



## Contents

Disclaimer.....	4
Introduction to Medicinal Mushrooms for Better Health & Overall Wellness.....	6
What are the Medicinal Mushrooms.....	11
Amazing Health Benefits of Reishi Mushrooms.....	13
Reishi Mushrooms <sup>1</sup> - Interesting Facts .....	13
Reishi Mushroom – Scientific Background <sup>1</sup> .....	14
Reishi Mushroom – Health Benefits <sup>1</sup> .....	15
Reishi Mushrooms – How to Use .....	16
Amazing Health Benefits of Chaga Mushrooms .....	17
Chaga Mushroom - Interesting Facts .....	17
Chaga Mushroom – Scientific Studies.....	18
Chaga Mushroom – Health Benefits.....	19
Chaga Mushrooms – How to Use .....	20
Amazing Health Benefits of Turkey Tail Mushrooms.....	21
Turkey Tail Mushrooms - Facts.....	21
Turkey Tail – Scientific Background <sup>6,7,8</sup> .....	22
Turkey Tail – Health Benefits <sup>6,7,8</sup> .....	23
Turkey Tail Mushrooms – How to Use .....	24
Amazing Health Benefits of Maitake Mushrooms .....	26
Maitake Mushroom - Interesting Facts .....	26
Maitake Mushroom – Scientific Background <sup>9</sup> .....	27
Maitake Mushroom – Benefits <sup>10, 11 and 12</sup> .....	28
Maitake Mushrooms – How to Use .....	29
Amazing Health Benefits of Shiitake Mushrooms .....	30
Shiitake Mushroom - Interesting Facts .....	30
Shiitake Mushroom – Scientific Background <sup>14</sup> .....	31

Shiitake Mushroom – Health Benefits<sup>15, 16, 17, 18, 19</sup> ..... 32

Shiitake Mushrooms<sup>20</sup> – How to Use..... 34

Amazing Health Benefits of Cordyceps Mushrooms ..... 36

    Cordyceps Mushroom<sup>21</sup> - Interesting Facts..... 36

    Cordyceps Mushroom – Scientific Background<sup>22</sup>..... 38

    Cordyceps Mushroom – Health Benefits<sup>23, 24, 25, 26, 27, 28</sup> ..... 39

    Cordyceps Mushrooms – How to Use ..... 40

Amazing Health Benefits of Lions Mane Mushrooms..... 41

    Lions Mane Mushroom<sup>29</sup> - Interesting Facts..... 41

    Lions Mane Mushroom – Scientific Background<sup>29, 30</sup> ..... 42

    Lions Mane Mushroom – Health Benefits<sup>31, 32, 33, 34</sup> ..... 43

    Lions Mane Mushrooms – How to Use ..... 44

Amazing Health Benefits of Mesima Mushrooms ..... 46

    Mesima Mushroom - Interesting Facts<sup>35</sup> ..... 46

    Mesima Mushroom – Scientific Background<sup>36, 37</sup> ..... 47

    Mesima Mushroom – Health Benefits<sup>35, 36</sup> ..... 47

    Mesima Mushrooms – How to Use..... 48

Mushroom Products by Activa Naturals Team..... 49

Scientific References ..... 50

## **Disclaimer**

This information is not presented by a medical practitioner and it is strictly presented for educational and informational purpose only. The content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified healthcare provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read or heard.

Concerning the scientific studies, research papers, articles published in the journals etc, we have presented the information as it is with their associated reference links. While some of this published material may contain claims, readers are advised not to associate the Activa Naturals team or its products making any such direct or indirect reference in any form. In order to maintain the authenticity of the information, we have provided that material as it is even when we don't agree with it because we believe more research is required to establish clear and concise connections between mushrooms and it's health benefits.

The author and publisher disclaim any personal liability, for loss or risk incurred as a result of any information or advice contained herein, either directly or indirectly.

All links are for informational purpose only and are not warranted for content,

accuracy, or other implied or explicit purposes. All links were working at the time of this eBook's release and some or all links may change over the time or may have expired.

This eBook may not be sold or given away. Unauthorized distribution, resell, or copying of this material is unlawful. The author and the publisher reserve the right to use the full force of the law in the protection of its intellectual property including the contents, ideas and expressions contained herein.

While we have provided here links to some of the products, please keep in mind we are not making claims for any of those products either directly or indirectly as our philosophy is to never make any claims despite all the scientific studies we are sharing in this eBook.

# Introduction to Medicinal Mushrooms for Better Health & Overall Wellness

There are estimated to be over 4 to 5 million different species of mushrooms, yet we know only 270 classified as ‘medicinal’ with their potent anti-inflammatory, anti-anxiety and immune-enhancing qualities<sup>38</sup>. Mushrooms have been used for over 3,000 years by traditional healers and folk medicine hunters. Medicinal mushrooms contain some of the most rejuvenating and nourishing health compounds of any substance on earth. While Cordyceps is known for the performance enhancing goodness, Reishi mushroom is known for the spiritually potent properties, each medicinal mushroom brings with it a myriad of benefits for the body and mind.

Mushrooms have been a source of nutrition through the ancient time and they have been associated to help support immune system health and its function. Since most mushrooms are historically known for their

restorative properties, it is not surprising that recent studies have often associated them with the immune system.

Health is a basic human need. When faced with disease, people relied on instinct, beliefs, luck, past experiences, trial-and-error. Though early people mostly believed that evil spirits caused diseases, they based their medicine on observation. Early civilizations collected the knowledge of healing for thousands of years, passing it to the next generation through oral tradition. That is how traditional medicine was born, long before written history.

Research on medicinal mushrooms has attracted much attention lately, spurring an ever growing mushroom niche in the nutraceutical industry. In general, mushrooms are well accepted as dietary supplements, especially as immune boosters. Medicinal mushrooms have been known in many traditions and cultures around the world for their immune strengthening and restorative effects on the entire body.

