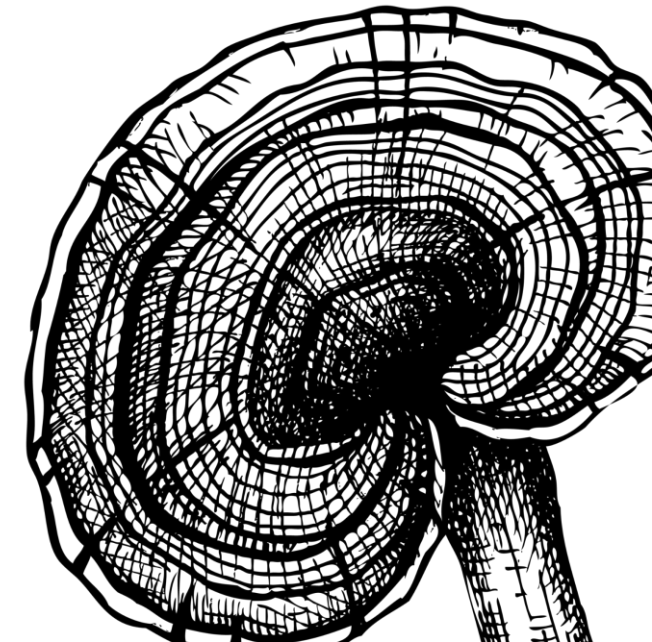




MEDICINAL MUSHROOMS

WILD MEDICINE CONFERENCE
ABRIDGED PRESENTATION (2024)

PRESENTED BY
MICHELLE RIGLING, PHD



DISCLAIMERS

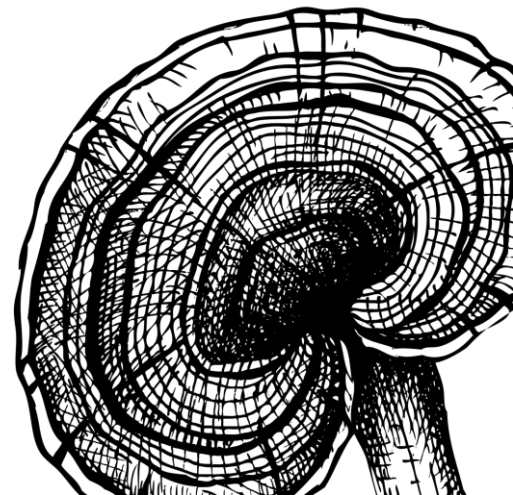
The FDA has not approved the use of medicinal mushrooms as a treatment for cancer or any other medical condition.

The information presented today has not been evaluated by the Food and Drug Administration and is not intended to diagnose, treat, cure or prevent any disease.

If you choose to work with mushrooms medicinally, therapeutically, or spiritually, it is highly recommended that you seek the support and guidance of a qualified health practitioner, guide or medical doctor.



IMMUNE SYSTEM DIY PREPARATIONS



THE TRADITIONAL PREPARATION: THE TEA EXTRACT



Make a tea or broth with dried or fresh mushrooms; for polypores simmer for at least 2 hours.

Since only 20% of beta glucans are soluble without heat, this method ensures you extract the rest of them.

MUSHROOM EXTRACT POWDER



DIY TEA EXTRACT POWDER (9:1)

1. Rinse/clean mushrooms, cut into small pieces
2. Put mushrooms in big pot with 10x as much water as mushrooms; simmer for 2-3 hours (or cover them with 1-2" of water in a multi/pressure cooker and cook on high for 45 minutes with warm function off)
3. After mushroom mixture cools, pour into a blender and blend into a batter.
4. Pour batter onto lightly oiled fruit leather trays of dehydrator, and dry at 95 degrees (F) until all moisture is gone (or bake at lowest oven temp with door slightly open)



5. Pull or scraper dried wafers from the trays or sheets and break them up.

6. In a blender or coffee grinder, process the pieces into a fine powder.

7. Store in airtight glass jar away from heat and light; 2-3 years.

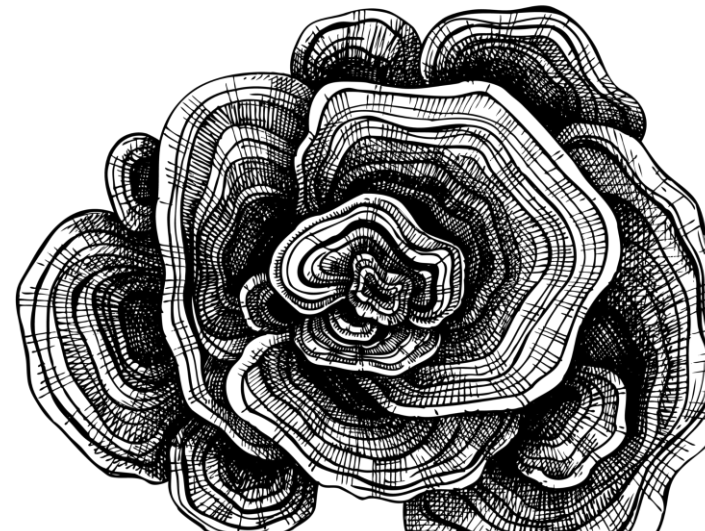
Usage

Use $\frac{1}{2}$ -1 level teaspoon (2-4 grams) 1-3x a day depending on your needs.

