

Access Free The Fungal Pharmacy The Complete Guide To Medicinal Mushrooms Lichens Of North America fungal Pharmacy paperback

## **The Fungal Pharmacy The Complete Guide To Medicinal Mushrooms Lichens Of North America fungal Pharmacy paperback**

Backed by centuries of use by Asian herbalists and doctors and now by solid scientific research, the supplemental use of medicinal mushrooms has gained tremendous popularity. Among their many benefits, medicinal mushrooms have been shown to restore the competency of the immune system and to improve the outcome for people with a variety of serious illnesses, including cancer, hepatitis, and other conditions where effective nontoxic treatment options are limited. This book describes the most common supplemental medicinal mushrooms-including maitake, reishi, shiitake, and cordyceps-and their best clinical uses. Choosing products that match the potency of the supplements used in the supporting research requires a basic understanding of quality and potency and how the descriptions on the labels relate to the strength of a product. Therefore, this book also provides the basic knowledge needed to make the best choices to achieve the desired and highest therapeutic results. Book jacket.

In this innovative contribution to the field of energy medicine, experienced

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mycologist and herbalist Robert Rogers offers an extensive guide to healing a range of physical, emotional, and psychological conditions with mushroom essences. Similar to flower essences, but made under a lunar cycle, mushroom essences work subtly to bring deep healing to the mind and body; they are particularly well suited for working with the “shadow” or unintegrated parts of the psyche. The book is organized as an easy-to-use alphabetical reference, with entries that outline how to create each essence, indications for usage, and healing effects. Along the way, Rogers provides enlivening stories of his personal experience using these remedies in clinical practice. A profound exploration of both the practical and mythopoetic qualities of the mushroom, this is a must-have for anyone interested in plant medicine, mycology, personal healing, or depth psychology.

Nourish the hair, skin, and eyes.

Fungi are both the cause of many major health problems and an incredible source of compounds for developing new medicinal treatments, and with the increasing emergence of multidrug resistance, the need for new antimicrobial agents is greater than ever. Antifungal Compounds Discovery provides researchers with a detailed study of both natural and synthetic compounds that can be effective against a variety of fungal species, supporting and encouraging

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the design of innovative, potent new drug candidates for the treatment of fungal infections. Beginning with an introduction to both the history and latest developments in this field, the book goes on to provide helpful background information on key fungal species before outlining current antifungal therapies and reasons further development is needed. Detailed chapters then follow reviewing a broad range of natural and synthetic antifungal agents, and discussing the synergistic effect of working with both simultaneously. Finally, the book concludes by considering potential future developments in this important field. Supported with detailed schemes and key information on the biological activity of all selected compounds, Antifungal Compounds Discovery is a comprehensive guide helping researchers understand the relationship between specific chemical structures and their antifungal potency, and a key tool for all those involved in the identification and development of antimicrobial compounds. Provides an overview of the most specific mycotic infections and fungal species as background for compound development Presents the chemical formulas of all natural and synthetic compounds reviewed Combines detailed information about origin, isolation and possible therapeutic uses of all indexed compounds, including biological activity, mechanism of action and SAR information Pharmacognosy: Fundamentals, Applications and Strategies explores a basic

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understanding of the anatomy and physiology of plants and animals, their constituents and metabolites. This book also provides an in-depth look at natural sources from which medicines are derived, their pharmacological and chemical properties, safety aspects, and how they interact with humans. The book is vital for future research planning, helping readers understand the makeup, function, and metabolites of plants in a way where the history of their usage can be linked to current drug development research, including in vitro, in vivo, and clinical research data. By focusing on basic principles, current research, and global trends, this book provides a critical resource for students and researchers in the areas of pharmacognosy, pharmacy, botany, medicine, biotechnology, biochemistry, and chemistry. Covers the differences between animal and plant cells to facilitate an easier transition to how the body interacts with these entities. Contains practice questions and laboratory exercises at the end of every chapter to test learning and retention. Provides a single source that covers fundamental topics and future strategies, with the goal of enabling further research that will contribute to the overall health and well-being of mankind. Uncover the Incredible World of Health and Nutrients, and Discover How to Prevent or Cure Ailments With Medicinal Mushrooms! Did you know that mushrooms have been used and consumed worldwide for thousands of years,