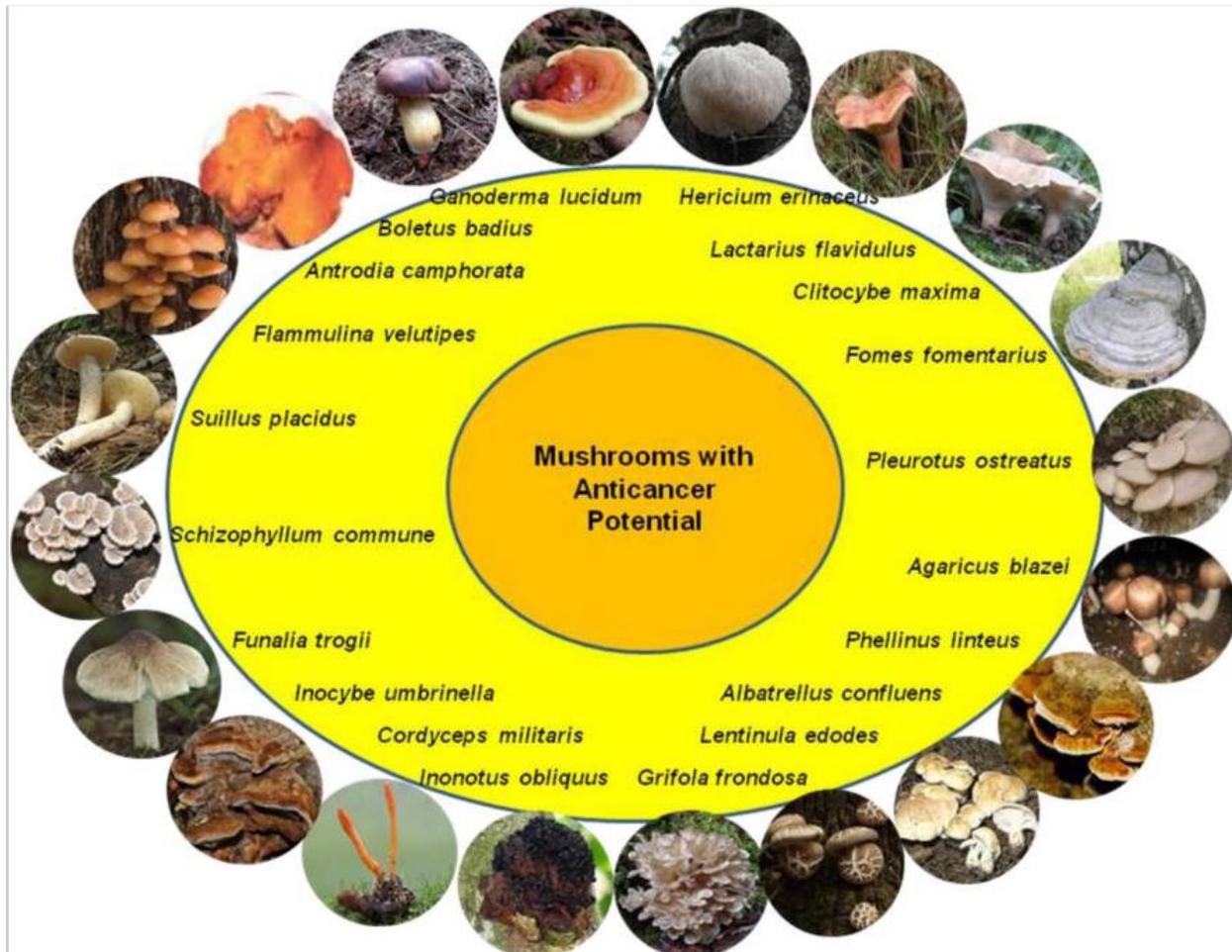
They have a long history of use in traditional Chinese medicine and some of the very first Western medical antibiotics were extracted from

these mushroom varieties. They help to build a natural resistance due to polysaccharides called Beta-glucans, known as “biological response modifiers.” Every medicinal mushroom has different levels and combinations of polysaccharides that boost the activities of immune system in different ways.

We have found a very good resource explaining everything about a variety of mushrooms through a picture and we are sharing that with you along with its source. As per the Research<sup>36</sup> published in US National Library of Medicine (National Institute of Health) titled "Recent developments in mushrooms as anti-cancer therapeutics: a review", this is what they stated for the mushrooms:

"Mushrooms have been regarded as gourmet cuisine across the globe since antiquity for their unique taste and subtle flavor. Recently, it has been discovered that many mushroom species are miniature pharmaceutical factories producing hundreds of novel constituents with miraculous biological properties. They have a long history of use in Oriental medicine, but their legendary effects in promotion of good health and vitality are being supported by contemporary studies only. Of

late, mushrooms have emerged as wonderful source of nutraceuticals, anti-oxidants, anti-cancer, prebiotic, immunomodulating, anti-inflammatory, cardiovascular, anti-microbial, and anti-diabetic".



Medicinal mushrooms are traditionally used in the treatment of infections. They work as natural antibiotics due to the fact that they

contain organic compounds that inhibit the propagation of many known bacteria and fungi. These natural antibiotics interfere with protein production, DNA replication, and other cellular processes that support bacterial metabolism.

# What are the Medicinal Mushrooms

Medicinal Mushrooms are found all over the world, especially on wood, straw and other material. They are called 'Medicinal' due to their health promoting reputation.

The fruiting bodies of medicinal mushrooms contain thin fibrous membranes called mycelium. Resembling nerves, mycelium display cellular intelligence and enable the mushrooms to be particularly adaptive to their environments. Each species of mushroom has its own medicinal 'superpowers', yet many of the mushrooms share several of the same health benefits. They are rich in bioactive compounds including beta-glucans, vitamins, minerals, carotenoids, folates, enzymes and organic acids, plus they all display strong immunoprotective properties.

While more medicinal mushroom research needs to be done, several clinical studies<sup>39</sup> suggest that the active polysaccharides present in many

medicinal mushrooms show promising anti-cancer and anti-tumor potential.

Some of the most popular and powerful types of medicinal mushrooms include:

- Reishi (*Ganoderma lucidum*)
- Chaga (*Inonotus obliquus*)
- Cordyceps (*Cordyceps sinensis*)
- Shiitake (*Lentinula edodes*)
- Maitake (*Grifola frondosa*)
- Lion's mane (*Hericium erinaceus*)
- Turkey tail (*Trametes versicolor*)

Other lesser-known species include the

- Ice man fungus (*Fomes fomentarius*)
- Suehiro take (*Schizophyllum commune*)
- Agarikon (*Fomitopsis officinalis*)
- Oregon polypore (*Ganoderma oregonense*)
- Mesima (*Phellinus linteus*)
- Tremella (*Tremella fuciformis*)

# Amazing Health Benefits of Reishi Mushrooms



## Reishi Mushrooms<sup>1</sup> - Interesting Facts

- **Botanical Name** – *Ganoderma lucidum*
- **Chinese Name** – Chinese name is Lingzhi where the word ‘ling’ means miraculous or divine and word ‘zhi’ means plant of

longevity. That's why this is also known as the mushroom of immortality.

