

Introduction

The medicinal mushroom blends are made from hybrid strains of medicinal mushroom species cultivated at university research laboratories and grown in sterile clean rooms on organic sterile substrates.

Please see the attached newsletter that provides news on developments and information on health and health related topics. You can share this with your health care team.

We have attached a few documents for your information on the medicinal mushroom products. The medicinal mushrooms are foods; that is all, but foods that have a unique and superior chemistry provided by nature. Each university that produced their hybrid strain of medicinal mushrooms continues to do the research. The elaborate chemistry they found has been proven to benefit human chemistry in many ways.

Further analysis such as is required for a drug company to make claims is just not necessary. Mushrooms are considered a food and safe to consume by the Food and Drug Administration.

We have connected the dots between the research reports, our research and peer reviewed articles on the proven chemistry of these hybrid medicinal mushroom strains that came from these universities. Not all mushrooms are created equally because each strain is unique, and the food is unique that we feed the mushrooms. These strains are not available by any other producers. We discovered these hybrid strains through joint research and collaboration with each university. We have commercialized the production of these proprietary hybrid mushroom strains and developed proprietary formula blends. When incorporated in the diet, these foods have proven to support the immune and nervous systems.

The dosage observations are compiled from thousands of users. When the product is consumed with a green vegetable, potato, coconut, sweet potatoes or rice it increases the benefits chemically. See the attached newsletter for more information on foods and nutrition.

SCIENCE: www.quanthealth.org

NEWS INFORMATION: www.foodabout.org (includes an article on fungi - medicinal mushrooms) (**all news letters are on this site**) SEE the January 2016 newsletter for the smoothie formula for the Immune system using the Immune Health Blend of medicinal mushrooms.

MUSHROOM PRODUCT www.myshroom.com business phone (267) 355-3925

We will inform you of other news on health, nutrition and other products and protocols being used by other medical teams that have positive outcomes.

We have assembled collaborators in Medicine: with expertise in Oncology, Pathology, Neurology, Infectious disease, Endocrinology, Genetics, Cancer research, and in Nutrition, Agriculture, Chinese medicine, Dietetics, Herbology and Immunology from over fifteen universities. (See the reference documentation for the listed researchers from the referenced articles published by each team)

We cannot make claims or representations that products cure, diagnose or treat disease.

All researchers and medical professionals cannot make claims regardless of the outcome when using any food or natural product. All they can do is document the outcomes of the research or recommend consuming these as foods. It is impossible to find all the mechanisms and pathways of the chemistry going on from moment to moment in our cells. There are over 4,000 chemicals in the medicinal mushrooms. This is the same for all the foods that we consume. The new science of nutritional genomics and epigenetics research shows diet can affect health.

The organisms in kingdom fungi include mushrooms, yeasts, molds, rusts, smuts, puffballs, truffles, morels, and molds. More than 70,000 species of fungi have been identified. The fungi constitute an independent group to that of plants and animals. They live everywhere in air, in water, on land, in soil, and on or in plants and animals. Some fungi are microscopic and other extends for more than a thousand acres. Mycology is a discipline of biology which deals with the study of fungi. Fungi appear like plants but are closely related to animals. Fungi are not capable of producing their own food, so they get their nourishment from other sources. Fungi are in a wide variety of sizes and forms and have great economic importance.

Nutritional genomics, while centered on the biology of individuals, distinguishes itself from other “omics” fields by its unique focus on disease prevention and healthy aging through the manipulation of gene–diet interactions. Nutritional genomics promises to revolutionize both clinical and public health nutrition practice and facilitate the establishment of (a) genome-informed nutrient and food-based dietary guidelines for disease prevention and healthful aging, (b) individualized medical nutrition therapy for disease management, and (c) better targeted public health nutrition interventions, including micronutrient fortification and supplementation, that maximize benefit and minimize adverse outcomes within genetically diverse human populations.

Research dietitians are among the leading scientists pioneering this field, and food and nutrition professionals will be primarily responsible for its implementation. In 2006, the Institute of Medicine convened a workshop to review the state of the various domains of nutritional genomics research and policy and to provide guidance for further development and translation of this knowledge into nutrition practice and policy (2). Three scientific domains of nutritional genomics were discussed: (a) *nutritional genetics* or *nutrigenetics*, which involves the identification, classification, and characterization of human genetic variation that modifies nutrient metabolism/ utilization and food tolerances (Figure 1); (b) *nutritional epigenetics*, which refers to the effect of nutrients on deoxyribonucleic acid (DNA)/chromatin (and hence gene expression), which programs or reprograms biological networks with multigenerational consequences; and (c) *systems biology* and *nutritional engineering*, which is the application of nutrigenomics information to manipulate biological pathways and networks for benefit through nutrition, including the use of food-based diets, dietary restriction, or nutritional supplements to affect genome expression, stability, and/or direct dietary compensation for metabolic deficiencies (2). This Institute of Medicine report provides background for this review, which is restricted in scope to highlighting the interactions of the B vitamin folate with the human genome and the current gaps in knowledge that must be overcome to achieve genomically driven nutrition practice and policies.

J Am Diet Assoc. 2008;108:1480-1487.

1. Garza C, Stover PJ. The role of science in identifying common ground in the GMO debate. *Trend Food Tech.* 2003;14:182-190.

2. IOM. *Nutrigenomics and beyond: Informing the future.* Washington, DC: The National Academies Press; 2007