



The Mushrooms of Immortality



What is a medicinal mushroom?

- An introduction to 8 medicinal mushrooms and how they may even transform your life.

Medicinal mushrooms are intelligent immune boosters, gut healers, stress busters & hormone balancers. We invite you to welcome these potent herbs into your life.





Reishi

To protect the body and connect to yourself

The Queen of tonic herbs, there are only two categories of people when it comes to reishi - those who love her; and those awaiting an introduction.

Reishi is one of the most revered medicines in history. Known as Ling zhi in China, the folklore surrounding this magical adaptogen describes the reverence the ancient Daoists had for this life-enhancing mushroom. Ling zhi means “spirit plant” or “tree of life mushroom”. Reishi really is a supreme protector on every level - spiritually, mentally, physically and immunologically. *Today, this medicinal mushroom is known for its anti-inflammatory properties, cardiovascular support and as a powerful immune tonic.*

TRADITIONAL USE

This polypore was first cited in all six-colour varieties (*black, white, green, yellow, purple and red*) in perhaps one of the most famous Chinese texts – “the Shen Nong Ben Cao Jing” of 206 BC. **Of all 120 herbs listed, red reishi was ranked in the highest order of all medicinal plants in a class known as the “superior tonics”.**

Its legend, rooted deep and well throughout ancient Daoist philosophy continued across the ages, holding esteem as the premier Shen tonic, and remains highly praised for its tonifying action of the Heart, Blood and as the superior

builder of spiritual Essence. Traditionally, reishi mushroom was also commonly employed for various Liver ailments, insomnia, anxiety, bronchial complaints and to balance all body systems. It was also thought to sharpen the mind and help cultivate virtue.

MODERN USE

Reishi is perhaps one of the most well studied herbs of modern Pharmacognosy and clinical science. Through laboratory testing and validation, the red variety of reishi continues to be the most prized and medicinally beneficial of all.

Reishi possesses true immune-modulatory & amphoteric action. This means it possesses compounds that can down regulate pro-inflammatory cytokine signalling (*seen in allergic & exaggerated immune responses*) – whilst up-regulating innate and adaptive immune responses where genuinely required

HISTORY AND LORE

Ling zhi means “spirit plant” or “tree of life mushroom”. The Chinese character for Ling Zhi is composed of three characters that represent a shaman praying for rain. The Latin translation of Ganoderma is ‘gano’ (*shiny*) ‘derma’ (*skin*).

Touted as the ‘mushroom of immortality’ and extremely rare in the wild, reishi was once reserved for use amongst emperors and royalty only. **Immortalised all throughout Chinese art, temples, statues and paintings - Reishi mushroom was held**

in the highest esteem among Chinese royalty and is surrounded by many legends over the past 4 millennia.

“Kuan Yin” known as the goddess of healing was occasionally depicted carrying a reishi mushroom. This polypore was extremely prized amongst the Orient and often hung above doorways as a protector.

MAY SUPPORT

Immunity
Stress management
Heart, Liver, Kidneys & Lungs
Cardiovascular function
Healthy sleep & mood
Jing, Qi & Shen

ENERGETICS

Neutral – warming





Lion's Mane

To nourish cognitive capacity

Lion's mane has an abundance of brain-promoting constituents - said to give one 'nerves of steel and the memory of a lion'.

This stunning herb has been used for centuries by herbalists and monks to enhance concentration, memory, cognition and to support nerve growth.

Lion's mane is a nootropic that helps to fortify the gut-brain connection via its anti-inflammatory and antioxidant actions. Reducing inflammation enhances circulation, allowing more oxygen to reach the brain. This supports healthy brain activity, focus, and mood stabilization.

TRADITIONAL USE

Lion's mane mushroom was used traditionally in Chinese medicine to tonify the digestive centres, as a cure for gastric ulceration and for treating neurasthenia and general weakness. Various native tribes of Northern America carried the dried powder in medicine bags as a styptic for cuts and wounds to counteract bleeding.

