cells. PSK is actually approved and often prescribed in Japan as an adjunct treatment for cancer.

**Pure Essence Turkey Tail 4X** combines 1:1 and 8:1 extracts of certified organic Turkey Tail fruiting bodies to deliver the most potent Turkey Tail nutrition you'll find. Both extracts are 100% certified organic mushrooms that are hot water treated to rupture the cell walls to maximize nutrient bioavailability. The 1:1 powder provides rich levels of overall immune enhancing Beta-D-glucans while the 8:1 portion maximizes PSP and PSK polysaccharides more specific to cancer fighting.

Real medicinal mushrooms are from the fruit/top of the organism (the part we can see) not the mycelia (their "roots"). Just like the grape is different than the vine, the mushroom fruit has a different nutritional profile than the mycelia. Many "mushroom" supplements are actually nothing more than mycelia containing only fractions of the nutrients found in the tops and are up to 70% starch.

Each capsule of Pure Essence Turkey Tail 4X is up to 4 times stronger than typical turkey tail fruiting body extracts, up to 16 times stronger than simple turkey tail powders, and up to 40 times stronger than Turkey Tail from mycelia that most other companies typically use.

**MyPure Mushrooms from Pure Essence Labs** now offer 7 different mushroom varieties and blends. In addition to cancer fighting some target overall immunity, energy, and cognitive enhancement. All are 100% certified organic mushroom fruiting bodies with **guaranteed levels of immune enhancing compounds**. Turkey Tail 4x is one of their most important products.



*The most potent Turkey Tail currently available*

## 2025 Flu Shot Alternative

This under-the-tongue, homeopathic formula is a safe, effective, inexpensive, alternative to traditional flu shots. Just like the flu shot, it is re-formulated every year to target the flu strains that are predicted to be the most major threats. **About 100 still available for walk-in or phone purchase. When they're gone, they're gone till next year.**

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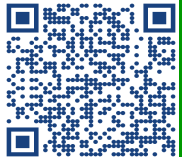
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