- **Japanese Name** – The native name is *Mannentake* which means 'immortality plant'.
- **Korean Name** – It is known by different names but the popular one is *Yeongji*.
- **History** – It has been used as the medicinal mushroom in the traditional Chinese therapies for more than 2000 years. It was first used in the Han Dynasty in China.
- **Habitat** – It grows as a parasite on a variety of trees in the tropical as well as temperate environments. Now a days this is widely cultivated on hardwood logs or sawdust or woodchips.

## Reishi Mushroom – Scientific

### Background<sup>1</sup>

- **Reishi mushrooms** contain a wide variety of bioactive molecules, such as terpenoids, steroids, phenols, nucleotides and their derivatives, glycoproteins, and polysaccharides. Mushroom proteins contain all the essential amino acids and are especially rich in lysine and leucine. The *low total fat content and high*

*proportion of polyunsaturated fatty acids relative to the total fatty acids of mushrooms are considered significant contributors to the health value of mushrooms.*

- Polysaccharides, peptidoglycans, and triterpenes are three major physiologically active constituents in Reishi mushrooms.

## Reishi Mushroom – Health Benefits<sup>1</sup>

- For thousands of years, it has been used for **enhancing the immune system health** in the eastern culture and they has been also used as an alternative therapy to fight cancer by taking reishi mushroom along with regular medication. More research is being done to establish this connection and until this is properly established, this cannot be claimed to do so and we are sharing it here just for the educational purpose only.
- It is widely taken as a **proactive antioxidants nutritional supplement** to prevent and protect body cellular components from the oxidative damage.

- Many people take it for different reasons such as to support their immunity health, support their body manage blood sugar health, liver health, gastric health, and there are many more.

## Reishi Mushrooms – How to Use

- Many use it in the soup form but not everyone can take it this way because of its' bitter taste. The more popular uses are in the form of tea, powder and capsules. Those who don't like the taste of reishi mushrooms always prefer it in the capsule form.
- For mushroom lovers and health enthusiasts, reishi mushroom as a vitamin is a popular choice. With more commercial cultivation being done now in the USA, this is becoming a preferred choice now.
- It is taken in different ways i.e. as a pure reishi mushroom powder in capsules or as a tincture liquid or drop form.
- Since reishi mushroom is good for the overall health, it is widely mixed with other mushrooms and herbs.

# Amazing Health Benefits of Chaga Mushrooms



INTRODUCTION  
TO  
**CHAGA**  
MUSHROOMS

## Chaga Mushroom - Interesting Facts

- **Botanical Name** – *Inonotus obliquus*
- **Russian Name** - The Chaga name comes from the Russian name of this mushroom. It is also known by different names there such as clinker polypore, cinder conk, birch conk polypore etc. It is also called as **Black Gold**.

- **Habitat** - It is generally found growing on the birch trees. Chaga mushrooms grow wild in places like Siberia, northern Canada, Alaska, and some northern areas of the continental United States.
- **Featured use** - As per Wikipedia<sup>3</sup>, Chaga has been used as a folk remedy in Russia and other North-European countries for centuries. In traditional medicine, it is thought to be a cancer therapy, although there is no high-quality scientific evidence established yet for anticancer activity.

## Chaga Mushroom – Scientific Studies

- **Chaga mushrooms Study #1** - There was a study<sup>5</sup> published in 2009 which found that triterpenes, the compounds in Chaga and some other mushrooms, cause tumor cells to self-destruct. Unlike other products, Chaga does not appear to harm healthy cells.
- **Chaga mushrooms Study # 2** - There was another study<sup>4</sup> done in 2010 on mice and this study found that Chaga could slow the growth of lung, breast, and cervical cancer cells in a petri dish. We believe that more studies are required to establish the direct connection.

## Chaga Mushroom – Health Benefits

Because Chaga is rich in antioxidants, it does have the potential to help prevent cell damage caused by free radicals or oxidants. Experts have found that whenever our body is unable to produce enough antioxidants, oxidative stress may occur. Oxidative stress may cause cancer and a host of other health problems in humans.

- **Chaga mushrooms Superfood** – It is known as a nutrient-dense super food with a wide variety of vitamins, minerals and nutrients such as Vitamin B Complex, Vitamin D, Potassium, Rubidium, Cesium, Amino Acids, Fiber, Copper, Selenium, Zinc, Iron, Manganese, Magnesium and Calcium.
- Due to its ability to fight oxidative stress, it is known as anti-aging superfood.
- While more conclusive research is required, it is common among mushroom enthusiasts and health conscious folks to take Chaga Mushroom to support their immune system health.

## Chaga Mushrooms – How to Use

- Chaga mushroom is available in a variety of form such as a capsule, tablet or tincture. You can also find this as mushroom coffee or mushroom tea.
- Mushroom lovers claim that Chaga coffee is less acidic compared to regular coffee as it has less caffeine. You can try and see if you like it or not.
- If you want Chaga mushroom tea, you can try to make it at home with the help of raw chunks of Chaga mushrooms or Chaga mushroom powder.



### CHAGA MUSHROOM TEA FOR MUSHROOM LOVERS



#### How to Make Chaga Tea in 5 Minutes

1. Take 2 teaspoons of the Chaga mushroom powder and put it into a diffuser and then into a mug
2. Pour boiled water into the mug for your desired quantity
3. Let Chaga mushroom powder in the mug for 3-5 minutes
4. Feel free to add lemon, honey, spices etc as per your taste
5. Enjoy Chaga mushroom tea with friends

THINK CHAGA MUSHROOM,  
THINK ACTIVA NATURALS STORE  
[www.ActivaNaturalsStore.com](http://www.ActivaNaturalsStore.com)



# Amazing Health Benefits of Turkey Tail Mushrooms



LEARN ALL ABOUT THE  
**TURKEY  
TAIL  
MUSHROOMS**

## Turkey Tail Mushrooms - Facts

- **Botanical Name** – *Trametes versicolor* and this is also known as *Coriolus versicolor* and *Polyporus versicolor*.
- Due to its shape matching to a wild turkey, it got the name as turkey tail. And the word ‘versicolor’ means this fungi displays several colors.

