

SPOTLIGHT ON...

MEDICINAL MUSHROOMS

They're some of the most potent and unique prebiotics and aid in reducing inflammation

While the humble button mushroom is full of goodness in its own right, there are many lesser-known members of the species prized for their incredible disease-fighting powers.

CORDYCEPS One of the rarest medicinal mushrooms, these are traditionally used to treat conditions from type 2 diabetes to severe asthma.

REISHI Also called “the mushroom of immortality”, reishi has antibacterial and antiviral properties, making it a great choice to fight off colds and infection. It’s also been lauded as an anti-ageing tool.

SHIITAKE Used in cooking for their earthy flavour, traditional Chinese medicine experts claim shiitake can improve the immune system’s functionality and may even help lower cholesterol. Research suggests it can help slow development of some types of cancer cells.

LION’S MANE This species is believed to expand memory,

improve cognitive functionality and increase other brain powers. Studies also show it could help repair damaged nerves and may slow the growth of cancer cells.

MAITAKE Known as “the dancing mushroom”, this has been used to help diabetes patients maintain blood sugar levels and lose weight. It’s said eating maitake can also help ease the side effects of cancer treatment, such as reducing hair loss and limiting nausea.

TURKEY TAIL In Japan, turkey tail has been used in cancer treatment plans for more than three decades. The striped fungus has also been said to help alleviate some of the side effects of aggressive and painful chemo treatment.

IN THE MIX... Available in a variety of forms, including powder, capsules, extract or fresh, these superfoods have been used by indigenous cultures for centuries. Tip: It’s advised you start taking the powdered variety in small doses.

DID YOU KNOW?
There are at least 270 species of mushroom that have medicinal benefits!



Words: Monique McKenzie, Good Health magazine & Gabriella Del Grande. Do not pick and eat mushrooms. They are difficult to identify and can be poisonous.

SHAKE THINGS UP!



Why not combine your morning coffee and breakfast by opting for a latte-flavoured Rapid Loss shake? These meal replacement protein shakes, which come in a bunch of other flavours like choc mint and strawberry, are packed full of vitamins and minerals that help reduce fatigue and tiredness so you can start your day full of energy! Visit rapidwellness.com.au for more information. \$27.95 for a 575g pack.

DID YOU KNOW?



According to researchers from the University of South Florida, simply smelling enticing fatty foods like pizza or a burger for two minutes will satisfy your cravings without actually eating any of it. Bye bye calories!