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both as a food and medicine? Most cultures in the Western world have not come to appreciate and understand mushrooms in the same way that people in many other parts of the world do. Would you like to learn how? Would you like to: Enhance your health and prolong your life expectancy? Use natural healing properties of mushrooms? Cure your existing ailments and prevent future ones? Consuming mushrooms for food is generally a healthy habit, as they have a small amount of unsaturated fats while providing necessary nutrients such as protein and carbohydrates. But there are more than 800 different mushrooms that have proven medicinal properties. With this comprehensive guide to using medicinal mushrooms, you will discover the untapped power that will improve your health and prolong your life. You will learn how to use different types of mushrooms to heal existing diseases and prevent future ones. This book will show you everything you need to know about medicinal mushrooms, so you can immediately start to live a better and healthier life.

Updated and expanded second edition of the leading reference book on the clinical use of medicinal mushrooms. Written by a biochemist and herbalist with over 20 years' experience of working with medicinal mushrooms, this book provides an in-depth resource for healthcare practitioners. It covers 20 of the most widely used species and contains sections on their use for cancer and other

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health conditions, as well as discussion of the different formats of mushroom supplement available . 'This really important book is a unique and excellent compilation.' Dr SP Wasser - Editor, International Journal of Medicinal Mushrooms 'This beautifully illustrated book is an invaluable resource on medicinal mushrooms.' Giovanni Maciocia - Author, Foundations of Chinese Medicine 'Easily the most accessible primer on the pharmacology, applications and Chinese medical uses of the top mycological medicinals.' Journal of Chinese Medicine

Identifies over two thousand species, answers common questions about mushrooms, and gives advice on collecting, preserving, and cooking with mushrooms

This comprehensive, first-of-its kind title is an indispensable resource for pharmacists looking to learn or improve crucial patient assessment skills relevant to all pharmacy practice settings. Pharmacists' role as health care practitioners is evolving as they are taking a more active part in primary patient care -- helping patients manage their medications and diseases, providing patient education, and, in some jurisdictions, prescribing and adapting medications. To perform their day-to-day duties, pharmacists are best-served using a framework called the patient care process. This framework involves three steps: patient assessment; care plan development and implementation; and monitoring and follow up. Organized in four parts, this practical book begins with introductory chapters regarding the basics of patient assessment and the patient

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care process. Part II includes a detailed assessment of common symptoms encountered by pharmacists. Part III discusses assessment of patients with various chronic illnesses. Part IV addresses select specialized topics and assessment considerations. An invaluable contribution to the literature, *Patient Assessment in Clinical Pharmacy: A Comprehensive Guide* will be of great benefit to pharmacists, regardless of their practice setting, and to pharmacy students as well.

Noted herbalist Matthew Wood brings twenty-five years of clinical experience to this comprehensive book on medicinal plants. The first in a two-volume set, *The Earthwise Herbal* profiles Old World plants (volume two will treat American plants). Organized alphabetically, the book encompasses all of the major—and many of the secondary—herbs of traditional and modern Western herbalism. Author Wood describes characteristic symptoms and conditions in which each plant has proved useful in the clinic, often illustrated with appropriate case histories. In addition, he takes a historical view based on his extensive study of ancient and traditional herbal literature. Written in an easy, engaging, non-technical style, *The Earthwise Herbal* offers insight into the “logic” of the plant: how it works, in what areas of the body it works, how it has been used in the past, what its pharmacological constituents indicate about its use, and how all these different factors hang together to produce a portrait of the plant as a whole entity. Ideal for beginners, serious students, or advanced practitioners, *The Earthwise Herbal* is also useful for homeopaths and flower essence practitioners as it bridges these fields in its treatment of herbal medicines.

