

## **The Polypore Mushrooms**

**Of all the medicinal mushrooms, the polypores reign supreme, having been used for millennia. Polypores are more often incorporated into the pharmacopeia of native peoples than any other type of mushroom. Historically, cultures from tropical Amazonia to the extreme northern subpolar zones of Eurasia have discovered the power of polypores in preserving and improving human health.**

**Polypores have also figured prominently in the cosmological view of native peoples, often being referred to as sources of eternal strength and wisdom.**

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### ***Red-belt polypore / Fomitopsis pinicola***

**Chemical composition:** Triterpenes ergosterol, polyporenic acid C, egrosterol, ergosta-7, fungisterol, eburicoic acid, lamosterol, inotodiol, 21-hydroxy-lanosta-7, pinicolic acid.

#### ***The main medicinal properties of Red-belt Polypore:***

- Well strengthens the immune system and stimulates brain activity;
  - Quality fight of viral infections and inflammatory processes. It helps to cure tuberculosis, bronchitis, lung disease;
  - It removes toxins from the body;
  - Cope with diarrhea, hepatitis, dysentery, many intestinal diseases;
  - Mushroom tincture is recommended for people suffering from diabetes (lower blood sugar);
  - The fungus is effective in cardiovascular diseases as well as diseases of the urinary organs;
  - Nutrients that make up, help stop the development of cancer.
- *Is used for weight loss - see recipe below.***

#### ***The use in traditional medicine.***

Included in the Red-belt Polypore alcohols have a positive effect on the body - support and improve overall health, regulate blood sugar, and also have antibacterial and antiseptic effect.

Traditional medicine of Japan, China and Korea are used for the treatment of nervous diseases (has a calming effect on the nervous system), disorders of the blood, heart disease, liver diseases, inflammatory diseases of different nature, violations of the gastrointestinal tract, urinary and gynecological diseases diseases.

Red-belt Polypore effectively fight viral and infectious diseases such as pneumonia, pleurisy, bronchitis, tuberculosis.

Displays toxins, thereby enhancing the body's defenses.

(By the way, all kinds of tinder rescued from poisoning toxins and successfully removes radionuclides).

Red-belt Polypore is used for the treatment of gastric and intestinal diseases, and dysentery, diarrhea, hepatitis, fevers.

It is used for both types of diabetes at all stages. People with diabetes can eat mushroom tincture (water or alcohol) to lower blood sugar.

The anti-hyperglycemic activity of fungus substances, based on the direct effects on the pancreas, has been successfully studied used to treat diabetes.

It has a regulating effect on blood cholesterol levels and reduces blood pressure.

The main properties of the drug from the Red-belt Polypore is the ability to activate the anti-cancer immunity of the body, to kill cancer cells in the blood that does not allow them to come together and change the location after undergoing surgery to remove a tumor.

It has antitumor activity in cancer of the esophagus, lung, nasopharynx, liver, and pancreas.

It inhibits metastasis in the postoperative period.

In combination with other anticancer drugs used in the treatment of fungus lung cancer.

It has a high antioxidant activity due to what is shown in the treatment of various diseases to enhance separation processes of toxic products of metabolism.

It has a high antifungal activity.

It has a pronounced antibacterial properties on pathogenic intestinal microflora, so is used to treat inflammatory diseases of the gastrointestinal tract of an infectious nature.

Mushroom is a unique treatment for benign prostatic hyperplasia and prostatitis, urinary incontinence and cystitis.

Red-belt Polypore is also taken to treat liver dysfunction and viral diseases, including hepatitis.

As noted above, the mushroom is used to treat obesity, in this respect it is superior to all means of traditional medicine. With this treatment you can normalize the body's metabolism. Action of fungus is very soft and does not "hit" other bodies, in particular the gallbladder. The fungus causes the liver to work properly, selectinf the necessary for the body's enzyme that breaks down fats.

***Following recipe can be used for weight loss:***

teaspoon of powdered mushroom, half a cup of water, stir and drink half an hour before the meal.

Apply 3 times a day.

The course of treatment - 2 months.

Such a method has a cosmetic effect, normalizes the liver, lowers blood pressure and gets rid of cholesterol plaques.

For greater effect, it is recommended to apply two more types of mushrooms - shiitake and chanterelle. With this active influence results show up in a couple of weeks.

In traditional medicine, mushrooms are used as a painkiller for rheumatism, as a sleep aid, as well as from headaches and nervousness.

***Recipe:*** 1 tablespoon of mushroom pour with 250 ml of cold water, boil for 10-15 minutes, keep for 40 minutes.

Take 1 tbsp. 5-6 times a day.

Duration: individual, chronic diseases 3 - 6 months.

***Contraindications and overdose:***

Do not use the fungus in the following situations:

- Pregnancy and lactation;
- Individual intolerance;
- Children up to 5 years.

Despite the useful properties, it is necessary to be very careful and to adhere to the required dosage. Better before using to consult your doctor. Usually, an overdose can be shown in dizziness, nausea and vomiting, swelling of face and lips, sightings hallucinations are observed.

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## **Tinder Polypore / Fomes fomentarius**

### ***Healing properties:***

1. Able to rid the body of toxins and carcinogens. "Agaricales acid" is responsible for it.
2. The ability to regenerate the liver, causing her to produce enzymes that break down carbohydrates and fats.

