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00:08 Speaker 1: This is one of my favorite topics and of course, substances in the herbal medicine world. Mushrooms, they have been used in traditional and folk medicines since the beginning of recorded history. In fact, there was a man found frozen, it's somewhere in Europe, in the alpine glacier back in the 90s, and he was carrying two different species of mushrooms on him at the time. One of them was this type of tinder fungus that was capable of holding a warm coal to restart a fire many hours later. And then the other one was a type of medicinal mushroom that people used to fight parasites and other infections. You can actually see in ancient Egyptian literature how the society of the time saw mushrooms as a plant of immortality. And mushrooms were typically only eaten by pharaohs and the nobles, and they were given the names of sons of the gods. And then in Greek and Roman times, the authors like Seneca and others actually used and talked about mushrooms, arguing both for and against their medicinal benefits. So we know that people have been using them for good and for not so good. Chinese medicine and Ayurveda have also used mushrooms through the years to treat everything from cancer, respiratory ailments and other conditions.

01:39 S1: The first time that beneficial properties were identified in the modern era, it was in 1928 by the guy who discovered penicillin. So yes, penicillin is a type of mushroom or fungi or fungi, depending on who you ask. Many other antibiotics have been discovered since, and the antiviral and antibacterial properties of these mushrooms have been widely exploited for our benefit. It is estimated that penicillin alone have saved the life of 200 million people. So modern science is continuing to take a look at the antiparasitical and antifungal and antiviral properties of these mushrooms. Through the years, mycologists and scientists come together to try to understand better where they come from under medicinal properties. And we are slowly discovering that not only most of the claims about these mushrooms are actually true, they often also are safer and better tolerated with fewer side-effects in a lot of modern pharmaceuticals. So I wanted to bring them here today to help you start getting comfortable with the idea of using them for medicinal purposes, but also in your food. They really are incredible substances. We don't call them plants because fungi or mushrooms, they belong in their own little category, so they're not in the animal kingdom and they're not in the plant kingdom. They have their own kingdom and there's is millions of them around the world. Some of them could be very detrimental to us, some of them can be incredibly beneficial for our health.

03:23 S1: In the next video, I'm going to show you some of the most popular ones that you can start getting to learn and use. But in this video, I wanted to mention six or seven of the health benefits that these mushrooms can bring into your life. Fighting cancer. Certain varieties of mushrooms added to your diet are actually shown to have significant positive effect when it comes to fighting cancer, leukemia and certain tumors. There are compounds found in these mushrooms that are able to slow down the growth of existing cancer cells, and they inhibit tumor formation to begin with.

04:03 S1: Boosting your immune system, that's the reason why you're here. Many different types of medicinal mushrooms have antiviral, antibacterial properties, and they are very helpful at fighting common colds, the flu or even advanced and severe types of infections such as HIV. Mushrooms contain a complex type of sugar and a high amount of polysaccharides, not the bad kind, but one that is essential to help protect your immunity. They actually help regulate antibody production in the body and increase the substances in the bone marrow that protect you from pathogens around the world. They're actually also highly antioxidant, so they destroy harmful free radicals that can

damage your cells and can cause inflammation and infection within the body.

04:57 S1: They promote our heart health. Medicinal mushrooms, especially shiitake, they have a type of compound that are most prescribed in pharmaceuticals to lower blood pressure and lower cholesterol levels. But all you have to do is cook them and add them to your meals and get those same compounds directly into your body. They are also known to lower inflammation, which is a major cause of artery hardening.

05:25 S1: They improve your energy levels. We believe that mushrooms can help you improve your physical fitness, enabling you to run faster, engage in more intense workouts and recover from those workouts a little bit faster. They also contain a compound that can increase the ability of your blood cells to carry an increased production of energy into your muscles. You don't actually need to be an athlete to benefit from these. If you always feel tired and sluggish no matter how much rest you get, you might be suffering from a type of syndrome called chronic fatigue syndrome. There's currently no medical treatment for this disorder, although mushrooms are shown to show promise in helping reduce fatigue and improve the lives of patients with this particular condition.

06:15 S1: Improve brain health. Mushrooms can help your brain in a number of different ways. They can improve your memory, they can give you a sharper and clearer focus, and improve your cognitive function. They also cause the production of nerve growth factors, and these are vital for the treatment of people with Parkinson's disease, Alzheimer's disease, and dementia. Now, these effects are gradual and cumulative, which means that you have to take them consistently for several months before you can start seeing any results.

06:50 S1: Of course, weight loss. They have almost no calorie, they're low in sodium and high in fiber, so they will keep you feeling full and they reduce the urge to snack or eat more in the middle of the day. That does not mean that you're going into a mushroom-only diet, but add them to your salads already cooked. You should never eat mushrooms in the raw. You always wanna cook them. So add them to your stews, to your dishes, and your salads and enjoy.

07:17 S1: Diabetes. Mushrooms have a hypoglycemic effect, meaning they lower and regulate your blood sugar levels. They also increase the sensitivity of insulin receptors and prevent the development of other complications related to diabetes. Plus, they have low carbohydrates and sugar compared to other types of food. So they're a are great treats for diabetic.

07:41 S1: They relieve asthma and allergies. Allergies are often caused by your body's overreaction to a particular stimulus. And asthma, as we know, are due in large to a number of inflammatory cells in the body. Mushrooms actually inhibit histamine release, and these histamines are compounds that cells release in response to an injury, inflammation, or an allergic reaction.

08:09 S1: And of course, the stress relief that eventually leads to a lower immunity. Now, a lot of studies still have to be done with respect to mushrooms and stress relief, but anecdotally, we know that mushrooms like Reishi, for example, has been used for thousands of years to promote a sense of calmness in traditional Chinese medicine. It is also known to treat chronic fatigue syndrome, insomnia, stress-induced tension, and other issues for hundreds of years.

08:40 S1: So this is just a little treat to get you started and excited about the idea of consuming mushrooms and using them for your advantage. Some of them are absolutely amazing and

delicious. Some of them should only be consumed in powder form or in pill form because they're not edible, they're essentially used for medicine.

08:58 S1: And in the next video, I will show you, I think, three to five of the mushrooms that I personally use and I love the most, and things to get you started with your personal journey and a love for mushrooms. Thank you so much for listening, and I'll see you in on the next video.

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