*Medicinal Mushrooms - The Essential Guide* is a highly accessible book on the health benefits of medicinal mushrooms written by Martin Powell, author of *Medicinal Mushrooms - A Clinical*

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Guide. Published in November 2013 and based on the latest research in the field, it covers the ten most popular medicinal mushrooms: Agaricus, Chaga, Cordyceps, Coriolus, Lion's Mane, Maitake, Mesima, Reishi, Shiitake, Snow Fungus and offers a valuable introduction to the subject for the practitioner and layperson alike, complete with a summary of their benefits in over thirty health conditions. Praise for Medicinal Mushrooms - A Clinical Guide: This really important book is a unique and excellent compilation - Dr S P Wasser. Editor, International Journal of Medicinal Mushrooms Easily the most accessible primer on the pharmacology, applications and Chinese medical uses of the top mycological medicinals - Journal of Chinese Medicine This beautifully illustrated book is an invaluable resource on medicinal mushrooms - Giovanni Maciocia. Author, Foundations of Chinese Medicine

The Vaccine Book, Second Edition provides comprehensive information on the current and future state of vaccines. It reveals the scientific opportunities and potential impact of vaccines, including economic and ethical challenges, problems encountered when producing vaccines, how clinical vaccine trials are designed, and how to introduce vaccines into widespread use. Although vaccines are now available for many diseases, there are still challenges ahead for major diseases, such as AIDS, tuberculosis, and malaria. This book is designed for students, researchers, public health officials, and all others interested in increasing their understanding of vaccines. It answers common questions regarding the use of vaccines in the context of a rapidly expanding anti-vaccine environment. This new edition is completely updated and revised with new and unique topics, including new vaccines, problems of declining immunization rates, trust in vaccines, the vaccine hesitancy, and the social value of vaccines for the community vs. the individual child's risk. Provides insights into diseases that could be

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prevented, along with the challenges facing research scientists in the world of vaccines Gives new ideas about future vaccines and concepts Introduces new vaccines and concepts Gives ideas about challenges facing public and private industrial investors in the vaccine area Discusses the problem of declining immunization rates and vaccine hesitancy Companion to the film *Fantastic Fungi*. Contributions from Michael Pollan, Andrew Weil, Eugenia Bone, and many more experts make *Fantastic Fungi* an awe-inspiring visual journey through the exotic, little-known realm of fungi and its amazing potential to positively influence our lives. An all-star team of professional and amateur mycologists, artists, foodies, ecologists, doctors, and explorers joined forces with time-lapse master Louie Schwartzberg to create *Fantastic Fungi*, the life-affirming, mind-bending film about mushrooms and their mysterious interwoven rootlike filaments called mycelium. What this team reveals will blow your mind and possibly save the planet. This visually compelling companion book of the same name, edited by preeminent mycologist Paul Stamets, will expand upon the film in every way through extended transcripts, new essays and interviews, and additional facts about the fantastic realm of fungi. *Fantastic Fungi* is at the forefront of a mycological revolution that is quickly going mainstream. In this book, learn about the incredible communication network of mycelium under our feet, which has the proven ability to restore the planet's ecosystems, repair our health, and resurrect our symbiotic relationship with nature. *Fantastic Fungi* aspires to educate and inspire the reader in three critical areas: First, the text showcases research that reveals mushrooms as a viable alternative to Western pharmacology. Second, it explores studies pointing to mycelium as a solution to our gravest environmental challenges. And, finally, it details fungi's marvelous proven ability to shift consciousness. Motivating both the visually stunning film and

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this follow-up book is an urgent mission to change human consciousness and restore our planet.

Large scale cultivation of macrofungi is possible with fermentation, using easily accessible lignocellulosic agricultural residues utilising economical methods to generate substantial biomass, food and biofuels. Bioconversion of lignocellulosic wastes by macrofungi generates value-added fungal nutritional biomass for humans and livestock. Besides commercial cultivation techniques, other topics covered include healing potential of mushrooms, industrial opportunities, mycelium-based products, forest wild mushrooms and industrial applications of white rot fungi. This book addresses the various applications of macrofungi. It encourages readers to explore non-conventional sources of nutrition as well as bioactive metabolites to serve as nutraceuticals. The volume emphasizes the significance of macrofungi as source of bioactive compounds to remedy human lifestyle diseases especially cancers and cardiovascular ailments along with immunostimulation potential by *Cordyceps*. This book also emphasises on the role of mushrooms as a source of cosmeceuticals, source of flavors, essence, scents and perfumes.

