

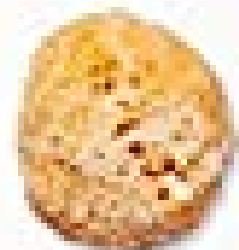


With 50 easy recipes for boosted immunity,
revved-up metabolism, increased energy, and more



HEALING MUSHROOMS

**A Practical and Culinary Guide to
Using Mushrooms for Whole Body Health**



TERO ISOKAUPPILA
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Tero Isokauppila

Healing Mushrooms: A Practical and Culinary Guide to Using Mushrooms for Whole Body Health



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The best resource on using adaptogenic mushrooms to boost immunity and promote whole body health the natural way.), Recovery Mushrooms unlocks the vast potential of the often-overlooked superfood category and you will be the go-to resource for adding mushrooms to your wellbeing and wellness regimen. A lot more familiar mushrooms, like Shiitake, Oyster, and Enoki, are full of seriously healing potential--you have to know how to utilize them. In Curing Mushrooms, you' Though a few of these mushrooms, like Tremella, Cordyceps, and Reishi will audio exotic, they're all easy to source online in extract form and easier to use in recipes. ll learn about the ten most powerful mushrooms you can add to your daily diet to maximize your health gains. Adaptogenic mushrooms are among today's buzziest superfoods, known for his or her capability to restore skin's youthful glow, increase energy levels, reduce brain fog, keep your hormone levels in check, and so much more. Packed with practical info, fun illustrations, and 50 mushroom-boosted dishes for breakfast, lunch, and dinner (and also dessert!



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Straight-forward, useful guideline and recipe book "[Human being] beings and mushrooms share roughly 85 percent of the same ribosomal RNA and almost 50 percent of the same DNA. Five Stars Great and easy read! It may be simply the case for the Kindle edition, but I would like it better if the photos had been placed alongside their quality recipes. All in all, a great reserve to start out your journey in to the (healing) globe of mushrooms! The recipes are sorted by medicinal goal--regulate blood sugar, gut health, hormonal stability etc.--offer a variety of options for both savory and lovely cravings, and address various dietary preferences and needs. It's actually opened my eye to the mushroom globe, so to speak. We also really appreciate the purchasing guide that explains what things to consider when buying mushrooms, be it fresh or dried, to ensure you are able to identify quality items. Although he does inform a nice tale about each different kind of mushroom, these reeds are too thin to support the fat of his arguments. My mind is still blown by that little factoid. This book is a quick read, since it is principally a recipe book--but don't skip the introductory chapters, because they teach you about the kingdom of mushrooms (yep, shrooms have their own kingdom) and list profiles of what I assume you could call the mushroom super stars. Dishes are SERIOUSLY lacking & the Author promotes his own items far too much Great info on shrooms (although We agree with prior reviewers that he will not include adequate scientific references).! HOWEVER, for crazy mushroom hunters that get their stuff from the woods within their Normal environment: THIS IS NOT THE Reserve FOR YOU! Searching quickly through the quality recipes, it looks like the vast majority of the substances are things you almost certainly have already or easily found in the grocery store. The author just highlight a narrow selection of mushrooms (mainly medicinal) and the quality recipes call for dehydrated mushrooms and/or he promotes HIS OWN COMPANY'S mushroom powders (that i mean, hey it's his own book so it's fine if he wants to promote his very own stuff, but easily had understand I was spending money on a giant advertisement for Four Stigmatic I'd have never purchased it). I haven't yet tried any of the recipes in the book, but I definitely intend to! VERY Impressed I just got the reserve today therefore far I'm very impressed. I feel that I am better able to explain my like of mushrooms and their recovery properties to all those that will listen after reading through this book. Tero clarifies what the mushroom is used for, HOW it works in your body and gives you interesting Fun Specifics. I would also try the author's drink items but believe he should lower his prices. I was most disappointed with the recipes. There were only a couple things I wasn't sure about. The photography is quite well done! Also the PAPER feels good in my own hands. LOL! This will be among the cookbooks not really spending enough time on the shelf, I can tell you that. i very much enjoyed it amazing book! No scientific referencers support his extraordinary claims! This is probably a good book for "beginner" mushroom lovers that buy their items from stores. I love that they incorporated recipes so you can observe how precisely to incorporate mushrooms into your regular diet. i very much enjoyed it! AND recipes are split into categories for specific health issues: blood sugar regulation, chronic inflammation, gut wellness, immune support, etc. Not only is it well written, it's written in a way I can understand and not all scientific or medical terminology. Ideal for the mushroom beginner I got this book for my hubby, since he's into taking mushrooms mainly because supplements (he purchases them in powdered form). There are great tips to help you actually USE the recipes in the book instead of just thinking about it. This book is useful and easy to read and understand. Tero didn't let me down. Informative, fun book! I first found out about Four Sigmatic products through Sid Garza-Hillman and kind of wrote it off as yet another wacky trend. Down the road, I heard Tero talk about how he got thinking about mushrooms and their curing effects on the Wealthy Roll podcast. I was intrigued