- Maintenance/cold prevention: $\frac{1}{2}$ tsp 2x/day
- Chronic illness recovery: 1 tsp 3x/day
- You can add this powder to anything you eat

WHICH MUSHROOMS SHOULD I CHOOSE?

COMPARING MEDICINAL MUSHROOMS





BUTTON MUSHROOMS

Agaricus bisporus

White caps over brown gills + creamy white stems

INTERESTING FACTS

- 97% of mushrooms produced in the US are button mushrooms
- Button Mushrooms include buttons, cremini, and portabellas

NUTRITIVE PROPERTIES

- Good source of Iron and Zinc
- Up to 3500 mg (of the recommended 4700mg) of daily Potassium

THERAPEUTIC PROPERTIES

- Typically not part of a clinical protocol



CHAGA

Inonotus obliquus

Folk remedy for cancer in Eastern Europe



THERAPEUTIC PROPERTIES

- Immunocompromising Conditions
- Cancer Prevention & Cancer Recovery
 - Research: brain cancer and general recovery
 - Powerful Immune system support
 - Direct anti-tumor effects
 - Significant anti-inflammatory effects
 - Free-radical-scavenging antioxidant effects

***At risk of being overharvested



CHANTERELLES

Cantharellus (genus)

Several species exist; prized culinary mushroom

CULINARY TIP

- The most flavorful compounds are fat-soluble (butter, oil, cream)

NUTRITIVE PROPERTIES

- 26% DV of Niacin (B3)
- 27% DV of Vitamin D (wild harvested)
- 15 amino acids
- Anti-hypertensive activity (extract)
- Anti-bacterial (*in vitro*)



CHICKEN OF THE WOODS

Laetiporus (genus)

Not to be confused with Hen of the Woods/Maitake

CULINARY TIP

- Can be cooked as a chicken substitute

NUTRITIVE PROPERTIES

- Calcium, Magnesium, Zinc, B12, and D3

NUTRITIVE PROPERTIES

- Anti-bacterial and anti-fungal
- Intestinal and liver health
- Neuro-protective (*possible* support to Alzheimer's and Parkinson's patients)



CORDYCEPS

Cordyceps

“The Zombie Fungus” and “The Athlete Mushroom”

THERAPEUTIC PROPERTIES

- Asthma
- Chronic Bronchitis
- Libido
- Hormonal Imbalances
- Renal Failure
- Tinnitus

- Cordycepin is neuroprotective; higher in cultivated cordyceps on rice vs. wild fungi
- Energy: increases blood flow and increases oxygen uptake, fighting mental and adrenal fatigue
- Increases stamina and exercise capacity by accelerating the production of ATP in the brain (the energy currency of cells)
- Kidney and spleen protection from diabetes effects
- Antibiotic-like actions; strong anti-viral



FLY AGARIC

Amanita Muscaria

Psychoactive ~ Cautious dosing required

THERAPEUTIC PROPERTIES (MICRODOSING)

- Hormonal dysfunction
- Allergies
- Gingivitis
- Heartburn
- Insomnia
- Physical Pain
- Skin Conditions: Eczema, Psoriasis
- Depression
- Epilepsy
- Hypertension
- Migraines
- Addiction

SPIRITUAL PRACTICES (MICRO & MACRO DOSING)



LION'S MANE

Hericium erinaceus

AKA Bearded tooth fungus and mountain priest mushroom

NUTRITIVE PROPERTIES

- High in fiber and Iron
- High in Riboflavin (B2)
- Good source of Potassium

THERAPEUTIC PROPERTIES

- Mental/brain health: neuroprotective, promotes the formation of NGF (Nerve Growth Factor); supports neurogenesis, significantly impacts nervous system
- Digestive Functions: prebiotic, promotes regeneration of intestinal mucosa and healthy gut flora
- Key component of “The Stamets Stack” microdosing protocol



MAITAKE

Grifola frondosa

AKA Hen of the Woods

NUTRITIVE PROPERTIES

- High in B-complex vitamins
- High in Potassium and Magnesium

THERAPEUTIC PROPERTIES

- Cardiovascular Health: reduces triglyceride levels, regulates cholesterol levels, improves blood pressure
- Offers liver protection; enhances detoxification and chelation of heavy metals
- Has been shown to induce ovulation in women with polycystic ovary disease



MORELS

Morcella

Found in many folk medicine traditions

NUTRITIVE PROPERTIES

- Vitamin D (wild varieties)
- Copper, Iron, Magnesium, Zinc, Phosphorus, Calcium
- B-complex vitamins

THERAPEUTIC PROPERTIES

- Cardiovascular health and Digestive Health
- Inflammatory conditions
- Tocopherols (alcohol soluble): Vitamin E and Antioxidative Activity
- Anti-cancer anti-tumor activity in colon cancer cells