- **Habitat** – It commonly grows in tiled layers. It is often triangular or round shape and found all over the world including the North American forests. It often grows on the dead hardwood logs.
- **Interesting Names** – It is also known by many other interesting names such as ‘chicken of the woods’ and ‘hen of the woods’.

## Turkey Tail – Scientific Background<sup>6,7,8</sup>

- **Turkey Tail mushrooms** contain a wide variety of polysaccharides (also known as beneficial sugars in a layman's language) and this is one of the keys to Turkey Tail's anti-cancer benefits. There is a research paper published<sup>8</sup> confirming that complex sugars such as polysaccharides may help the body to preserve lymphocytes. The specific polysaccharides which are critical for the health benefits are “Kresin” (PSK) and “Peptide” (PSP).
- There was a multi-year study, funded by the National Institutes of Health (NIH), done to see whether or not turkey tails could positively affect the immune system of patients rebound after they ended their radiation therapy.

For better understanding of the Immunity, please keep in mind that immunity is measured by the number of lymphocyte cells and natural killer cell activity, which usually declines dramatically after radiotherapy. Natural killer (NK) cells protect us from tumors and viruses.

The study titled “Phase I Clinical Trial of Trametes versicolor in Women with Breast Cancer,” recently published<sup>7</sup> in the ISRN Oncology Journal, shows that turkey tail mushrooms can augment conventional therapies for treating breast cancer by increasing NK and CD8+T cell activity. This study suggests that turkey tail mushrooms are an effective adjunct to conventional chemotherapeutic medicines and radiation therapy.

## Turkey Tail – Health Benefits<sup>6,7,8</sup>

- Turkey Tail mushroom has been used as a medicinal mushroom for a very long time around the world. In Japan, it symbolizes a sense of longevity and spiritual strength. While in China, herbal practitioners use it to support immune system health, lung &

respiratory health, digestion & gut health, as well as for more daily energy.

- Turkey tail mushrooms contain B-glucans and polysaccharides and the B-glucans help support the health of the receptors in the small intestine area to boost the immune system. Due to this reason, turkey tail mushroom falls in the adaptogen category. Adaptogen herbs help support body resist to numerous stress factors thereby providing support to the immune system and stimulating energy levels.
- Turkey tail mushrooms are composed of compacted mycelium, which are packed with nutrition, such as polysaccharides, proteins, minerals, and vitamins B and D. They're also low-fat. The mycelium structure is loaded with helpful enzymes, antimicrobial agents and antiviral compounds. In fact, this mycelium may help neutralize the toxins in our immune systems.

## Turkey Tail Mushrooms – How to Use

- Like other mushrooms, many people love to take it in the powder form by mixing it with their smoothie or juices. Some prefer it

taking in the form of capsules. Capsules are becoming more popular now due to its ease and no mess associated with its use.

- If you love soups, you can mix it while making your favorite soups so that you don't have to worry about its taste.
- If you prefer taking it as a tea, we are sharing the steps here as there are a few important steps you need to follow.



## TURKEY TAIL MUSHROOM TEA FOR HEALTH ENTHUSIASTS



It's Easy to Make in Just 5 Minutes...

1. Take 1/2 teaspoon of Turkey Tail mushroom powder and put it in a diffuser and then in a glass or a tea cup
2. Pour boiling water in the cup and then leave it for 3-4 minutes
3. Stir it and then add honey or maple syrup if you want. You can also add mint and lemon if you want
4. Take it twice a day for good health benefits

THINK TURKEY TAIL MUSHROOM,  
THINK ACTIVA NATURALS STORE  
[www.ActivaNaturalsStore.com](http://www.ActivaNaturalsStore.com)



- You can take it in the purest form in capsules or in the powder form. If you love the mushroom blends or mushroom plus herbs blend, you can try any option depending on your selection.

# Amazing Health Benefits of Maitake Mushrooms



## Maitake Mushroom - Interesting Facts

- **Botanical Name** – *Grifola frondosa*
- **Japanese Name** – Maitake is the Japanese name which means dancing mushroom.
- **Polypore Mushroom** – This mushroom is part of the polypore mushrooms. Now what is a polypore mushroom? Polypores are a

group of fungi that form fruiting bodies with pores or tubes on the underside.

- **Other Names** – Signorina mushrooms by Italians, hen of the woods, ram's head and sheep's head in some of the Asian and American cultures.
- **Habitat** – This grows in clusters at the base of trees, particularly oak, elm and maple trees.
- **Wikipedia** – As per Wikipedia<sup>9</sup>, this mushroom is native to China, the northeastern part of Japan and North America.

## Maitake Mushroom – Scientific

### Background<sup>9</sup>

- **Maitake mushroom** is a type of adaptogen. Adaptogen helps the body in fighting against any type of mental or physical difficulty. While maitake mushrooms are extremely popular as a culinary item in various cultures, it is also a popular medicinal mushroom.
- Maitake mushrooms are a rich source of antioxidants, beta-glucans, vitamins B, vitamin C, copper, potassium, fiber, minerals and amino acids. While it has so many nutrients, it is still fat-free, low-sodium, low-calorie and cholesterol-free.

## Maitake Mushroom – Benefits<sup>10, 11 and 12</sup>

- As per the Study<sup>10</sup>, Maitake D-Fraction, found in maitake mushrooms has shown to suppress tumor growth in mice. It can also increase the number of cells fighting against the tumor. While more research is being done, some experts suggest that it could also be effective in managing cancer in humans when taken orally.
- Another report as published in a 2013 study<sup>11</sup> found that maitake helped lower cholesterol levels in mice. It was also shown to increase fatty acids that provide more energy. More research in humans is required but researchers theorized that eating maitake mushroom may help keep arteries healthy.
- There was a study published<sup>12</sup> in 2015 which mentioned that maitake mushroom can have a positive effect on rats with type 2 diabetes. During the study, maitake mushroom consumption had a positive effect on glucose levels of rats. This means more research in humans is now needed to establish direct connection between maitake potential with type 2 diabetes in humans.
- Recently we came to know about a very important study done by Memorial Sloan Kettering Cancer Center<sup>13</sup> which is actively

working on various research studies due to Maitake mushrooms potential in helping patients after chemotherapy.