A detailed and comprehensive guide for growing and using gourmet and medicinal mushrooms commercially or at home. “Absolutely the best book in the world on how to grow diverse and delicious mushrooms.”—David Arora, author of *Mushrooms Demystified* With precise growth parameters for thirty-one mushroom species, this bible of mushroom cultivation includes gardening tips, state-of-the-art production techniques, realistic advice for laboratory and growing room construction, tasty mushroom recipes, and an invaluable troubleshooting guide. More than 500 photographs, illustrations, and charts clearly identify each stage of cultivation,

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and a twenty-four-page color insert spotlights the intense beauty of various mushroom species. Whether you're an ecologist, a chef, a forager, a pharmacologist, a commercial grower, or a home gardener—this indispensable handbook will get you started, help your garden succeed, and make your mycological landscapes the envy of the neighborhood.

Encyclopedia of Pharmacy Practice and Clinical Pharmacy covers definitions, concepts, methods, theories and applications of clinical pharmacy and pharmacy practice. It highlights why and how this field has a significant impact on healthcare. The work brings baseline knowledge, along with the latest, most cutting-edge research. In addition, new treatments, algorithms, standard treatment guidelines, and pharmacotherapies regarding diseases and disorders are also covered. The book's main focus lies on the pharmacy practice side, covering pharmacy practice research, pharmacovigilance, pharmacoconomics, social and administrative pharmacy, public health pharmacy, pharmaceutical systems research, the future of pharmacy, and new interventional models of pharmaceutical care. By providing concise expositions on a broad range of topics, this book is an excellent resource for those seeking information beyond their specific areas of expertise. This outstanding reference is essential for anyone involved in the study of pharmacy practice. Provides a 'one-stop' resource for access to information written by world-leading scholars in the field Meticulously organized, with articles split into three clear sections, it is the ideal resource for students, researchers and professionals to find relevant information Contains concise and accessible chapters that are ideal as an authoritative introduction for non-specialists and readers from the undergraduate level upwards Includes multimedia options, such as hyperlinked references and further readings, cross-references and videos

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The one and only resource on using adaptogenic mushrooms to boost immunity and promote whole body health the natural way. Adaptogenic mushrooms are one of today's buzziest superfoods, known for their ability to restore skin's youthful glow, increase energy levels, reduce brain fog, keep your hormone levels in check, and so much more. In *Healing Mushrooms*, you'll learn about the ten most powerful mushrooms you can add to your daily diet to maximize your health gains. Though some of these mushrooms, like Tremella, Cordyceps, and Reishi will sound exotic, they're all easy to source online in extract form and easier to use in recipes. Even more familiar mushrooms, like Shiitake, Oyster, and Enoki, are full of seriously healing potential--you just have to know how to use them. Packed with practical information, fun illustrations, and 50 mushroom-boosted recipes for breakfast, lunch, and dinner (and even dessert!), *Healing Mushrooms* unlocks the vast potential of this often-overlooked superfood category and will be the go-to resource for adding mushrooms to your health and wellness regimen.

This beautifully illustrated guidebook provides specific, easy-to-understand information on finding, collecting, identifying, and preparing the safer and more common edible and medicinal mushroom species of New England and Eastern Canada. Author David Spahr, a trained commercial photographer, here combines his mycological expertise and photographic skill to produce an attractive and detailed overview of his subject. Based on decades of practical experience and research, the book is written in a clear and forthright style that avoids the dry, generic descriptions of most field guides. *Edible and Medicinal Mushrooms of New England and Eastern Canada* also provides useful ideas for cooking mushrooms. Rather than simply providing recipes, the book discusses the cooking characteristics of each variety, with advice

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about matching species with appropriate foods. Many mushrooms contain unique medicinal components for boosting the immune system to fight cancer, HIV, and other diseases, and Spahr offers practical and prudent guidelines for exploration of this rapidly emerging area of alternative therapeutic practice.

