



## Healthy4life.ca Newsletter - May 2022

Holistic nutrition includes body, mind and spirit. Articles will address each area.

### Mushroom Series Part B



#### **The Edible Mushroom Series: Part 5 Turkey Tail (*Trametes versicolor*)**

Form: Triangular or round.

Uses: Tea, powder and supplements.

Taste & Texture: Chewy and tough when raw, mildly earthy and bitter.

Properties: Antioxidants including phenols and flavonoids, polysaccharopeptides Krestin (PSK) and polysaccharide peptide (PSP) which increase monocytes and stimulate dendritic cells, 1 study found PSK inhibited the growth and spread of human colon cancer cells, is prebiotic, and contains the protein bound beta-glucans (PBG). It is high in fat.

Growth: On dead, deciduous wood, in the wounds of living deciduous and evergreen trees.

#### **The Edible Mushroom Series: Part 6 Cordyceps (*Cordyceps sinensis* & *Cordyceps militaris*)**

Form: Over 400 species of parasitic fungi that grows on insect larvae.



Uses: To enhance exercise performance, improve oxygen use during exercise, as antioxidants. Mouse research has shown improved memory and sexual function, test tube studies showed inhibited growth of many types of human cancer cells including lung, colon, skin and liver cancers. 4 research studies show anti tumour effects on lymphoma, melanoma and lung cancer. Animal studies have shown cordyceps reversing the chemotherapy side effect

leukopenia. 3 mouse studies showed it decreases blood sugar levels and 22 studies showed that it may protect against kidney disease and improve kidney function. Approved in China for treating heart arrhythmia. There are also 5 studies showing it lowering LDL or bad cholesterol and decreasing triglycerides. 6 research studies showed it's effect on reducing inflammation. Watch for emerging research in humans.

Taste & Texture: Savour, umami quality, deep earthy, nutty flavour.

Properties: Increase production of ATP adenosine triphosphate and contains adenosine.

Growth: Naturally grows on caterpillars.



### **The Edible Mushroom Series: Part 7 Lion's Mane (*Hericium erinaceus*)**

Form: Globe shaped.

Uses: Tea, coffee substitute, nutritional supplements, extracts.

Taste & Texture: Earthy and light, can taste like lobster.

Properties: People use it as a functional mushroom, an adaptogen supporting brain cognition, focus, creativity and productivity. No caffeine. Native Americans have used it topically as a styptic to stop bleeding.

Growth: On hardwood logs.



### **The Edible Mushroom Series: Part 8 Shiitake (*Lentinus edodes*)**

Form: Small to medium umbrella shaped caps.

Uses: Culinary, medicinal, fresh or dried.

Taste & Texture: Savoury, rich, meaty and buttery when cooked.

Properties: Fibre, polysaccharides lentinans and other beta-glucans, anti-inflammatory, immune system stimulant.

Growth: Native to east Asia.

### **The Edible Mushroom Series: Part 9 Mushroom Resources**

Videos:

Mycologist Paul Stamet's TEDMED Talk <https://www.youtube.com/watch?v=pXHDoROh2hA>

[Why You Can't Overcook Mushrooms and The Science Behind Them | Mushrooms | What's Eating Dan? - YouTube](#)

[Picking The Right Mushroom for Every Recipe The Big Guide | Epicurious - YouTube](#)

Websites

[Nutrition Facts SELF Nutrition Data | Food Facts, Information & Calorie Calculator](#)

**Many past newsletters are available at** [2022](#), [2021](#) & [2020](#), [2018](#) & [2019](#) and [2017](#).

**Be healthy 4 lfe,  
Cathy Ferren RHN**

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