Introduction to Medicinal Mushrooms

Finding Chicken of the Woods

Health Benefits of Chicken of the Woods

Introducing Chanterelles

[Music] [Music] lisa broyles here with way too healthy i lisa broyles here with way too healthy i want to talk to you about medicinal want to talk to you about medicinal mushrooms i mushrooms i love wild mushrooms it's so much fun to love wild mushrooms it's so much fun to collect them learn about them much less collect them learn about them much less eat them so today i am driving down my eat them so today i am driving down my driveway heading out on the little driveway heading out on the little gravel road and something brilliant gravel road and something brilliant orange catches my eye orange catches my eye and you won't believe what it is and you won't believe what it is demonstrate here chicken of the woods demonstrate here chicken of the woods mushroom one of the best things for a mushroom one of the best things for a mushroom hunter to find look at this mushroom hunter to find look at this beauty this is just one piece beauty this is just one piece of a giant log of chicken of the woods of a giant log of chicken of the woods mushroom that we harvested today from a mushroom that we harvested today from a log off the side of our little log off the side of our little dirt road here dirt road here so i want to talk to you a minute about so i want to talk to you a minute about chicken of the woods it's not only chicken of the woods it's not only fantastic to eat yes it tastes like fantastic to eat yes it tastes like chicken but it has lots of medicinal chicken but it has lots of medicinal properties that i don't know that you're properties that i don't know that you're aware of it has an antioxidant which aware of it has an antioxidant which antioxidants are important because they antioxidants are important because they bind up something called free radicals bind up something called free radicals that helps with preventing dna damage so that helps with preventing dna damage so antioxidants generally help with your antioxidants generally help with your little mitochondria cells making more little mitochondria cells making more energy energy energy they they they they help your immune system to fight they help your immune system to fight infections infections infections they help your dna to not become damaged they help your dna to not become damaged and develop cancer and develop cancer the prime antioxidant that the chicken the prime antioxidant that the chicken of the woods has is called alpha glucan of the woods has is called alpha glucan it also has antibacterial properties it also has antibacterial properties against mrsa against mrsa methicillin-resistant staph aureus which methicillin-resistant staph aureus which is often caught from hospitals surgeries is often caught from hospitals surgeries nasty stuff causes boils and recurrent nasty stuff causes boils and recurrent skin infections and so there's been some skin infections and so there's been some studies showing that a tincture and studies showing that a tincture and extract made with chicken of the woods extract made with chicken of the woods has wonderful antibacterial properties has wonderful antibacterial properties against these gram-positive bacteria against these gram-positive bacteria like mrsa the other thing that it does like mrsa the other thing that it does with cancer cells and specifically it's with cancer cells and specifically it's been studied against melanoma and colon been studied against melanoma and colon cancer but it increases the cell death cancer but it increases the cell death rate which is apoptosis is the death of rate which is apoptosis is the death of cancer cells or any cells for that cancer cells or any cells for that matter but you want cancer cells to die matter but you want cancer cells to die so it increases the rate at which cancer so it increases the rate at which cancer cells die which is fantastic and it also cells die which is fantastic and it also decreases the reproduction of cancer decreases the reproduction of cancer cells which is wonderful the other thing cells which is wonderful the other thing that it does for those of us that have that it does for those of us that have insulin sensitivity pre-diabetes even insulin sensitivity pre-diabetes even diabetes is it improves your body's diabetes is it improves your body's sensitivity to the insulin that your sensitivity to the insulin that your pancreas is already producing this is pancreas is already producing this is similar to the effect of medicines like similar to the effect of medicines like metformin for example metformin for example it's also anti-inflammatory so it's also anti-inflammatory so decreasing whole body inflammation i decreasing whole body inflammation i want to quickly talk to you about one want to quickly talk to you about one other fantastic mushroom that we other fantastic mushroom that we collected today thank you to my daughter collected today thank you to my daughter for going out in the woods for this for for going out in the woods for this for today this is called a chanterelle the today this is called a chanterelle the chanterelle mushroom is one of our chanterelle mushroom is

one of our favorite summer mushrooms these grow in favorite summer mushrooms these grow in the appalachians all the way up to the appalachians all the way up to eastern canada but the chanterelles have eastern canada but the chanterelles have polyphenols vitamin d vitamin a fatty polyphenols vitamin d vitamin a fatty acids potassium acids potassium traditional chinese medicine use them as traditional chinese medicine use them as eye tinctures for eye inflammation the eye tinctures for eye inflammation the vitamin a helps to moisturize skin that vitamin a helps to moisturize skin that is really dry good for dry mucous is really dry good for dry mucous membranes it boosts your immunity to membranes it boosts your immunity to respiratory infections which is respiratory infections which is fantastic in the age of covid it's fantastic in the age of covid it's anti-inflammatory and fantastic for anti-inflammatory and fantastic for wound healing so studies have shown that wound healing so studies have shown that treatment with chanterelle extract okay treatment with chanterelle extract okay this little guy right here increases this little guy right here increases collagen production blood cell collagen production blood cell production or vascularization which is production or vascularization which is called neovascularization and called neovascularization and epithelialization basically helps your epithelialization basically helps your body to heal from a significant wound or body to heal from a significant wound or abscess they're also antibacterial so abscess they're also antibacterial so fantastic for wound healing they've also fantastic for wound healing they've also been studied against colon cancer been studied against colon cancer there's something called a manin in here there's something called a manin in here that's very good to inhibit cancer cells that's very good to inhibit cancer cells and that's it for part one of medicinal and that's it for part one of medicinal mushrooms mushrooms mushrooms [Music]