## Maitake Mushrooms – How to Use

- Like other mushrooms, it can be taken in the powder form or extract or in the capsule form as a nutritional supplement.
- Maitake is one of the major culinary mushrooms used in Japan and some call it as the King of Mushrooms. So you can cook it and we found there are a large variety of recipes available online. Maitake mushrooms are a versatile mushroom and may be eaten raw or cooked. Maitake can be roasted, grilled, baked, deep fried, sautéed and stir fried.



### HOW TO COOK MAITAKE MUSHROOM STIR FRY IN JUST 15 MINUTES



#### Healthy Eating with Maitake Mushrooms

**Ingredients for 4 servings:**

- 2 Tablespoons (tbsp) butter
- 2 Tablespoons (tbsp) olive oil
- 2 cloves garlic finely cut
- 1/4 cup onions finely cut
- 1 pound Maitake mushroom small cut pieces
- 1 cup beef or chicken broth
- 1/4 cup cooking wine

**Preparation Steps:**

1. Cook garlic and onions in hot butter until it becomes golden.
2. Add mushroom and keep stirring it frequently.
3. After few minutes, add beef or chicken broth and cooking wine.
4. Cook on medium high, until most of the liquid has been absorbed and keep stirring frequently.
5. Once it turns brown, add salt and other spices to your flavor.

Want Pure Maitake Mushroom?  
Think Activa Naturals Brand...

[www.ActivaNaturalsStore.com](http://www.ActivaNaturalsStore.com)



# Amazing Health Benefits of Shiitake Mushrooms



LEARN ALL ABOUT THE  
**SHIITAKE**  
MUSHROOMS

## Shiitake Mushroom - Interesting Facts

- **Botanical Name** – *Lentinula edodes*
- **Other Names** – As per Wikipedia<sup>14</sup> It is also known by other names such as sawtooth oak mushroom, Black forest mushroom, Black mushroom, Golden oak mushroom and Oakwood mushroom.

- **Habitat** - Shiitake mushrooms grow in groups on the decaying wood of deciduous trees, particularly shii, chestnut, oak, maple, beech, sweetgum, poplar, hornbeam, ironwood, mulberry, and chinquapin. Its natural distribution includes warm and moist climates in Southeast Asia.
- **Origin of Shiitake Name** - The Japanese word "shii" refers to the tree on which these mushrooms grow and the word "také" simply means mushroom.

## Shiitake Mushroom – Scientific

### Background<sup>14</sup>

- **Shiitake mushrooms** - In a 100 gram amount, raw shiitake mushrooms provide 34 calories and are 90% water, 7% carbohydrates, 2% protein and less than 1% fat. Raw shiitake mushrooms are rich sources (20% or more of the Daily Value, DV) of B vitamins and contain moderate levels of some dietary minerals. When dried to about 10% water, the contents of numerous nutrients increase substantially.

- Like all mushrooms, shiitakes produce vitamin D2 upon exposure of their internal ergosterol to ultraviolet B (UVB) rays from sunlight or broadband UVB fluorescent tubes.

## Shiitake Mushroom – Health Benefits<sup>15, 16, 17, 18, 19</sup>

- Shiitake mushrooms contain copper most prominently, with 65% of the daily value per serving, significant because copper is one of the few metallic elements accompanied by amino and fatty acids, essential to human health. Since the body can't synthesize copper, our diets must supply it regularly. Copper deficiency can be one of the factors in coronary heart disease development. Right behind copper is pantothenic acid and selenium, which provide 52% and 51% of the daily value, respectively. Riboflavin, niacin, zinc, and manganese play supportive roles, along with ergothioneine, an antioxidant that inhibits oxidative stress.
- Shiitake mushrooms also contain strong compounds having the natural ability to discourage inflammation, tumors, "bad" bacteria, harmful viruses, and, ironically, fungus. B vitamins such as B2, B5

and B6 are part of the package, providing energy by breaking down fats, carbs, and proteins.

- As per the research paper<sup>16</sup>, lentinan, a potent antifungal protein in shiitake mushrooms, was found to have cancer-preventing properties. This study summarized that due to lentinan in shiitake mushroom helps slow down the development of smaller tumors.
- As per another research study<sup>17</sup>, they found that lentinan exhibited a reduction in the negative effects in the progression of HIV and ability of leukemia cells to proliferate. This is a preliminary study so more work needs to be done on this.
- Another research study<sup>18</sup> summarized that the spores (mycelia) of shiitake mushrooms can have protective abilities on the liver, suppress inflammation, and even have cancer-preventive properties for patients with chronic hepatitis.
- Some of the most impressive benefits<sup>19</sup> of shiitake mushrooms are aiding in weight loss, strengthening the bones, promoting skin health, reducing inflammation, preventing premature aging, improving repair and growth and boosting circulation, helping reduce cholesterol and helping with immune system.

## Shiitake Mushrooms<sup>20</sup> – How to Use

- Shiitake mushrooms are extremely versatile and can be added to soups, stews, salads, vegetable dishes, ragouts, meat dishes, omelets and stir fries.
- When you buy fresh shiitake mushrooms, the flavor can be quite mild, but drying the mushrooms before cooking can enhance the flavor significantly. Dried mushrooms can be stored in a firmly sealed container in either the refrigerator or freezer where they will stay fresh for six months.
- There are some people all over the world who can eat fresh raw shiitakes mushrooms. Unfortunately, there is a higher risk of you having an allergic reaction from eating raw mushrooms. If you are worried about nutrition loss during the cooking process, you must try the dried variety which is equally potent in terms of nutrition.
- Shiitakes enjoy gourmet status in the culinary world, which is why they're carefully produced through the labor-intensive method of forest farming. There are many interesting recipes available and we are sharing here just 1 simple recipe for your inspiration.