This new edition of *Antifungal Therapy* aims at providing concise, practical, need-to-know information for busy physicians dealing with fungal infections, such as infectious disease physicians, transplant surgeons, dermatologists, and intensivists, as well as basic scientists and pharmaceutical company researchers interested in the state of antifungal therapy. It provides a comprehensive, up-to-date overview of the pertinent issues pertaining to antifungal treatment including the basics of clinical mycology, management insights for various infections, evidence-based treatment recommendations, and helpful tables summarizing currently available pharmacokinetics data.

**Key Features**

- Features useful information on administration, dosage and pharmacology of antifungal drugs that can be difficult to use in clinical practice
- Contains common Clinical Questions & Answers to highlight frequently encountered patient issues
- Covers clinical mycology essentials in addition to antifungal treatment to create a well-rounded reference
- Presents illustrations and clinical photos in full color to elucidate the concepts
- Provides detailed evidence of treatment recommendations

Medical mycology refers to the study of fungi that produce disease in humans and other animals, and of the diseases they produce, their ecology, and their epidemiology. This new edition has been fully revised to provide microbiologists with the latest information on fungal infections, covering the entire spectrum of different types of infection, and therapeutic modalities. Beginning with a general overview explaining morphology, taxonomy, and

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diagnosis, the following sections cover the different categories of fungal infection including superficial cutaneous mycoses, subcutaneous mycoses, systemic mycoses and opportunistic mycoses. A complete section is dedicated to pseudofungal infections. The highly illustrated text concludes with a detailed appendices section and each chapter features key references for further reading. Key points Fully revised, fourth edition providing latest information on the diagnosis and management of fungal infections Covers the entire spectrum of mycoses Highly illustrated with clinical photographs and figures Previous edition (9788188039780) published in 2009

This book is the first to describe the history, folklore, assessment methods, and remedies of Southern and Appalachian Folk Medicine—the only system of folk medicine, other than Native American, that developed in the United States. One of the system's last active practitioners, Phyllis D. Light has studied and worked with herbs, foods, and other healing techniques for more than thirty years. In everyday language, she explains how Southern and Appalachian Folk Medicine was passed down orally through the generations by herbalists and healers who cared for people in their communities with the natural tools on hand.

The fifth order of the natural kingdom is made up of an estimated 1.5 million species of fungi, found in every habitat type worldwide. The Book of Fungi takes 600 of the most remarkable fleshy fungi from around the world and reproduces each at its actual size, in full colour, and accompanied by a scientific explanation of its distribution, habitat, association, abundance, growth form, spore colour and edibility. Location maps give at-a-glance indications of each species known global distribution, and specially commissioned engravings show different fruitbody forms and provide the vital statistics of height and diameter. There's a place, too, for

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readers to discover the more bizarre habits of fungi from the predator that hunts its prey with lassos to the one that entices sows by releasing the pheromones of a wild boar. Mushrooms, morels, puffballs, toadstools, truffles, chanterelles fungi from habitats spanning the poles and the tropics, from the highest mountains to our own gardens are all on display in this definitive work.

This book is focused on clarifying the anticancer effects (i.e., apoptotic, antiproliferative, antimetastatic, antiangiogenic) and mechanisms of most of the medicinal plants found in the world against solid and/or hematological cancers.

**DISCOVER THE 28 MOST POWERFUL MUSHROOMS** In Medicinal Mushrooms, you'll learn about the 28 most powerful mushrooms you can add to your diet to maximize your health gains. Richard Bray, herbalist and bestselling author, explains the nutritional and medicinal compounds in each one of them and how to apply them for optimal results. Packed with practical tables, fun graphics, and illustrative images, this guide helps to select and prepare the right mushroom for you. You'll discover... Biology and medicinal properties of mushrooms 28 powerful mushrooms to boost your health Best mushrooms to use How to prepare and consume medicinal mushrooms for optimal results Take the first step to your mushroom adventure. To get started, scroll up and grab your copy today.