OYSTER

Pleurotus ostreatus

Common Varieties: Pearl, Blue, Golden, Pink, King

NUTRITIVE PROPERTIES

- Highly nutritious; More protein than any plant
- High in Potassium and Zinc

THERAPEUTIC PROPERTIES

Studied for its prebiotic effect of microbiota repair and improving intestinal health

- Diuretic for urogenital tract and for kidney problems, including stones
- Powerful anti-tumor effect, especially with gastric cancers
- Lowers cholesterol and blood sugar



MAGIC MUSHROOMS

Psilocybe (genus)

Psychoactive. Psychedelic. 300+ species (such as cubensis)

THERAPEUTIC PROPERTIES (MICRO & MACRO DOSES)

- Brain Health: Neurogenesis (Alzheimer's)
- Mental Health: OCD, PTSD, Depression, Anxiety, Suicide, Trauma recovery
- Addiction and Recovery

SPIRITUAL PRACTICES (MICRO & MACRO DOSES)

- Spiritual connection, expanded consciousness, religious sacrament
- Coping with terminal illness/death of self or loved one



REISHI

Ganoderma tsugae, lucidum, and lingzhi

“Mushroom of Immortality” and “The Spirit Mushroom”

NUTRITIVE PROPERTIES

- TCM General Wellness Tonic (People’s Rep. of China: 6-12 grams per day)
- Vitamins: B, D2, D3, D4, magnesium, zinc, iron, selenium, calcium, phosphorus, potassium and copper

THERAPEUTIC PROPERTIES (ABRIDGED)

- Alzheimer’s support: mitigates cognitive decline, slows brain cell deterioration, promotes nerve growth factor, helps replenish cells, improves memory and certain types of brain signaling
- Sleep Support (2021 Sleep study: shortened sleep latency, prolonged sleep time, increased levels of 5-HT, a sleep-promoting neurotransmitter)
- Epilepsy: decreased seizure frequency
- Anti-viral triterpenes: hepatitis B, Epstein-Barr virus, some coronaviruses, and HIV



SHIITAKE

Lentinus edodes

Used for thousands of years in China and Japan

NUTRITIVE PROPERTIES

- High in Fiber (3 shiitake = 7g)
- High in Iron
- Good source of Potassium and Zinc
- Source of B3

THERAPEUTIC PROPERTIES

- Supports Immunomodulation due to very high beta-glucan content
- Eritadenine: a compound exclusively found in Shiitake that has a cholesterol lowering effect
- Used in integrative oncology



TREMELLA

Tremella fuciformis

“The Beauty Mushroom” or “Snow Fungus”

NUTRITIVE PROPERTIES

- High in Fiber
- Supports Healthy Skin
- Anti-inflammatory

THERAPEUTIC PROPERTIES

- Reduces risk of heart disease

Similar in texture to cauliflower mushrooms (*sasparassis crispa*) but not the same mushroom



TURKEY TAIL

Trametes versicolor

Extensive research: 400+ published studies re: cancer

NUTRITIVE PROPERTIES

- High in Zinc and Iron
- Aids in Digestion

THERAPEUTIC PROPERTIES

- Potent antiviral (due to lots of polysaccharides with immune-supporting properties)
- Several clinical trials have shown that the turkey tail polysaccharide K (PSK) can increase cancer patient survival rates and decrease side effects of chemotherapy
 - Famous 2012 Breast Cancer Recovery Study used *Host Defense* Turkey Tail formula



TURKEY TAIL TEST

Trametes versicolor

Turkey Tail vs. False Turkey Tail

MUSHROOM EXPERT TURKEY TAIL TEST (MICHAEL KUO)

1. Is the pore surface a real pore surface? Can you see actual pores? Y>
2. Is there ~3-8 pores per mm, making them very tiny? Y>
3. Is the cap fuzzy, velvety, or finely hairy? Y>
4. Is the fresh cap colorful (as opposed to being white or grey)? Y>
5. Does the fresh cap have starkly contrasting color zones? Y>
6. Is the fresh mushroom thin and flexible? Y=

TOTALLY TRUE TURKEY TAIL



WOOD EAR/CLOUD EAR

Auricularia judae

AKA Jelly ear, Jew's ear, Judas' ear

INTERESTING FACTS

- Widely used in Africa, Europe, New Zealand, & Mexico; major source of nutrition

NUTRITIVE PROPERTIES

- Very high in fiber (91%)
- Very high in Iron

THERAPEUTIC PROPERTIES

- Renowned for improving blood circulation; helps regulate menstrual flow
- Shrinks hemorrhoids (extract powder in warm water)

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THE BASICS & BEYOND

MUSHROOMS IN THE KITCHEN

YOUR BRAIN ON MUSHROOMS

SHIITAKE HAPPENS: FUNGI CAN HELP

PSYCHOACTIVE MUSHROOMS

PAST & PRESENT

SPECIAL INTEREST TOPICS

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