## ENJOY SHIITAKE MUSHROOM WITH ASIAN GREENS STIR FRY IN JUST 10 MINUTES



### Ingredients for 4 servings:

- 2 Tablespoons (tbsp) peanut oil
- 2 Tablespoons (tbsp) oyster sauce
- 1 Tablespoon (tbsp) soy sauce
- 2 cloves garlic finely cut
- 2 Tablespoons finely cut ginger
- 100 gram Shiitake mushroom thinly sliced
- 1 bunch baby pak choy trimmed
- 1 bunch baby bok choy trimmed

### Preparation Steps:

1. Heat oil in a large frying pan over medium-high heat. Add garlic and ginger. Stir-fry for 30 to 60 seconds.
2. Add shiitake mushroom and stir-fry for 2 minutes.
3. Add pak choy stems and stir-fry for 1 minute.
4. Add pak choy leaves, bok choy, baby corn, oyster sauce and soy sauce. Toss it to mix it properly.
5. Sprinkle water and reduce heat to low. Cover and cook for 2 minutes or until the vegetables are just tender.
6. Enjoy it with your friends.

Want Mushrooms Blend Vitamins?  
Think Activa Naturals Brand...

[www.ActivaNaturalsStore.com](http://www.ActivaNaturalsStore.com)



- Shiitake contains polysaccharide lentinan (used in several well-studied medicinal preparations), lentinan, lectins and eritadenine which are antibiotic, anticarcinogenic and antiviral in nature and are isolated for medicinal purposes. While more research is required to do trials in humans, it is widely taken as a mushroom vitamin by mushroom lovers. In fact many mushroom lovers prefer taking shiitake along with other mushrooms in the form of a blended mushroom vitamin.

# Amazing Health Benefits of Cordyceps Mushrooms



INTRODUCTION  
TO  
CORDYCEPS  
MUSHROOMS

## Cordyceps Mushroom<sup>21</sup> - Interesting

### Facts

- **Botanical Name** – *Cordyceps sinensis* or *Ophiocordyceps sinensis*
- **Other Names** - Many popular names and few are listed here as Vegetable caterpillar, caterpillar fungus, yartsa gunbu (Tibetan name) and dōng chóng xià cǎo (Chinese)

- **Habitat** - This fungus germinates in the living larva, kills and mummifies it, and then a dark brown stalk-like fruiting body which is a few centimeters long emerges from the corpse and stands upright. This fungus is not yet cultivated commercially, despite the fact that several fermentable strains of *Ophiocordyceps sinensis* have been isolated by Chinese scientists. Overharvesting and overexploitation have led to the classification of *O. sinensis* as an endangered species in China.
- **Interesting Origin** - It grows on insects found in mountainous regions of Nepal, Sikkim, Tibet, and Himalayan region. It grows on the body of moths as a parasite and produces a fruiting body which used to be valued as a herbal remedy.
- In traditional Chinese medicine (TCM), it is regarded as having an excellent balance of yin and yang as it is considered to be composed of both an animal and a vegetable. They are now cultivated on an industrial scale for their use in TCM.

## Cordyceps Mushroom – Scientific

### Background<sup>22</sup>

- **Cordyceps mushrooms** - Traditional healers in Sikkim recommend the fungus/mushroom *Cordyceps sinensis* for “all illnesses” as a tonic, because they claim that it improves energy, appetite, stamina, libido, endurance, and sleeping patterns.
- **Cordyceps sinensis** - Major chemical constituents in *Cordyceps* include nucleosides such as adenosine, adenine, hypoxanthine nucleoside, uracil, thymine, uridine, guanidine, thymidine, 3'-deoxyadenosine (also called cordycepin); sterides such as ergosterol peroxide, cholesteryl palmitate, eogosterol; polysaccharides such as galactomannan; alkanols such as D-mannitol (also called cordycepic acid). It also contains a large quantity of crude proteins, essential amino acids, multiple trace elements and some vitamins.

## Cordyceps Mushroom – Health Benefits<sup>23,</sup>

24, 25, 26, 27, 28

- Cordyceps Improves the respiratory function as per the research study<sup>27</sup>.
- One of the most useful things that Cordyceps sinensis appears to do is to perform the simple act of oxygenation<sup>26</sup>. The fungus dilates the airways in the lungs, resulting in more oxygen to the blood. Thus more oxygen reaches every cell of the body, resulting in better cell function and greater energy levels.
- Cordyceps<sup>28</sup> may help reduce cholesterol as per some studies and more work is in progress.
- Cordyceps polysaccharides also help improve antioxidation activity in mice with suppressed immune systems, while also raising the levels of the natural antioxidants superoxidase dismutase, catalase, and glutathione peroxidase.
- Helps discomforts from tired legs, reduces muscle soreness, enhances recovery, promotes better oxygen efficiency and Increases ATP synthesis, promotes faster energy recovery, reduces fatigue, improves physical function, and provides more stamina

## Cordyceps Mushrooms – How to Use

- Traditional use is to add this to soups and take it regularly for more energy. We are sharing one soup recipe here for your reference:



### ENJOY CORDYCEPS MUSHROOM TONIC SOUP FOR HEALTH



#### Better Health with Cordyceps Mushrooms

##### Ingredients for soup:

- Cordyceps sinensis
- Chinese Yam
- Goji berries
- Lotus seed
- Dried orange peel
- Sand root Ginseng
- Jade bamboo
- Longan pulp
- Chicken Broth

##### Preparation Steps:

1. Heat Chicken Broth until it starts boiling.
2. Add all ingredients together and let it boil for 2 to 3 hours.
3. Enjoy daily like a tonic soup

Want Cordyceps Mushrooms Vitamin?  
Think Aactiva Naturals Brand...

[www.AactivaNaturalsStore.com](http://www.AactivaNaturalsStore.com)



- Cordyceps Mushroom is also known as the first Anti-Aging supplement known to mankind. This is the reason Cordyceps vitamins are popular with everyone.

# Amazing Health Benefits of Lions Mane Mushrooms



LEARN ALL ABOUT THE  
**LION'S MANE  
MUSHROOMS**

## Lions Mane Mushroom<sup>29</sup> - Interesting Facts

- **Botanical Name** – *Hericium erinaceus*
- **Other Names** - There are many and few are listed here: lion's mane mushroom, monkey head, bearded tooth mushroom, satyr's

beard, bearded hedgehog mushroom, pom pom mushroom, or bearded tooth fungus.