Twenty plants, including familiar trees like the aspen, birch, spruce, and poplar, as well as lesser-known plants like Labrador tea, cow parsnip, and buffalo berry, form the soul of herbalist Robert Rogers's medicine kit. Herbal Allies chronicles the journey that led Rogers to become an herbalist and shares his deep knowledge of the plants that

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shaped his practice. The author weaves personal experience, observations, knowledge from indigenous healers, and many years of expertise from his practice as a professional herbalist and clinical professor to present a unique and fascinating narrative that not only limns one man's vital connection to plants but also provides invaluable information on effectively using plant medicine for the prevention and treatment of a variety of health conditions.

Welcome to the Fungarium! Step into the world of fungi and learn all about these strange and fascinating life-forms. Illustrator Katie Scott returns to the Welcome to the Museum series with exquisite, detailed images of some of the most fascinating living organisms on this planet--fungi. Exploring every sort of fungi, from the kinds we see on supermarket shelves to those like penicillium that have shaped human history, this collection is the definitive introduction to what fungi are and just how vital they are to the world's ecosystem.

A practical guide to choosing herbal formulas.

An award-winning investigative journalist's horrifying true crime story of America's deadliest drug contamination outbreak and the greed and deception that fueled it. Two pharmacists sit in a Boston courtroom accused of murder. The weapon: the fungus *Exserohilum rostratum*. The death count: 100 and rising. Kill Shot is the story of their hubris and fraud, discovered by a team of medical detectives who raced against the clock to hunt the killers and the fungal meningitis they'd unleashed. "Bloodthirsty" is

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how doctors described the fungal microbe that contaminated thousands of drug vials produced by the New England Compounding Center (NECC). Though NECC chief Barry Cadden called his company the "Ferrari of Compounders," it was a slapdash operation of unqualified staff, mold-ridden lab surfaces, and hastily made medications that were injected into approximately 14,000 people. Once inside some of its human hosts, the fungus traveled through the tough tissue around the spine and wormed upward to the "deep brain," our control center for balance, breath, and the vital motor functions of life. Now, investigative journalist Jason Dearen turns a spotlight on this tragedy--the victims, the heroes, and the perpetrators--and the legal loopholes that allowed it to occur. Kill Shot forces a powerful but unchecked industry out of the shadows.

Synthesis of Essential Drugs describes methods of synthesis, activity and implementation of diversity of all drug types and classes. With over 2300 references, mainly patent, for the methods of synthesis for over 700 drugs, along with the most widespread synonyms for these drugs, this book fills the gap that exists in the literature of drug synthesis. It provides the kind of information that will be of interest to those who work, or plan to begin work, in the areas of biologically active compounds and the synthesis of medicinal drugs. This book presents the synthesis of various groups of drugs in an order similar to that traditionally presented in a pharmacology curriculum. This was done with a very specific goal in mind – to harmonize the chemical aspects

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with the pharmacology curriculum in a manner useful to chemists. Practically every chapter begins with an accepted brief definition and description of a particular group of drugs, proposes their classification, and briefly explains the present model of their action. This is followed by a detailed discussion of methods for their synthesis. Of the thousands of drugs existing on the pharmaceutical market, the book mainly covers generic drugs that are included in the WHO's Essential List of Drugs. For practically all of the 700+ drugs described in the book, references (around 2350) to the methods of their synthesis are given along with the most widespread synonyms. Synthesis of Essential Drugs is an excellent handbook for chemists, biochemists, medicinal chemists, pharmacists, pharmacologists, scientists, professionals, students, university libraries, researchers, medical doctors and students, and professionals working in medicinal chemistry. \* Provides a brief description of methods of synthesis, activity and implementation of all drug types \* Includes synonyms \* Includes over 2300 references

The first encyclopedic examination of the application of fungi in bioremediation, this book gives an overview of the science today and covers all aspects of this multidisciplinary field. It provides a solid foundation in the fundamentals and progresses to practical applications. It features step-by-step guidance for a myriad of effective techniques to identify, select, and apply fungi towards the remediation of contaminated sites.