MODERN USE

Scientific investigation into the neuroprotective and antineoplastic properties of **lion's mane** has gained significant momentum in recent years. Prior to this, research was limited despite significant use for culinary and folk Medicine purposes throughout certain regions of Asia and Europe. Wang et al. (2014) in their review of literature pertaining

to the antitumor and immunomodulatory functions of **lion's mane** highlight the 'biological response modifying' action of this fungi - *which was validated in every study they reviewed*.

The indirect mechanism of action was found to take place via the interaction between beta glucans with key immune cells, rather than from the glucans alone.

A double-blind, placebo-controlled clinical trial was conducted in 2009 on 30 Japanese men between the age of 50 to 80 who suffered mild cognitive impairment in order to examine the efficacy of **lion's mane** mushroom VS placebo. The subjects ingested a total of 3g daily, which was split into three doses and consumed over 4 months. During weeks 8, 12, and 16 of the trial, the group consuming **lion's mane** showed significantly increased scores of cognitive function compared to the placebo group as measured by the Hasegawa Dementia Scale (HDS-R). The improvement increased incrementally throughout the study and began to decrease 4 weeks following cessation of ingestion. No adverse effects were observed in any patients. **The authors concluded that lion's mane is a plausible and promising agent for protecting against the onset of neurodegeneration whilst improving cognitive dysfunction in existing sufferers.**

HISTORY AND LORE

Lion's mane mushroom is perhaps the most extraordinary of the fungi kingdom due to its most distinctive and impressive appearance, which is often likened to ocean coral or spongy icicles. There are several varieties of mushroom within the Hericiaceae plant

family, bringing about much taxonomic confusion amongst mycology enthusiasts. All species however grow on decaying hard wood and coniferous trees and provide much of the same neuroprotective, anti-inflammatory and nootropic properties.

In Japan, **lion's mane** is known as 'Yamabushitake' which refers to the ancient hermit monks who slept in the mountains from the Shugendo sect of ascetic Buddhism.

Lion's mane offers a delicious taste with a texture resembling seafood. In French cuisine, it is referred to as pom pom du blanc, as per its offwhite colour and resemblance to pom pom balls on the ends of stocking caps.

Mycelium from various species of *Herichium* was used in a sports drink called Houtou. This was used in the Eleventh Asia Sport Festival in 1990 and believed to be responsible for several victories

MAY SUPPORT

Optimal organ function
Nerve health
Immunity
Stomach health
Cognitive function
Memory

ENERGETICS

Warming





Chaga

Fortify your deepest immunity

Anti-ageing, supportive to our cells, anti-inflammatory - **chaga** is one of the best natural sources of the antioxidant, liver-cleansing, cell membrane-protective, genoprotective, longevity enzyme known as superoxide dismutase (SOD).

Chaga contains more SOD than other rich sources such as barley grass, seaweeds, marine oils and even some essential oils. SOD repairs cells and reduces the cellular damage caused by the most common free radical in the body called superoxide. **Chaga is amazing for toning down inflammation, regenerating skin and other tissue in the body (it's great for eczema and psoriasis) and lessening pain associated with conditions such as arthritis, as well as extending life span in those who consume it.** SOD is naturally occurring in human tissues, but declines with age, especially after age 30. **Chaga** has now been studied in nearly 1000 clinical trials, and the health benefits are clear, especially in treating complex illnesses regarding cellular dysfunction.

TRADITIONAL USE AND LORE

During the 16th and 17th centuries, *Inonotus obliquus* (*chaga mushroom*) became recognised and used as a folk medicine across Northern Europe, featuring most prominently in Russia, Poland and Baltic countries.

The Khanty populations of West Siberia and Russia used chaga in both the treatment and prevention of tuberculosis as well as a variety of stomach disorders including intestinal parasites. **Chaga** became particularly well known and used for the treatment of various cancers by the Khanty and neighbouring indigenous folk in Northern Eastern Europe. The Norwegian name for this fungus “kreftkjuke” translates to cancer polypore.

The Cree people would use the fungus as sweet-smelling incense and were known to carry it as tinder for starting fires.