- **Habitat** - This is native to North America, Europe and Asia. This is an edible and medicinal mushroom belonging to the tooth fungus group.

## Lions Mane Mushroom – Scientific

### Background<sup>29, 30</sup>

- **Lion's Mane mushroom** contains a number of polysaccharides, such as B-glucan, heteroglucans, and heteroxylans, as well as several cyathane derivative diterpenoids known as hericenones and erinacines.
- Lion's mane mushroom is a nootropic food which has been used in traditional Chinese medicine as traditional healers have been using it as brain-boosting mushroom for a very long time.
- As per the study published<sup>30</sup> in the Journal of Agricultural and Food Chemistry lists the benefits by stating lion's mane mushroom is “antibiotic, anticarcinogenic, antidiabetic, anti-fatigue, antihypertensive, anti-hyperlipodemic, anti-senescence [anti-aging], cardioprotective, hepatoprotective, nephroprotective, and

neuroprotective, and improves anxiety, cognitive function, and depression.

## Lions Mane Mushroom – Health

### Benefits<sup>31, 32, 33, 34</sup>

- A 2012 study<sup>31</sup> conducted in Malaysia found that consuming lion's mane mushroom could actually regenerate damaged cells from peripheral nerve injury, an injury affecting the delicate tissue between your brain and spinal cord.
- In animal research published in Evidence-Based Complementary and Alternative Medicine<sup>32</sup>, lion's mane mushroom stimulates cognitive function and helps improve memory in rats, both with and without an Alzheimer's model.
- An improvement of mild cognitive impairment in humans was also found in research published<sup>33</sup> in Phytotherapy Research after 8 to 16 weeks of lion's mane supplementation, although this improvement did not last after subjects stopped taking this supplement.
- While this research is still in its infancy and has not progressed to large-scale human trials in most cases, the consistent effect lion's

mane mushroom has been found to have on brain cells should not be ignored. As per this research<sup>34</sup>, lion's mane has also been found to have potentially protective effects on the spread of Parkinson's, another neurodegenerative disorder, according to research published in the Journal of Translational Medicine.

- Due to the presence of unique polysaccharides and other nutrients, lion's mane mushroom has a large number of health benefits. Lion's mane mushroom may also help improve heart health, protect from inflammatory digestive issues, reduce inflammation, relieve oxidative stress, improve mental health, boost immunity and prevent diabetes.

## **Lions Mane Mushrooms – How to Use**

- Lion's mane mushroom contains beta-glucan polysaccharides, which are known scientifically to have correlations with various health benefits, like heart health and immune responses.
- East Asian legends claim that consuming Lion's Mane mushroom can confer “nerves of steel and the memory of a lion. Once reserved for the refined palates of royal families, this nutritious mushroom is made up of 20 percent protein. It is considered to be a

gourmet dish when prepared properly, with a chewy texture and taste similar to lobster and shrimp.



## ENJOY LION'S MANE MUSHROOM SAUTE FOR HEALTH



### Better Health with Lions Mane Mushrooms

#### Ingredients for saute:

- Lions Mane Mushroom
- 1 tablespoon butter
- 1 tablespoon olive oil
- Salt to your taste
- Pepper to your taste

#### Preparation Steps:

1. Slice Lions Mane mushroom into preferred pieces.
2. Heat a large skillet on medium high and put 1 teaspoon butter and 1 teaspoon of olive oil.
3. Add mushroom slices once butter and olive oil is hot. Stir it often and water will be released from the mushrooms while cooking.
4. Continue to stir until water evaporates.
5. Season with salt and fresh ground pepper. Bring the heat down to low and cook until both sides are golden brown.

Want Lion's Mane Mushrooms Vitamin?  
Think Activa Naturals Brand...

[www.ActivaNaturalsStore.com](http://www.ActivaNaturalsStore.com)

- The most common use in the west is to take it in the form of tablets or capsules to support their brain health and function.

# Amazing Health Benefits of Mesima Mushrooms



## Mesima Mushroom - Interesting Facts<sup>35</sup>

- **Botanical Name** – *Phellinus linteus*
- **Other Names** – Japanese name is meshimakobu, Chinese name is song gen, Korean name is sanghwang, other English name is Meshima and it is also known as black hoof mushroom.

- **Habitat** - It is shaped like a hoof, has a bitter taste, and in the wild grows on mulberry trees. It is a medicinal mushroom used in Japan, Korea and China for centuries to prevent ailments as diverse as gastroenteric dysfunction, diarrhea, haemorrhage and cancers.

## Mesima Mushroom – Scientific

### Background<sup>36, 37</sup>

- **Mesima mushrooms** (*P. linteus*) has exhibited antiproliferative, anti-invasive and anti-angiogenic activities against highly invasive human breast cancer cells as per the study published<sup>37</sup> titled "Medicinal mushroom *Phellinus linteus* as an alternative cancer therapy".

## Mesima Mushroom – Health Benefits<sup>35, 36</sup>

- In Korea the mushroom is made into a tea and drunk on a regular basis. This is due to the presence of Beta D-Glutan and Lectin. These two polysaccharide-protein complexes possess properties that control the immune system.
- The extract from *Phellinus Linteus* has an antioxidant known as hispidin, Antioxidants are good for health because they help to

clear free radicals from the body. Free radicals can become dangerous in the body if they begin to distort the make-up of normal cells.

## Mesima Mushrooms – How to Use

- One of the most popular ways to use Mesima mushroom is to make it into a tonic tea.
- The easiest way to get the benefits of Mesima mushrooms are via vitamins and supplements. Even though this is not a common vitamin for pure Mesima alone, you can get in the blended form.

## Mushroom Products by Activa Naturals Team



- [Click Here for Reishi Mushroom](#)
- [Click Here for Chaga Mushroom](#)
- [Click Here for Turkey Tail Mushroom](#)
- [Click Here for Maitake Mushroom](#)
- [Click Here for Cordyceps Mushroom](#)
- [Click Here for Lions Mane Mushroom](#)
- [Click Here for 7 Mushrooms Blend](#)

Note – All of the above products are provided here as a resource only and these products are not available outside the USA. If you ever purchase any product from Activa Naturals, please keep in mind that Activa Naturals brand does not make any type of claims for its products.