The ultimate guide to maximizing the healing properties of medicinal mushrooms and

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lichens—featuring over 300 plant profiles with full-color photographs and detailed descriptions for easy identification In *The Fungal Pharmacy*, noted herbalist Robert Rogers introduces readers to more than 300 species of medicinal mushrooms and lichens found in North America. These fungi, Rogers explains, have the capacity to heal both the body and, through the process of myco-remediation, the planet itself.

Throughout the book, he documents their success in optimizing the immune system and treating a wide range of acute and chronic diseases, including cardiovascular, respiratory, and liver problems, blood sugar disorders, cancer, and obesity. Entries discuss the mushroom or lichen's medicinal traits and properties, including active chemical components, preparation methods (including extracts, essences, and essential oils), and historical as well as modern-day usage. Two hundred full-color photos and thorough descriptions make identification easy for the reader. Rogers also delves into the cultural, religious, and literary significance of each mushroom, featuring fascinating tidbits about each one's etymology and history.

What would it take to grow mushrooms in space? How can mushroom cultivation help us manage, or at least make use of, invasive species such as kudzu and water hyacinth and thereby reduce dependence on herbicides? Is it possible to develop a low-cost and easy-to-implement mushroom-growing kit that would provide high-quality edible protein and bioremediation in the wake of a natural disaster? How can we advance our understanding of morel cultivation so that growers stand a better chance of success?

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For more than twenty years, mycology expert Tradd Cotter has been pondering these questions and conducting trials in search of the answers. In *Organic Mushroom Farming and Mycoremediation*, Cotter not only offers readers an in-depth exploration of best organic mushroom cultivation practices; he shares the results of his groundbreaking research and offers myriad ways to apply your cultivation skills and further incorporate mushrooms into your life—whether your goal is to help your community clean up industrial pollution or simply to settle down at the end of the day with a cold Reishi-infused homebrew ale. The book first guides readers through an in-depth exploration of indoor and outdoor cultivation. Covered skills range from integrating wood-chip beds spawned with king stropharia into your garden and building a “trenched raft” of hardwood logs plugged with shiitake spawn to producing oysters indoors on spent coffee grounds in a 4x4 space or on pasteurized sawdust in vertical plastic columns. For those who aspire to the self-sufficiency gained by generating and expanding spawn rather than purchasing it, Cotter offers in-depth coverage of lab techniques, including low-cost alternatives that make use of existing infrastructure and materials. Cotter also reports his groundbreaking research cultivating morels both indoors and out, “training” mycelium to respond to specific contaminants, and perpetuating spawn on cardboard without the use of electricity. Readers will discover information on making tinctures, powders, and mushroom-infused honey; making an antibacterial mushroom cutting board; and growing mushrooms on your old denim

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jeans. Geared toward readers who want to grow mushrooms without the use of pesticides, Cotter takes “organic” one step further by introducing an entirely new way of thinking—one that looks at the potential to grow mushrooms on just about anything, just about anywhere, and by anyone.

In *The Fungal Pharmacy*, noted herbalist Robert Rogers introduces readers to more than 300 species of medicinal mushrooms and lichens found in North America. These fungi, Rogers explains, have the capacity to heal both the body and, through the process of myco-remediation, the planet itself. Throughout the book, he documents their success in optimizing the immune system and treating a wide range of acute and chronic diseases, including cardiovascular, respiratory, and liver problems, blood sugar disorders, cancer, and obesity. Entries discuss the mushroom or lichen’s medicinal traits and properties, including active chemical components, preparation methods (including extracts, essences, and essential oils), and historical as well as modern-day usage. Two hundred full-color photos and thorough descriptions make identification easy for the reader. Rogers also delves into the cultural, religious, and literary significance of each mushroom, featuring fascinating tidbits about each one’s etymology and history.

