

Healing MUSHROOMS

For over five thousand years, mushrooms have been used as an effective medicine. Now, researchers are rediscovering the amazing value of these traditional medicinals as well as uncovering new benefits—benefits that can safely and naturally improve your health and well-being. Written by Dr. Georges M. Halpern, a top medical scientist, this easy-to-use guide provides a fresh look at the history and uses of eight healing mushrooms: maitake, reishi, shiitake, *Cordyceps sinensis*, *Agaricus blazei*, *Phellinus linteus*, *Trametes versicolor*, and *Hericium erinaceus*.

The book begins by describing how ancient cultures of the East and West utilized mushrooms to combat the ravages of diseases. It then looks at how modern science has refocused its attention on the healing properties of mushrooms and, along the way, discovered some wonderful new properties of these gifts of the earth. The chapters that follow examine the folklore, the health benefits, and even the culinary uses of each of the mushrooms under discussion. Included are detailed instructions on how to buy, store, and use these products, as well as a helpful, up-to-date resource section offering important consumer information.

From its use as a cholesterol-lowering agent to its anti-tumor activity to its promise of reversing Alzheimer's, the mushroom is one of nature's greatest wonders. Let *Healing Mushrooms* change the way you think about this marvelous medicinal.

ABOUT THE AUTHOR

Georges M. Halpern, MD, PhD, attended medical school at the University of Paris, France. He subsequently received a PhD from the Faculty of Pharmacy, University of Paris XI—Chatenay Malabry. A Fellow of the American Academy of Allergy and Immunology, Dr. Halpern is board certified in internal medicine and allergy, and is Professor Emeritus of Medicine at the University of California—Davis. He is currently Distinguished Professor of Pharmaceutical Sciences at the Hong Kong Polytechnic University.

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HALPERN

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A Guide to Understanding and Using the Healing Properties of Medicinal Mushrooms

Healing MUSHROOMS

EFFECTIVE TREATMENTS FOR TODAY'S ILLNESSES



POWERFUL ANTIOXIDANT

NATURAL ANTI-INFLAMMATORY

FIGHTS VIRUSES AND FUNGUS

SAFE ANTI-BACTERIAL



GEORGES M. HALPERN, MD, PhD