MODERN USE

Russian dermatologist Professor E.A Dosychev was one of the pioneering researchers in Europe for treating inflammatory mediated conditions with **chaga** mushroom. In 1973, 50 of his patients suffering from confirmed psoriasis with known gastrointestinal illnesses (*colitis, reflux, constipation, diarrhoea and others*) took part in a 3-month trial examining the effects of **chaga** mushroom on psoriatic lesions and blood markers

of inflammation. According to his observations, psoriasis therapy with **chaga** was deemed successful, particularly in patients where inflammatory disease of the gastrointestinal tract was also apparent. Complete remission was achieved in 38 of the 50 patients, with 7 of the remaining participants showing massive improvements. The maximum therapeutic effect of **chaga** therapy was noted between 9-12 weeks and the authors of the study stated that continuous regular **chaga** intake lead to a full disappearance of psoriatic lesions without any extra treatment whilst also improving general vitality, energy, and digestive function

MAY SUPPORT

Stress management
Reduced inflammation
Immunity
Blood sugar regulation
Liver & Kidneys
Antioxidant defences

ENERGETICS

Neutral
Warming





Tremella

To beautify the Lungs and skin

In ancient Daoist times, tremella was exclusively available to royalty and those of the higher classes.

According to the classic texts, Yang Guifei was one of the four most beautiful women in China's history. She lived during the Tang dynasty times (719-756) and daily use of tremella was thought to be the secret behind her beauty and ageless complexion.

TRADITIONAL USE

Tremella was used in Traditional Chinese medicine for the relief of upper respiratory tract inflammation and possesses soothing, demulcent and immune-potentiating qualities.

Via moistening the Lungs and assisting with Fluid generation, tremella was particularly useful for treating nonproductive, dry coughs and Lung-Yin deficiency.

Tremella (like *reishi* and *cordyceps*) was preserved mainly for royalty and the upper class. In addition to its respiratory benefits, it has been heavily associated with beauty throughout the orient as well as longevity and preserving youth.

A species of tremella known as “yellow butchers broom” was used topically in British Isles folk medicine for the treatment of chilblains. A related species *T. fuciformis* also known as silver ears featured prominently during the 16th century and onward as a daily tonic for general vigour and longevity.

Through its innate hypolipidemic action, tremella is considered to be one of the best tonics for the prevention of plaque formation and atherosclerosis in Japanese Kampo medicine.

MODERN USE

Modern investigations have revealed that one of tremella's most unique properties is its ability to stimulate hyaluronic acid production and draw moisture back into the skin. **It has also been said that tremella's capacity to store water is 500 times that of its own weight.** Hyaluronic acid is a gelatinous compound found largely in the connective tissue, skin and eyes. Its primary function is to hydrate and lubricate the body's tissues, including the joints, muscles. Hyaluronic acid declines with age and is crucial to the longevity and functionality of the body. Due to tremella's rich phytochemical profile, it is thought that the presence of hyaluronic acid is just one of the many ways this incredible mushroom promotes a radiant and youthful complexion as the research continues to evolve.

Tremella has also been shown to stimulate the body's master internal antioxidant superoxide dismutase (SOD), which has known restorative action in sun damage, ageing and wrinkling of the skin. **Thus Tremella can and should be used both internally and topically for maximum therapeutic benefit.**

HISTORY AND LORE

Yang Guifei of the imperial concubine during the Tang dynasty (719-756) is said to have been one of the most beautiful women in Chinese history according to classic texts. The secret behind her ageless complexion was attributed to daily use of Tremella.

According to Swedish botanist Linnaeus of the 18th century, Tremella was known as “sky fall” and thought to originate from fallen star Matter.

MAY SUPPORT

Skin hydration & elasticity

Stomach Yin

Qi

Lung & bronchial health

Antioxidant defences

Digestive health

ENERGETICS

Yin promoting



Cordyceps

To embody ultimate physical performance

Cordyceps is a medicinal mushroom revered for its powerful adaptogenic qualities. In the Daoist tradition tonic herbalism, **cordyceps** is considered to be a life-enhancing herb.

Used to increase blood oxygenation and cultivate Jing - the primordial energy that resides within the Kidneys. **When we increase our Jing, we improve our core energy and increase cellular performance and endurance.** We reduce our recovery time after exertion and cultivate an overall robust feeling in the body, mind and Spirit. **Cordyceps** is safe for use in both the young and young at heart.