therefore i decided to learn more by getting this book. Remember that all quality recipes are meatless, though, but that doesn't mean you can't add poultry to that 'shroom salad or bacon bits to those maitake muffins, for instance. Overall, a great book to learn by a fun guy (had to throw that in there) and a reference I know I'll get back to repeatedly. If you are searching for quality recipes for wild-foraged mushrooms like trumpets, chanterelles, chicken of the woods, boletes, etc, then definitely look elsewhere (one of my faves is "Untamed Mushrooms" - stunning photography and absolutely delectable quality recipes for the most commonly foraged edible crazy mushrooms).! Not only does he cover the basic knowledge about mushrooms and their medicinal properties, but the information regarding the extraction process and how to ensure you are receiving a quality item is vital in my opinion. There are only a couple of cooking ideas that are interesting if you ask me. Shrooms! This book is an abundance of knowledge I recommend this to anyone thinking about learning about medical benefits of mushrooms. Unfortunately, his salesmanship eclipses anything else. He highlights 10 well-known medicinal mushrooms and writes about their different properties, but he NEVER cites any scientific authority to aid his assertions. I was extremely hopeful that the dishes will be useful, but practically every one of them offer Tero's mushroom powders rather than fresh mushrooms. Advertisment for the author's mushroom powder business. It's daunting nowadays to separate specifics from fiction. The info is presented in a straight forward, unbiased, and understand way. The only criticism I have is that the all photographs were outlined by the end. Since he is in the business of selling mushroom power at FourSigmatic, this hard selling book is actually a reader-supported advertisement. If Tero's "specifics" were supported by some reasonable evidence, this reserve could be a video game changer. He bandies about many scientific terms and suggestions, but leaves readers without a single scientific reference to support his claims. Good info Good info Readable with good recipes Got this for my mom as a gift- she LOVES the book. And loves the recipes inside. Tero writes with in the tone of Dale Carnegie self-help authority. I browse the entire publication in a couple of hours. Without referring to any external sources, we are left to take Tero's phrase for everything. amazing book! Mushrooms are awesome! They are amazing, and I am usually looking to find out more about them.! . This book includes a lot of helpful information about various different types of mushrooms and their----possible health benefits, although we have hardly ever bought anything from the authors firm. Interesting Information on preparing mushrooms for ingestion. A quick read very best enjoyed with a mushroom beverage in hand This is an extremely quick and easy to read summary of the medicinal mushrooms, their benefits and several recipes. I've been taking powdered mushroom products for the last 6 months plus they are beneficial. More people should eat them and should change their lifestyles as well. They would feel better and the globe would probably be a better place. The recipe section is divided into categories predicated on health issues." - Healing Mushrooms If it doesn't make you wish to find out more about mushrooms and their medicinal properties, I have no idea what will.



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