

## MEDICINALS MUSHROOMS

For thousands of years, mushrooms have been used as food and medicine. The Chinese have used fungi as tonics, especially for the immune system. There are many varieties available at Whole Foods (new supermarket at the corner of Jefferson Highway and Corporate Blvd). Shiitake, Maitake, Reishi, Oyster are just a few. If you are interested in this, do a little research and ENJOY. These can be enjoyed as soups, tinctures, teas,

Here are some websites to get you started on Mushrooms. Dr. Andrew Weil is a Harvard physician that teaches in Arizona and uses complementary medicine. Herbalgram is the website of The American Botanical Council in Austin, Texas. ABC is a premier organization for Herbal Research.

<http://www.drweil.com/u/QA/QA3774/>

<http://www.herbalgram.org/herbalgram/articleview.asp?a=2356>

<http://www.herbalgram.org/iherb/herbclip/review.asp?i=42218>

<http://www.nutraceuticalsworld.com/Oct012.htm>