Cordyceps is a potent athletic tonic, brilliant for the elderly, mothers postpartum and those who are seeking to replenish their foundational energy stores.

TRADITIONAL USE AND LORE

Cordyceps fungus has a purported usage of almost 2000 years and was first discovered upon mountains of Tibet and Nepal at very high altitudes - a factor largely owing to its impressive adaptogenic action.

Cordyceps was traditionally employed to tonify the Lung and Kidneys. In addition to being brewed into a tonic along with other herbal companions, it was often stuffed into duck and boiled to produce a sweet broth to help alleviate congestion, colds and general malaise.

In Japan, the 'semitake' species of **Cordyceps** was utilized as a **core ingredient in post-partum exhaustion tonics**. Daoist monks refer to cordyceps as one of the premier 'Yin Jing' tonics - *perfect for those experiencing chronic exhaustion and excessive states of stress*. **Cordyceps** is generally safe in most conditions due to its ability to boost stamina whilst calming the nervous system. This dual-directional quality has been observed in many clinical studies confirming the 'modulatory' action of the fungus.

MODERN USE

Elderly patients suffering chronic fatigue were studied in a placebo controlled clinical design over 12 weeks where patients using **cordyceps** sinensis reported impressive improvements in energy production, cold intolerance, nocturia, tinnitus, loss of libido, and amnesia. No differences were reported in the placebo group.

Water extracts of **cordyceps** militaris have been found to induce apoptosis and growth inhibition of U937 leukaemia cells. The regulation of several major growth gene products such as Bcl-2 family expression and caspase protease activity suggests the therapeutic potential for human Leukaemia.

HISTORY AND LORE

The first recorded mention of **cordyceps** sinensis appears in 620 CE during the Tang Dynasty. It grows in the alpine meadows of the Himalayas and other high mountain ranges of China, Tibet, Bhutan, and Nepal at altitudes of 14,000 to 21,000 feet.

Cordyceps fungi are parasitic in nature and grow by feeding on various types of insects. In appearance, cordyceps sinensis makes for an unusual sight. The mycelium is encased in the mummified body of the caterpillar, from which the fungus germinates. The fruiting-body, sprouting from the caterpillar, is capless and shaped like a blade or twig.

Cordyceps were originally discovered by Tibetan yak herdsman who would annually lead their cattle to graze on high altitude spring grass pastures. Here the yaks would instinctively dig their hooves deep into the soil to locate and consume **cordyceps** just prior to rutting. In spite of the altitude, the yaks notable arousal, invigoration and wild demeanour led the curious herdsman to eventually consume the caterpillar fungus themselves, which conferred the same benefits. The herdsman noticed improved stamina and diminished accounts of respiratory illnesses upon their subsequent journeys. The discovery of the mushroom spread amongst other tribespeople and monks, soon proceeding all throughout China.



STRAIN CONTROVERSY

There are over 680 documented varieties of cordyceps mushroom, *cordyceps sinensis* being perhaps the most recognised and sought after. Beginning in the 1960s, Chinese mycologists undertook extensive research on cordyceps to isolate the most potent wild strain.

In 1972, researchers at the Institute of Materia Medica of the Chinese Academy of Medical Sciences developed, tested, and finally decided on a strain that they called cordyceps Cs-4 (or simply Cs-4). The strain was chosen because it is closest to wild cordyceps in the similarity of its chemical components and in its beneficial qualities as an herbal medicine. Cs-4 meets rigorous standards for safety, grows rapidly using many different cultivation techniques, and resists contamination. More than 2,000 patients with various medical disorders were involved in clinical trials of Cs-4 in China. Almost all of the samples of wild cordyceps have been shown to be very similar in chemical composition, but there is variation in the secondary metabolite compounds present in cultivated cordyceps *sinensis* and other cordyceps species. The nucleosides, and specifically the deoxy-nucleosides (e.g., *cordycepin*), have been determined to be the most reliable indicators of potency.

MAY SUPPORT

Stamina & adaptability

Immunity

Kidneys & Lungs

Adrenals and stress response

ENERGETICS

Warming

Yin-Jing promoting





Turkey Tail

For strong surface immunity

Revered as a potent tonic herb on nearly every continent, turkey tail is high in the protein-bound polysaccharides PSK and PSP, which is thought to explain its ability to

elevate both surface and core immunity against dangerous pathogens.