## Scientific References

### Scientific References

1. Source: [ncbi.nlm.nih.gov/books/NBK92757/](https://ncbi.nlm.nih.gov/books/NBK92757/)
2. Source: [en.wikipedia.org/wiki/Lingzhi\\_mushroom](https://en.wikipedia.org/wiki/Lingzhi_mushroom)
3. Source: [en.wikipedia.org/wiki/Inonotus\\_obliquus](https://en.wikipedia.org/wiki/Inonotus_obliquus)
4. Source: [synapse.koreamed.org/search.php?where=aview&id=10.4162/nrp.2010.4.3.177&code=0161NRP&vmode=FULL](https://synapse.koreamed.org/search.php?where=aview&id=10.4162/nrp.2010.4.3.177&code=0161NRP&vmode=FULL)
5. Source: [ncbi.nlm.nih.gov/pubmed/19367670](https://ncbi.nlm.nih.gov/pubmed/19367670)
6. Source: [en.wikipedia.org/wiki/Trametes\\_versicolor](https://en.wikipedia.org/wiki/Trametes_versicolor)
7. Source: [ncbi.nlm.nih.gov/pubmed/22701186](https://ncbi.nlm.nih.gov/pubmed/22701186)
8. Source: [ncbi.nlm.nih.gov/pubmed/12168863](https://ncbi.nlm.nih.gov/pubmed/12168863)
9. Source: [en.wikipedia.org/wiki/Grifola\\_frondosa](https://en.wikipedia.org/wiki/Grifola_frondosa)
10. Source: [liebertpub.com/doi/abs/10.1089/jmf.2012.0222](https://liebertpub.com/doi/abs/10.1089/jmf.2012.0222)
11. Source: [jstage.jst.go.jp/article/jos/62/12/62\\_1049/\\_article](https://jstage.jst.go.jp/article/jos/62/12/62_1049/_article)
12. Source: [ncbi.nlm.nih.gov/pubmed/26349512](https://ncbi.nlm.nih.gov/pubmed/26349512)
13. Source: [en.wikipedia.org/wiki/Memorial\\_Sloan\\_Kettering\\_Cancer\\_Center](https://en.wikipedia.org/wiki/Memorial_Sloan_Kettering_Cancer_Center)
14. Source: [en.wikipedia.org/wiki/Shiitake](https://en.wikipedia.org/wiki/Shiitake)
15. Source: [foodfacts.mercola.com/shiitake-mushrooms.html](https://foodfacts.mercola.com/shiitake-mushrooms.html)
16. Source: [ncbi.nlm.nih.gov/pubmed/12470439](https://ncbi.nlm.nih.gov/pubmed/12470439)
17. Source: [ncbi.nlm.nih.gov/pubmed/14572878](https://ncbi.nlm.nih.gov/pubmed/14572878)
18. Source: [ncbi.nlm.nih.gov/pubmed/22790046](https://ncbi.nlm.nih.gov/pubmed/22790046)
19. Source: [organicfacts.net/shiitake-mushrooms.html](https://organicfacts.net/shiitake-mushrooms.html)
20. Source: Bisen, P. S., Rakesh K. Baghel, Bhagwan S. Sanodiya, Gulab S. Thakur, and G. B. K. S. Prasad. "Lentinus edodes: a macrofungus with pharmacological activities." *Current Medicinal Chemistry* 17, no. 22 (2010): 2419-2430
21. Source: [en.wikipedia.org/wiki/Ophiocordyceps\\_sinensis](https://en.wikipedia.org/wiki/Ophiocordyceps_sinensis)
22. Source: [ncbi.nlm.nih.gov/pmc/articles/PMC3121254/](https://ncbi.nlm.nih.gov/pmc/articles/PMC3121254/)
23. Source: [ncbi.nlm.nih.gov/pmc/articles/PMC3909570/](https://ncbi.nlm.nih.gov/pmc/articles/PMC3909570/)
24. Source: [ncbi.nlm.nih.gov/pmc/articles/PMC3110835/](https://ncbi.nlm.nih.gov/pmc/articles/PMC3110835/)
25. Source: [sciencedirect.com/science/article/pii/S2213453016300416](https://sciencedirect.com/science/article/pii/S2213453016300416)
26. Source: [link.springer.com/article/10.1007/BF02836405](https://link.springer.com/article/10.1007/BF02836405)
27. Source: [ncbi.nlm.nih.gov/pmc/articles/PMC3698174/](https://ncbi.nlm.nih.gov/pmc/articles/PMC3698174/)
28. Source: [brioclinic.com/blogs/products/14445777-cordyceps-cholesterol-level](https://brioclinic.com/blogs/products/14445777-cordyceps-cholesterol-level)
29. Source: [en.wikipedia.org/wiki/Hericium\\_erinaceus](https://en.wikipedia.org/wiki/Hericium_erinaceus)
30. Source: [ncbi.nlm.nih.gov/pubmed/26244378](https://ncbi.nlm.nih.gov/pubmed/26244378)
31. Source: [ncbi.nlm.nih.gov/pubmed/23510212](https://ncbi.nlm.nih.gov/pubmed/23510212)
32. Source: [ncbi.nlm.nih.gov/pmc/articles/PMC5237458/](https://ncbi.nlm.nih.gov/pmc/articles/PMC5237458/)
33. Source: [ncbi.nlm.nih.gov/pubmed/18844328](https://ncbi.nlm.nih.gov/pubmed/18844328)
34. Source: [ncbi.nlm.nih.gov/pubmed/26988860](https://ncbi.nlm.nih.gov/pubmed/26988860)
35. Source: [en.wikipedia.org/wiki/Phellinus\\_linteus](https://en.wikipedia.org/wiki/Phellinus_linteus)
36. Source: [ncbi.nlm.nih.gov/pmc/articles/PMC3339609/](https://ncbi.nlm.nih.gov/pmc/articles/PMC3339609/)
37. Source: [ncbi.nlm.nih.gov/pmc/articles/PMC3445909/](https://ncbi.nlm.nih.gov/pmc/articles/PMC3445909/)
38. Source: [ncbi.nlm.nih.gov/pmc/articles/PMC4684115/](https://ncbi.nlm.nih.gov/pmc/articles/PMC4684115/)
39. Source: [ncbi.nlm.nih.gov/pubmed/12436306](https://ncbi.nlm.nih.gov/pubmed/12436306)