

Tricholoma matsutake - Pine Mushroom



Edible. Considered a delicacy and much appreciated in Chinese, Japanese and Korean cuisine. It grows in groups, preferring dry, infertile soil in mixed and coniferous forests, forming mycorrhiza with red pine, fir, and other trees. Season: June to August.

Medicinal uses: Has antiviral effects, used for prevention and treatment of diabetes mellitus. Has sedative and analgesic effects, treats insomnia, hypertension. Has a bleaching effect on skin (treats skin dark spots).

Tricholoma portentosum - Charbonnier



Edible. Grows solitary or in groups on sandy soils, in the moss or under wood residue in mixed and coniferous forests. The fungus forms mycorrhiza with pine, oak, birch and other trees. Season: September to October.

Medicinal uses: Has antibacterial, antifungal and antioxidant effects, treats food poisoning (including vomiting and diarrhea symptoms), and cryptococcosis. Has a suppressing effect on hay bacillus.

Tuber gibbosum – Oregon spring white truffle



Edible. Native to the Pacific Northwest of North America. Forms mycorrhiza with coniferous trees: Douglas fir, spruce, pine, hemlock and pseudo-hemlock. Season: March to May, in good years from February to June.

Medicinal uses: Strengthens the immune system, a good aphrodisiac, returns “sexual power.” Prevents inflammation of all types, helps seniors suffering from “senile infirmity”, improves the condition of patients with Alzheimer’s disease, regulates the hormonal system, improves eyesight and treats eye diseases, has an antioxidant effect. Used in cosmetology (rejuvenates the skin and smoothes wrinkles), treats gout, improves mood.

Tuber oregonense - Oregon white truffle

Edible. Native to the Pacific Northwest. This mushroom grows underground in a symbiotic relationship with Douglas fir roots. It can be found in mixed conifer forests as well, and can sometimes be found in drier forests dominated by oak and other hardwoods. Season: mid-October through March.

Medicinal uses: Strengthens the immune system. A good aphrodisiac, returns “sexual power.” Prevents inflammation of all types, arthritis of all types. Used in cosmetology (rejuvenates the skin and smoothes wrinkles), treats gout, improves mood. Has a calming effect, treats nervous disorders, helps seniors suffering from “senile infirmity,” improves the condition of patients with Alzheimer’s disease, regulates the human hormonal system, improves eyesight, has an antioxidant effect, improves the tone of blood vessels and muscle fibers.



Ustilago maydis - Corn Smut

Edible. Parasitizes and grows on corn and similar species, it germinates on the flower parts, on the cob, leaves, and forms galls. Season: August to October.

Medicinal uses: Has hemostatic effect, helps to stop uterine and intestinal bleeding. Treats diseases of the female reproductive system. It improves hair growth and is used as a cosmetic agent (skincare, acne, wrinkles, rejuvenating agent). It can be used for the treatment of brain diseases (multiple sclerosis, chorea, epilepsy, vasospasm, dizziness), and psoriasis. It has antifungal effects, treats candidiasis (thrush). Used for the treatment of eye diseases with reduced vision. The mushroom has a laxative effect. It can be used for the prevention and treatment of gastrointestinal and liver diseases and as tonic remedy.



Volvariella bombycina - Silky Sheath



Edible. Grows solitary or in small groups on trunks and stumps of decaying deciduous trees, as well as living trees, including sugar maple, red and silver maple, magnolia, mango, birch, oak and beech trees. Sometimes this mushroom is found in coniferous forests. Season: June to October.

Medicinal uses: Has antioxidant effects, enhances the immune system, activates the anti-tumor protective systems of the body. Used for prevention and treatment of malignant tumors and benign formations. It is used as a restorative remedy after chemotherapy. The mushroom improves digestion, normalizes metabolism and promotes the removal of toxins from the body. It regulates fat metabolism and treats obesity.

Volvariella gloiocephala - Big Sheath Mushroom



Edible. Grows in gardens, meadows, on compost and manure heaps, in greenhouses, on flower beds, on wood shavings, wood chips, or at the base of hay stacks. It is rare to find it growing in forests. Season: July to September.

Medicinal uses: Enhances the immune system, activates the anti-tumor protective systems of the body. Used for prevention and treatment of malignant tumors and benign formations. It has antibacterial, antiviral and anti-inflammatory effects. The mushroom strengthens the spleen, has a tonic effect, facilitates tolerance to summer heat. It reduces cholesterol and prevents the development of atherosclerosis. It regulates blood pressure. It can be used for the prevention and treatment of rickets and scurvy.

Volvariella volvacea - Paddy Straw Mushroom

Edible. Grows in gardens, meadows, on compost and manure heaps, in greenhouses, on flower beds, on wood chips, and near barns. Season: June to September, or in a warmer climate all year round.



Medicinal uses: Enhances the immune system, activates anti-tumor protective systems of the body. Used for the prevention and treatment of malignant tumors and benign formations. It has antioxidant effects and can be used for the prevention and treatment of scurvy.

Xerula radicata - Deep Root Mushroom

Edible. Grows solitary or in small groups in deciduous forests, gardens, and parks on decaying wood, and on roots and trunks. It can also be found in plains and in mountains. Season: July to October.

Medicinal uses: Has antifungal effect (otomycosis), treats allergic bronchopulmonary aspergillosis, candidiasis (thrush). Used to treat of hypertension. It strengthens the immune system, activates the anti-tumor protective systems of the body. Used for prevention and treatment of malignant tumors and benign formations.