Used by the Daoists to cultivate robust immunity, turkey tail is a potent Qi that supports energy production, bone, Liver and gut health.

TRADITIONAL USE

Trametes mushroom is one of the most ubiquitous of the fungi kingdom, growing in many regions of the world with a well documented historical use spanned across many ancient cultures. It is known as the “turkey tail” mushroom in the West, as its fanned shape bears a strong resemblance to the tail of a standing turkey.

The ancient Daoists observed that when turkey tail grew on evergreen pines, the trees did not lose their foliage, due to this turkey tail was seen to carry deep Yang energy within its roots. Thus, it was often prescribed in conditions of Yang deficiency. Traditional Chinese medicine (TCM) classic texts often refer to turkey tail's ability to dispel Wind and Damp whilst resolving upper respiratory infection, increasing stamina and treating tumor growths. The red variety was recommended for reducing fever, swelling, inflammation and as an antidote to toxicity. In Mexico, turkey tail was used

as a primary agent for ringworm and impetigo of the skin whilst in Malaysia is used topically for its haemostatic action, preventing skin infections and for acne (1).

The First Nations Peoples of Australia were known to suck on the polypore in the treatment of sore throat, it was also applied to the mouths of infants suffering ulceration, oral thrush and teething pain.

MODERN USE

The binding of LPS (lipopolysaccharide) gram-negative bacteria to host immune cells is known to induce potent inflammatory damage, oxidative stress, and death in some cases such as septic shock. In vitro studies have shown that turkey tail extracts have been shown to inhibit this binding of LPS to receptors and have lead researchers into further investigations for new septic shock treatments.

Pallav et al. (2014) investigated the prebiotic effect of turkey tail polysaccharides on the gut microbiome of 24 healthy volunteers who were randomised to receive PSP, the antibiotic amoxicillin or no treatment (control) over the course of 42 days. Microbial diversity score was maintained along with augmented commensal species in virtually all who received turkey tail extract, whilst those subjected to amoxicillin experienced significant decreases in diversity score, beneficial flora and had augmented growths of Escherichia & Shigella species. This study highlights the strong prebiotic and Immunomodulatory action of turkey tail mushrooms.

HISTORY AND LORE

In his 1737 text ‘Flora lapponica’, Swedish botanist Linnaeus reports; ...”*The Lapland youth, having found this mushroom carefully stores it in a little pocket hanging in front of his waist, that its grateful perfume may render him more acceptable to his favourite one. O whimsical Venus! In other regions you must be treated with chocolate, sweets, wines, jewels, gold and silver, silks and cosmetics, music and theatre, but here you are satisfied with a little withered fungus!*”...

MAY SUPPORT

Immune system
Liver function
Digestive health
Qi
Respiratory health
Stress management

ENERGETICS

Tonifies Yang





Shiitake

To bring life into the body

Long prized in the Orient, shiitake has traditionally been harvested wild in China during the Ming Dynasty (1368–1644). However the Japanese worked out how to cultivate shiitake on logs. Villages wanting to gain prestige and increase their commerce would attract Buddhist monks by cultivating the revered shiitake.

Shiitake is a potent immune herb that helps the body to fight bacteria, viruses and yeasts such as candida. Shiitake also supports the body's response to damaged cells

(the pharmaceutical Lentinan uses shiitake extract and is and is now the third most widely prescribed anticancer drug in the world), and encourages healthy blood pressure, blood sugar, lipid profiles and stress response along with potent functions on the Liver and Kidneys.

TRADITIONAL USE

Arguably one of the most popular culinary fungi in the world - shiitake mushroom has a long history in Traditional Chinese medicine as well as Japanese Kampo for increasing stamina and circulation (Qi) as well as alleviating arthritis, regulating blood sugar, reducing high cholesterol and enhancing immune responses against viruses and other pathogenic invaders.