***This action is provided by "lanofil", by which the fungus is often used for weight loss.***

3. Contained in the fungus resinous substances can destroy pathogenic flora of the biliary tract, lungs, liver.

### ***Tinder Polypore is used to treat following diseases:***

infections (influenza, viral diseases, HIV, tuberculosis), tumors (benign or malignant tumor), kidney and pancreas, gastrointestinal disease.

### ***Due to its medicinal properties it's recommended for:***

1. Cancer, pneumonia, tuberculosis.
2. Diseases of the bronchi, the airways, pleurisy.
3. During the chemo and radiotherapy.
4. Problems with metabolism, obesity.
5. Chronic, viral hepatitis, problems with liver function, liver disease, cirrhosis.
6. Dysbiosis and constipation.

### ***Medicinal properties of the Tinder Polypore provide the following results:***

1. Conclusion of carcinogens and toxins from the body.
2. ***The reduction in weight (weight loss), thanks to the development of specific enzymes in the liver.***
3. Restoration of normal metabolism.
4. Regeneration of the liver, cirrhosis of the braking, stopping viral activity.
5. The destruction of pathogenic environment bile, bronchopulmonary tract and liver.
6. Minimize the negative impacts during chemo and radio therapies.

### ***Recipes and treatment:***

- 1) 0.5g. of powder (a tablespoon), pour with a glass of warm water up to 50 degrees. Keep for 7-8 hours. Stir before serving. Drink 1/3 cup before meals 3 times a day.
- 2) 0.5g. pour with 20g. of water (up to 50 degrees). Drink in the morning 60 minutes before the meal.
- 3) alcoholic tincture: 5g. of dry mushroom pour with 150 ml of vodka, keep for 2 weeks in the refrigerator. Eat 2-3 times a day a teaspoon or by the recommendation of the doctor-fungo therapist.

***Courses of consuming:*** For prophylaxis - 1 month, 2 times a year. For the treatment 3-4 months.

With reluctance, or inability to use vodka infusions apply tincture of fungus on flax or olive oil.

Oil Tincture: 5g. of dry mushroom pour with heated to 37 ° C oil, stir and place in refrigerator for 5-7 days. Take by tablespoons or teaspoons depending on individual recommendations.

***Chemical composition:*** lactic acid, Burik acid, a polysaccharide lanofil, d-glucosamine; fumaric, ritsinol, citric and malic acid, organic acid; 30% resin (resin content with age is increased to 65-70%); fatty oil, phytosterol, glucose and mannitol.

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## **Birch Polypore / *Piptoporus betulinus***

*Piptoporus Betulinus* (Birch Bracket Mushroom, Razor Strop, Kanbatake)

Piptoporus or the bracket fungus is a type of saprophytic fungi, which belongs to the family Fomitopsidaceae. You may also know this mushroom by other names such as Birch Bracket, Razor Strop or Birch Polypore.

Within its family, *Piptoporus Betulinus* is the most common. The mushroom is obviously a polypore and its reference as 'Birch' emanates from the fact that it usually hitches on this type of tree.

The *Piptoporus Betulinus* grows well in cold climates just like its host, the Birch tree. The Birch is very common in the arctic and North European countries.

In the ancient days, people used it to clear parasitic worms from the stomach and the digestive system. It was mainly added to tea where it acted as a laxative. Tea brewed with this mushroom is still taken today to soothe the nerves or eliminate fatigue.

One of its most important health benefits is boosting the immune system. This is particularly important because a body with a strong immune system does not suffer ill health easily. The fungus also boasts antiseptic properties. It prevents infections when used as bandage.

Actions – Immune tonic, anti-inflammatory, anti-tumor, anti-parasitic, anti-septic, anti-viral, anti-bacterial, styptic.

The traditional ratio for mushroom tea preparation is 1 part mushroom to 5 parts water by volume (two 8oz glasses per day are recommended). Can add sugar, honey, lemon to taste.

Can make as well as teas, tonics, tinctures.

Use: Birch Polypore (*Piptoporus betulinus*) - Tea, tonic, or tincture.

Dosage: Tea: 3-12 g. of mushroom in tea/day.

Tonic: 1 cube twice daily.

Tincture: 1 tsp. twice daily.

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## ***Chaga***

### ***/ Inonotus obliquus /***

Chaga boosts immunity, replenishes the body with useful substances and with the important microelements - such as potassium, zinc, iron, polysaccharides, etc. They all are involved in all processes of functioning of the organs of a human being.

A disease occurs when at least one of these elements is missing in the organism.

Recovery occurs on the basis of melanin and microelements - copper, aluminum, silver, cobalt, zinc and nickel, which due to the nature's generous gift can be found this wonderful Chaga.

Also, the use of this Chaga favorably effects the central nervous system - stresses, the modern pace of life, ...

**Note:** In the folk medicine, there are two main methods of using: short courses, which are repeated several times per year and have a long break between courses, and long courses (up to 3 months), with a short break (about a week).

Applying the first method, one should wait longer to get the healing effect. When applying the second method, the health-improving effect can be noticed very quickly.

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All mushrooms are completely dried and grounded by hands, and stored in dry, cool place without pets and smoke.

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### ***Background:***

Only in 1870, the export of dried mushrooms to Europe amounted to 8 tons.