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ABOUT OURSELVES



In their student years, Svetlana and Eugene Poltavets were keen on hiking, cycling and waterborne trips. Nature has always attracted them. Their fascination with medicinal plants and mushroom picking began as an amateur pursuit, but over time, they came to understand the importance of using natural remedies contained in mushrooms and plants to maintain health. Seeing that more and more people around the world are suffering from cancer, they drew

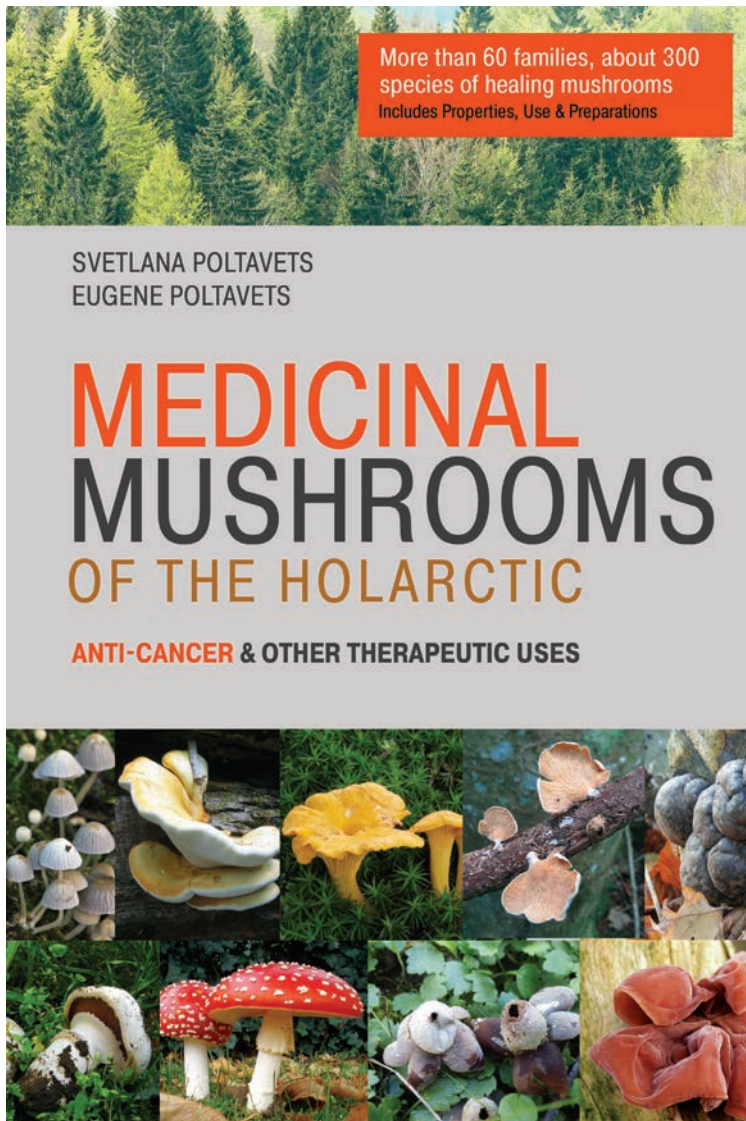
attention to the enormous healing potential of mushrooms in this field. During their habitual nature walks, they began to focus their attention on mushrooms and plants in the forest and began to test the effects of these products on themselves. Then they started poring through literature and scientific data about the use of various types of fungi as alternative methods to treat various diseases, the result of which was this work. The world of mushrooms is huge and diverse. This book covers their tiny part.

Eugene & Svetlana Poltavets have also recently completed a larger and more comprehensive book with more detail on therapeutic uses of mushrooms and other fungi.

Medicinal Mushrooms of the Holarctic: anti-cancer & other therapeutic uses

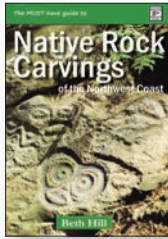
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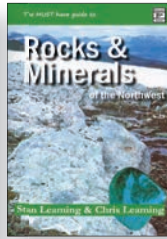


Covering ~300 species of medicinal fungi with restorative health benefits and tonic effects on the immune system, including many which possess anti-tumor properties. Also covers those species which can help in the recovery of serious illnesses through strengthening of the immune system. Includes aspects of identification, ecology, harvest and preparation. One of the most comprehensive books of its type for the Holarctic region.

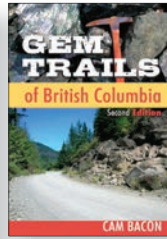
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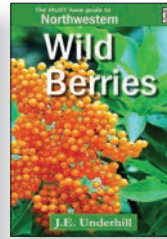
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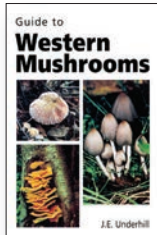
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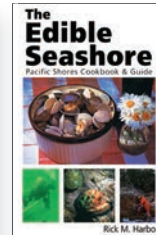
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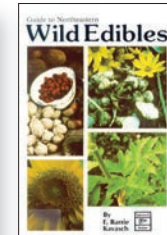
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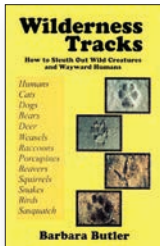


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