Epidemiological studies in Japan conducted in the 1960's investigated various regions of the country and the incidence of disease amongst their populations. Researchers revealed that inhabitants of two particular remote rural regions of Japan with virtually zero cancer incidences happen to cultivate, consume and trade large amounts of shiitake mushroom. **The elders of these regions largely attributed their wellness and longevity to consistent use of the fungi.**

MODERN USE

A 4-week parallel group study was carried out in 2015 on 52 male subjects between the age of 21 and 41 and aimed to analyse improvements in human immune cell lines following consumption of either 5 or 10g of dried shiitake mushrooms daily. Participants had their blood measured before and after the 4-week trial. 60% increases in T cell proliferation and 2-fold increase of natural killer cells were observed at the end of the trial. The activation receptors of both cell lines improved suggesting that shiitake increases cell effector function. Secretory IgA scores increased which is suggestive of improved gut mucosal immunity. Significant reductions of CRP & MIP-1a/CCL3 proteins were observed, which the researchers claim occurred under conditions less inflammatory than at baseline. This highlights the simultaneous anti inflammatory action of the mushroom.

HISTORY AND LORE

It is said that around 200 AD, The 14th Japanese emperor Chuai was offered shiitake mushrooms by the Kyusuyu tribe, otherwise known as the original peoples of Japan. **Japanese royalty praised shiitake and used it to increase sexual vigour and stamina.**

The cultivation of shiitake is first documented in China around 1000 years ago during the Song dynasty. A woodcutter named Wu San Kwung cut into a log covered with shiitake which he later noticed began growing in the cavities where his axe had made an impact. This marked the beginning of the log cultivation method within Zhejiang Province.

Kwung's contributions to medicinal agriculture remain highly valued by the Japanese and festivals in his name are still held throughout this region today.

MAY SUPPORT

Immunity
Cardiovascular system
Blood vessels
Respiratory system
Liver
Antioxidant defences

ENERGETICS

Neutral



Words by Dan Sipple & Mason Taylor

SuperFeast Medicinal Mushroom Blends

Now that you have been acquainted with some of the most highly revered medicinal mushrooms around the world, we want to introduce you to our beloved blends - the Mason's Mushroom Blend and our Mushroom M8 Capsules.



Mason's Mushrooms

Our **Mason's Mushrooms** is a super-blend of the favourite medicinal mushrooms in a single product, hand-picked to support immunity, gut health, hormonal function, and the nervous system. **Mason's Mushrooms** is an immunological powerhouse that works to support the body's return to harmony via its regulatory action on the nervous and hormonal systems, and Qi of all major organs.

Mason's Mushrooms is both the perfect starting point for someone just wanting to dive into the world of tonic herbalism, and can't decide which mushroom they want to focus on. It is also a convenient way for the mushroom fanatic to ensure they are getting their daily dose of mushroom magic in one easy spoonful.

MASON'S MUSHROOMS MAY HELP TO

- Strengthen the Spleen & Lungs
- Nourish & strengthen the Liver, Kidney, and Heart, making it a full-power formula to bring overall harmony and vitality to the body.
- Improve energy
- Support the nervous system, regulating sleep and stress levels
- Improve gut and immune health
- Regulate hormonal function



Mushroom M8

Now let's talk about our newer mushroom ally - our Mushroom M8 capsules.

We understand that not everybody can learn to love the somewhat complex flavours of tonic herbs and medicinal mushrooms, and we wanted to find a way to ensure that you were still able to integrate this medicine into your life. So of course, encapsulating them made the most sense.

At SuperFeast we tout the health benefits of mushrooms constantly, but the number one reason we love our fungi friends is their role in supporting immunity. The Mushroom M8 capsules contain eight powerhouse medicinal mushrooms, all extensively researched for their immune supportive properties. Whilst very similar to our Mason's Mushroom blend, many of the benefits that we discussed earlier will very much still be aligned with our Mushroom M8 capsules too.

So whether you feel drawn to a single mushroom like our Reishi or Chaga, or want to begin your journey by integrating our Mason's Mushroom blend or Mushroom M8 Capsules into your daily routines, trust that our carefully sourced herbs, from traditional herb-producing regions of China in alignment with the Di Dao philosophy - will provide deep nourishment and support to your overall health and vitality.



