



## Medicinal Tinctures

Our farm specializes in natural log grown shiitake and other log-grown mushrooms in an outdoor setting. Research has shown that natural log grown mushrooms are high in many of the bioactive compounds identified to have immunostimulating effects. Long recognized and valued in Eastern medicine mushrooms are becoming increasingly recognized and valued for their medicinal qualities in the US. Many of the Eastern medicinal mushroom preparations are water-based decoctions. It has been shown that many of the bioactive compounds are also alcohol soluble. Western herbalists have done double extraction methods to more fully extract the wide range of bioactive compounds, which is the procedure we follow. Be advised that we cannot make any medical claims for our tinctures. The FDA has not evaluated or approved any of these mushrooms for medical purposes, however, there is increasing research to support their effects. We encourage you to do your own research as needed to investigate information on these preparations. There are many websites to research medicinal mushrooms but a comprehensive site that also lists current research is [www.medicinalmushroominfo.com](http://www.medicinalmushroominfo.com)

Our current line offers some of the most well-known medicinal mushrooms, Shiitake, Reishi, Maitake (Hen of the Woods) and Lion's Mane. Our offerings will be expanding soon to include other mushroom species such as Chaga, Turkey Tail, Oyster and Split Gill.

**Shiitake** is notable for its dramatic effects on lowering blood serum cholesterol. It also stimulates the immune system possessing anticancer, antitumor, antibacterial and antiviral properties. Recent research shows promise in having an inhibitory effect on cell destroying effects of the HIV virus.

**Maitake** mushroom has been used in traditional Eastern medicine as an immune system enhancer. Researchers have also indicated that Maitake has the ability to regulate blood pressure, glucose, insulin and both serum and liver lipids, such as cholesterol, triglycerides and phospholipids. May also be useful for weight loss.

**Reishi** ( *Ganoderma lucidum*... aka Lingzhi) possesses anti-tumor, anti-cancer, immune system enhancing qualities. It has also been found to inhibit platelet aggregation, and to lower blood pressure, cholesterol and blood sugar.

**Lion's Mane** (*Hericium*) has immunostimulating effects but has also shown promise in regeneration of damaged nerve cells, stimulation of nerve growth factor (NGF) in the central and peripheral nervous system, repair of neurological degradation from senility, improves cognitive function, memory loss and reflexes.

**Hawthorn** (our only non-mushroom tincture) This is an alcohol extraction as that is where the active compounds are soluble. It is very noteworthy for its support of heart health as it specifically nourishes cardiac muscle.

- **General Immune Booster**... Mushroom Medley (Reishi, Shiitake, Maitake)
- **Sugar Metabolism (Diabetes)**... Mushroom Medley (Reishi, Shiitake, Maitake)
- **High Blood Serum Cholesterol levels**.... Shiitake
- **High Blood Pressure**... Maitake, Shiitake (Mushroom Medley)
- **Chronic Lyme Disease Symptoms**... Mushroom Medley (Reishi, Shiitake, Maitake)
- **Arthritis**... Reishi
- **Nervous System Support (Brain support)**... Lion's Mane
- **Anti-Cancer/Anti-Tumor**... Mushroom Medley (Reishi, Shiitake, Maitake)
- **Heart Health**... Hawthorn