*Mycelium Running* is a manual for the mycological rescue of the planet. That’s right: growing more mushrooms may be the best thing we can do to save the environment, and in this groundbreaking text from mushroom expert Paul Stamets, you’ll find out how. The basic science goes like this: Microscopic cells called “mycelium”—the fruit of which are mushrooms—recycle carbon, nitrogen, and other essential elements as they break down plant

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and animal debris in the creation of rich new soil. What Stamets has discovered is that we can capitalize on mycelium's digestive power and target it to decompose toxic wastes and pollutants (mycoremediation), catch and reduce silt from streambeds and pathogens from agricultural watersheds (mycofiltration), control insect populations (mycopesticides), and generally enhance the health of our forests and gardens (mycoforestry and myco-gardening). In this comprehensive guide, you'll find chapters detailing each of these four exciting branches of what Stamets has coined "mycorestoration," as well as chapters on the medicinal and nutritional properties of mushrooms, inoculation methods, log and stump culture, and species selection for various environmental purposes. Heavily referenced and beautifully illustrated, this book is destined to be a classic reference for bemushroomed generations to come.

A practical guide for the treatment of common diseases, this updated edition includes the very latest information. It covers the treatment of disease by drug therapy and uses case studies to illustrate the application of the principles discussed

Bring mushrooms into your life as you dive into the practice of home-scale mushroom cultivation With applications in permaculture, urban farming, cooking, natural medicine, and the arts, interest in home-scale mushroom cultivation is exploding. Yet many beginners remain daunted by the perceived complexity of working with fungi. *DIY Mushroom Cultivation* is the remedy, presenting proven, reliable, low-cost techniques for home-scale cultivation that eliminate the need for a clean-air lab space to grow various mushrooms and their mycelium. Beautiful full-color photos and step-by-step instructions accompany a foundation of mushroom biology and ecology to support a holistic understanding of the practice. Growing techniques are applicable year-round, for any space from house to apartment, and for any climate, budget, or

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goal. Techniques include: Setting up a home growing space Inexpensive, simple DIY equipment Culture creation from mushroom tissue or spores Growing and using liquid cultures and grain spawn Growing mushrooms on waste streams Indoor fruiting Outdoor mushroom gardens and logs Harvesting, processing, tinctures, and cooking. Whether you hunt mushrooms or dream about growing and working with them but feel constrained by a small living space, *DIY Mushroom Cultivation* is the ideal guide for getting started in the fascinating and delicious world of fungiculture.

This book explores mushroom history, as well as their possible uses in the future. Chapters are dedicated to mushrooms that are promising for medicinal uses.

With the rise of urban living and the digital age, many North American healers are recognizing that traditional medicinal knowledge must be recorded before being lost with its elders. *A Cree Healer and His Medicine Bundle* is a historic document, including nearly 200 color photos and maps, in that it is the first in which a native healer has agreed to open his medicine bundle to share in writing his repertoire of herbal medicines and where they are found. Providing information on and photos of medicinal plants and where to harvest them, anthropologist David E. Young and botanist Robert D. Rogers chronicle the life, beliefs, and healing practices of Medicine Man Russell Willier in his native Alberta, Canada. Despite being criticized for sharing his knowledge, Willier later found support in other healers as they began to realize the danger that much of their traditional practices could die out with them. With Young and Rogers, Willier offers his practices here for future generations. At once a study and a guide, *A Cree Healer and His Medicine Bundle* touches on how indigenous healing practices can be used to complement mainstream medicine, improve the treatment of chronic diseases, and lower the

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cost of healthcare. The authors discuss how mining, agriculture, and forestry are threatening the continued existence of valuable wild medicinal plants and the role of alternative healers in a modern health care system. Sure to be of interest to ethnobotanists, medicine hunters, naturopaths, complementary and alternative health practitioners, ethnologists, anthropologists, and academics, this book will also find an audience with those interested in indigenous cultures and traditions.

Mushrooms have been used as medicine for thousands of years and their value in boosting immunity, improving memory, and even fighting cancer is being recognized and documented in scientific research. Christopher Hobbs, a mycologist and herbalist at the forefront of contemporary research, profiles the most powerful medicinal mushrooms and explains the nutritional and medicinal compounds in each one. Detailed instructions cover how to select, store, and prepare each variety for use. Whether readers are growing or foraging their own mushrooms, or sourcing them from a local provider, this essential handbook will guide them in making health-boosting medicine. This publication conforms to the EPUB Accessibility specification at WCAG 2.0 Level AA.

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