Introduction to Medicinal Mushrooms

Reishi Benefits and Immune Support

Cordyceps: Energy and Performance

Lisa Broyles here with way2health MD and Lisa Broyles here with way2health MD and this is part two of my medicinal this is part two of my medicinal mushroom series I have taken some basic mushroom series I have taken some basic level classes on safe mushroom foraging level classes on safe mushroom foraging and my family and I have also and my family and I have also grown our own oyster and shiitakes we grown our own oyster and shiitakes we love to forage chanterelles earlier in love to forage chanterelles earlier in the spring our absolute favorite is the spring our absolute favorite is morels if you can find one lucky you morels if you can find one lucky you it's very hard to cultivate morels but it's very hard to cultivate morels but they are such a wonderful treat in that they are such a wonderful treat in that early spring today I wanted to talk to early spring today I wanted to talk to you about Rishi mushrooms and cordyceps you about Rishi mushrooms and cordyceps so reishi mushrooms have been used for so reishi mushrooms have been used for thousands of years in traditional thousands of years in traditional Chinese medicine and are used today to Chinese medicine and are used today to boost fatigue and help people with boost fatigue and help people with mitochondria so your mitochondria I've mitochondria so your mitochondria I've talked about these in some of my other talked about these in some of my other lectures but mitochondria are your lectures but mitochondria are your energy cells and all of your cells have energy cells and all of your cells have mitochondria helps you feel better the mitochondria helps you feel better the mitochondria in your muscles help your mitochondria in your muscles help your muscles to pump and not hurt in your muscles to pump and not hurt in your brain help you to think in your heart brain help you to think in your heart help it to pump regularly reducing risk help it to pump regularly reducing risk of heart failure so you really want of heart failure so you really want those little mitochondria to be working those little mitochondria to be working at the top of their ability and the at the top of their ability and the Rishi mushroom which is the scientific Rishi mushroom which is the scientific name is anoderma lucidum is one of the name is anoderma lucidum is one of the best substances on the planet to improve best substances on the planet to improve mitochondrial production hence a better mitochondrial production hence a better overall sense of well-being less anxiety overall sense of well-being less anxiety less depression overall less fatigue the less depression overall less fatigue the Rishi mushrooms also increase the Rishi mushrooms also increase the natural killer cells so if we talk about natural killer cells so if we talk about immune function for a minute your immune function for a minute your natural killer cells are your immune natural killer cells are your immune cells that go around and they gobble up cells that go around and they gobble up viruses bacteria funguses anything viruses bacteria funguses anything that's trying to invade they work the that's trying to invade they work the best while you're sleeping but it's best while you're sleeping but it's wonderful to have some really strong wonderful to have some really strong robust natural killer cells those are robust natural killer cells those are your immune soldiers so you increase your immune soldiers so you increase their activity when you take a Rishi their activity when you take a Rishi extract or eat Rishi mushrooms the extract or eat Rishi mushrooms the active ingredients have been studied to active ingredients have been studied to be polysaccharides something called be polysaccharides something called tripe if I can say this right try tripe if I can say this right try pertinoids peptidoglycans they increase pertinoids peptidoglycans they increase white blood cell function okay so not white blood cell function okay so not only increasing natural killer cells only increasing natural killer cells your overall immune defense against your overall immune defense against viruses bacteria is stronger with Daily viruses bacteria is stronger with Daily reishi Mushroom it's also been studied reishi Mushroom it's also been studied against colon cancer prostate cancer against colon cancer prostate cancer decreasing possibly decreasing decreasing possibly decreasing triglycerides and increasing the HDL triglycerides and increasing the HDL which is your good cholesterol which is your good cholesterol so lots of health benefits of Rishi so lots of health benefits of Rishi tincture I have some Rishi tincture that tincture I have some Rishi tincture that I was going to demonstrate for you here I was going to demonstrate for you here the Rishi Rishi blend right here I also the Rishi Rishi blend right here I also have a good friend in town that makes have a good friend in town that makes her own reishi tonic for me so the next her own reishi tonic for me so the next Mushroom in this one is cordyceps Mushroom in this one is cordyceps cordyceps is just freaking cool okay cordyceps is just freaking cool okay cordyceps actually in the wild cordyceps actually in the wild burrow of the mycelium the little spores burrow of the mycelium the little spores get

inside an insect like a caterpillar get inside an insect like a caterpillar or an ant okay so this one species It or an ant okay so this one species It Takes Over The Ant and makes it what's Takes Over The Ant and makes it what's called a zombie and it takes over its called a zombie and it takes over its brain forces the ant to crawl up a tree brain forces the ant to crawl up a tree to where the mushroom wants to grow and to where the mushroom wants to grow and it forces the ant to bite onto the it forces the ant to bite onto the branch latch on tightly and then the branch latch on tightly and then the mushroom grows out of its head okay mushroom grows out of its head okay super gross but super cool at the same super gross but super cool at the same time so then the cordyceps releases it time so then the cordyceps releases it spores from the top of the tree filters spores from the top of the tree filters down increases cordyceps everywhere so down increases cordyceps everywhere so it also grows out of caterpillars you it also grows out of caterpillars you can also culture cordyceps not as cool can also culture cordyceps not as cool but lots of other good health benefits but lots of other good health benefits from the cultivated as well so cordyceps from the cultivated as well so cordyceps are really energy energizing they make are really energy energizing they make us feel better it's an energizing a us feel better it's an energizing a stimulating adaptogen okay so they not stimulating adaptogen okay so they not only increase your adrenal cell Health only increase your adrenal cell Health they increase your Exercise capacity and they increase your Exercise capacity and performance they've been used in performance they've been used in athletes and elderly to increase their athletes and elderly to increase their ability to exercise and tolerate it well ability to exercise and tolerate it well they have been demonstrated to be they have been demonstrated to be anti-aging anti-inflammatory antioxidant anti-aging anti-inflammatory antioxidant they increase the lifespan of mice in they increase the lifespan of mice in studies they inhibit lung and colon studies they inhibit lung and colon cancer in studies they increase your cancer in studies they increase your deep sleep there's two ingredients in deep sleep there's two ingredients in cordyceps called cordycepin and cordyceps called cordycepin and adenosine adenosine is a nucleoside and adenosine adenosine is a nucleoside and the cordyceptin is really similar so the cordyceptin is really similar so your body basically uses them the same your body basically uses them the same way but both the cordycepin and the way but both the cordycepin and the adenosine improve your sleep improve adenosine improve your sleep improve your energy they're just fabulous so your energy they're just fabulous so