



DIY Herbal Fellowship

# Adaptogens

*Herbs that Heal and Restore*

**03**

**Adaptogens**



**03**

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**Medicinal Mushroom and how  
to work with them**



## LESSON 03

# In This Lesson, You Will Learn

- The adaptogenic and tonic qualities of a 8 medicinal mushrooms
- How medicinal mushrooms help an local environment to thrive.
- How to preserve medicinal mushrooms for medicine.

Mushrooms are miniature pharmaceutical factories, and of the thousands of mushroom species in nature, our ancestors and modern scientists have identified several dozen that have a unique combination of talents that improve our health.

-- Paul Stamets, American mycologist





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In this lesson we will look more closely at medicinal mushrooms, their adaptogenic, nutritive, and tonic qualities, and how to use them as medicine.



# Foraging for Medicinal Mushrooms:





# Important Caveats

- › **Make a positive ID from at least 3 sources**
- › **If possible go with an experienced mushroom forager the first time.**
- › **Dress appropriately for the weather.**
- › **Take only the mushrooms that you need.**
- › **Record where you found your mushrooms including date and time of day for future reference.**
- › **Don't eat mushrooms raw.**



# 6 Medicinal Mushrooms with Adaptogenic and Tonic Qualities





**Key take aways:**

**Mushrooms grown in nature are more medicinally potent than mushrooms grown in sawdust or grain spawn.**

**Fruiting bodies are more medicinally potent than mycelium spawn – except Chaga which is a mycelium mass.**

**The mushrooms you forage in the woods near you are more medicinally active and potent than mushrooms grown in a barn on sawdust and harvested thousands of miles away.**



# Reishi (*Ganoderma lucidum*) *Ganoderma, ling zhi,*

- USDA zone 2 to 10; found growing on hardwood trees, cultivated,
- Adaptogen, improves circulation, cardio-protective, neuro-protective, longevity herb, immune modulator, (safe for those with auto-immune diseases) anti-cancer, anti-inflammatory, prevents blood clots, blood pressure lowering, anti-histamine.
- Energetics: Bitter; Warming
- Many other species of *Ganoderma* are used in herbal medicine. Different species have traditionally been prescribed for different maladies in TCM.





# Chaga (Inonotus obliquus) Birch fungus

- USDA zone 1 to 7; Growth 5 to 15 inches; Harvest from living trees. Only take 1/3<sup>rd</sup> of fungus. Harvest from the same tree once every 4 years.
- Antiviral, anti-inflammatory, nervine, immune support, heart tonic, detoxifying, neuroprotective, adaptogen, anticancer, respiratory support, anti-diabetic, anti-clotting, analgesic, antioxidant, protective against radiation,
- Support immune system, brain and memory, respiratory system, and nerves.
- Energetics: Bitter, cooling
- Harvested from the wild on birch, alder, and elm. The Birch harvested chaga is more potent.





# Lion's Mane (*Hericium erinaceus*)

- USDA zone 4 to 8;
- Antioxidant, nervine, immune support, expectorant, detoxifying, anti-anxiety, neuro-protective, nervine, nootropic, adaptogen
- Support nervous system, mind, immune system.
- Energetics: Drying and cool; Some consider this a balanced energetics.
- Used as a food as well as medicine.





# Maitake (*Grifola frondosa*)

## Hen of the woods, King of mushrooms



- Grows in temperate forests on oak roots of decaying trees, also on maple and other hardwoods.
- Antioxidant, immune stimulating, anti-cancer, hypoglycemic, anti-inflammatory, regulates blood pressure, nutritive.
- Energetics: Sweet, umami taste; moistening
- Supports: Immune system, digestive system, nervous system, cardiovascular system
- Cooked and used in food as well as medicine.



# Turkey Tail Mushroom (*Trametes Versicolor*)



- Temperate forest polypore found on fallen logs.
- Antioxidant, immune modulating, anti-cancer, hepatoprotective, nervine, respiratory support.
- Energetics: Cool, sweet, moistening
- Supports: Immune system, lungs, liver, nervous system
- Medicinal mushroom



# Shiitake (*Lentinula edodes*)

- USDA zone 4 to 8; Growing on oak and other hardwood logs; found in grocery stores.
- Antioxidant, anti-viral, hepatoprotective, nervine, immune support, expectorant, detoxifying, anti-anxiety, anti-tumor, tonic
- Support immune, cardiovascular, liver
- Energetics: Sweet, cool;
- Used in cooking







The best way to extract the strongest, most complex water-soluble mushroom medicine is to preserve them fresh.

**JULIETTE ABIGAIL CARR, HERBALIST**



**Key take away:**

**Mushrooms need to be tinctured using a 2 part process to capture both the water soluble and the alcohol soluble portions.**



# Double extract of Mushrooms

## *Ingredients:*

Dried, chopped mushrooms  
80 proof vodka (40%)  
Water

## *Directions*

1. Divide dried and chopped mushrooms into two equal parts.
2. Using 1 part, prepare a tincture by covering half of the mushrooms with enough alcohol to keep them submerged.
3. Allow to steep 4-6 weeks, shaking occasionally
4. Strain. Reserve tincture.
5. Prepare a decoction by combining the second half of the mushrooms with twice the volume of water than what you used for the total solvent volume of the tincture you made. Simmer the decoction in a crock pot on low heat overnight.
6. Strain the decoction and continued to simmer the liquid until it equals one half the volume of the strained tincture. Remove from heat and cool completely.
7. Combine the liquids from the decoction and tincture, with the end product roughly 25% alcohol by volume.
8. Label and date. This mushroom extract is shelf stable. **Serving size: 1 ml/1 dropperful daily**



# Drying mushrooms

- *Mushrooms can also be preserved by drying.*
- *Mushrooms dried in the sun contain natural vitamin D.*
- *Dried mushrooms can be simmered in soups and stews. Woody polypore mushrooms can be removed prior to serving.*
- *Dried mushrooms can be powdered put in capsules, mixed in coffee or cocoa drinks, or seal into tea bags for daily use.*



“I believe that mycelium is the neurological network of nature. Interlacing mosaics of mycelium infuse habitats with information-sharing membranes. These membranes are aware, react to change, and collectively have the long-term health of the host environment in mind. The mycelium stays in constant molecular communication with its environment, devising diverse enzymatic and chemical responses to complex challenges.”

**PAUL STAMETS, *Mycelium Running***



## LESSON 03

# In This Lesson, You Learned:

- ✓ The adaptogenic and tonic qualities of a 8 medicinal mushrooms
- ✓ How medicinal mushrooms help a local environment to thrive.
- ✓ How to preserve medicinally active mushrooms for medicine.



# Take Action Now

- ➔ **Make a medicinal mushroom tincture using the double extraction method.**



## LESSON PREVIEW

# In The Next Lesson, You'll Learn:

- **The dangers of using adaptogens as the primary therapy for stress relief or chronic fatigue.**
- **Why lifestyle changes are more valuable than stress-herbs for healing our body.**