


Feel Good Friday: Reishi, a Recipe and a Recommendation

1 message

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Reishi

Ganoderma applanatum

Pictured here is Don's very first reishi mushroom. You will notice its massive size in comparison to the coffee cup. Reishi (*Ganoderma lucidum*) was first recorded in Traditional Chinese Medicine and is now used around the world to treat a variety of symptoms and to increase life force energy (Qi) as we will learn in this week's *Herb of the Week* section

Don has studied with many acclaimed experts throughout his career, including ethnobotanist Nancy Turner. It was Nancy who gave Don the Reishi Mushroom pictured above.

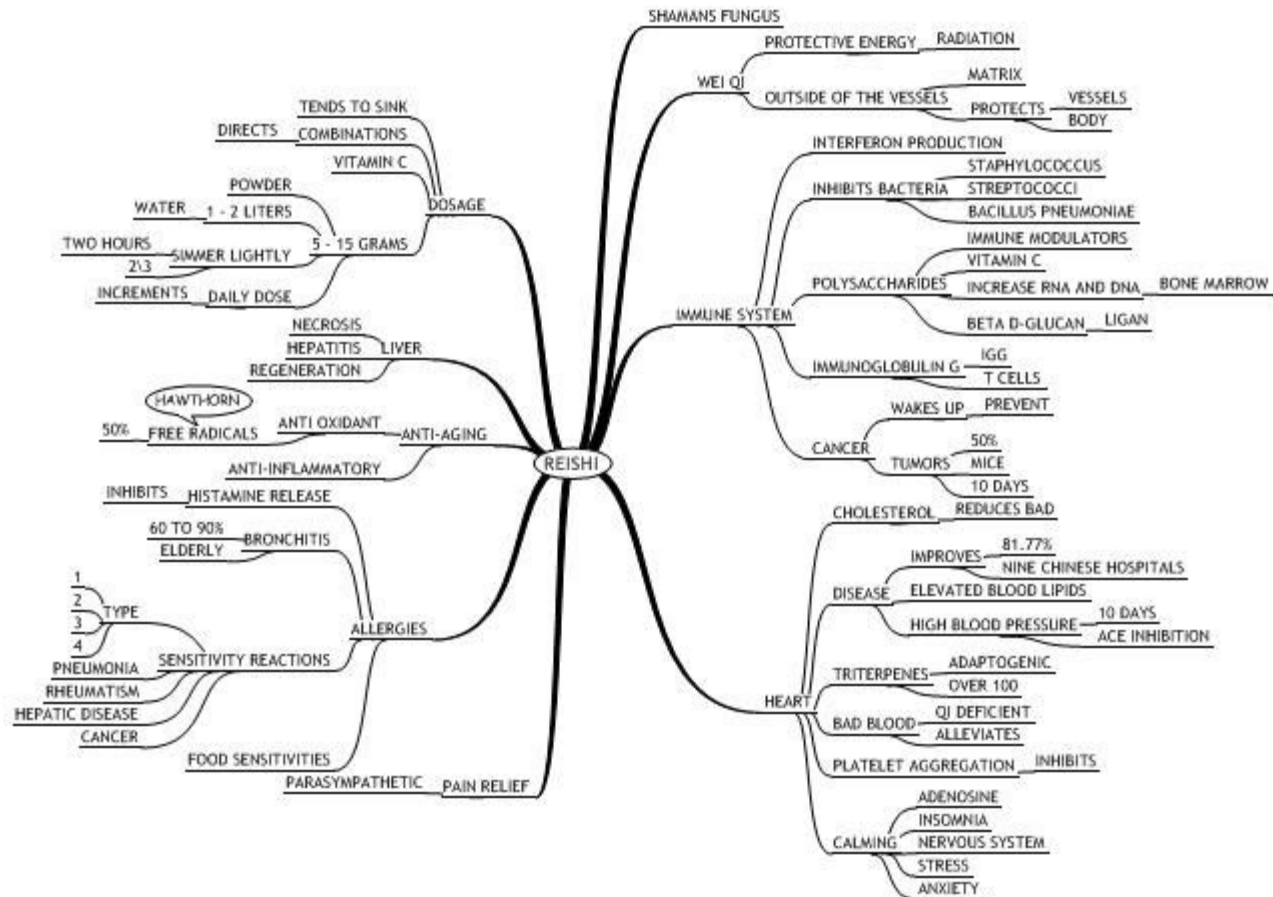
Get to know Don!

Herb of the Week

Reishi Mushroom

Ganoderma lucidum

Ling Zhi



Don uses mind maps to explore ideas, herbs and as a teaching tool in his classes and mentorship program. Here, Don has mapped the many uses for Reishi in a dynamic illustration of this medicine.

Download a free copy of this mindmap here: <https://grassrootsherbalism.com/free-downloads>

"Herb of Spiritual Potency" or "The Herb of Immortality"

Reishi (Ling Zhi) has gone by many names since it was first documented in Traditional Chinese Medicine around 200 BC. Until the 1970s, when the Japanese began to cultivate Reishi, it was considered rare and only available to aristocrats and royalty. Reishi was believed to raise Qi and was associated with success, longevity and immortality. These powerful fungi were held in such high regard they were featured in ancient art, often as a cloud or scepter.

How we work with reishi today

An adaptogenic herb is known to work with all metabolic types and constitutions for a myriad of symptoms and life-altering illnesses, including many cancers and auto-immune disorders. These special herbs are also used by herbalists for general wellness, support during stressful times and healing of the person, mind, body and spirit. Reishi tops the list in this special class of herbs, and thanks to cultivation, is widely available to people from all walks of life around the world.

Reishi is rich in triterpenes, polysaccharides, alkaloids, mannitol and coumarin. The biochemistry of the triterpenes (ganoderic acids) found in reishi have a similar molecular structure to steroid hormones. No wonder reishi is so supportive to our stressed bodies and minds! Reishi has been researched for many reasons, including its "natural killer cells," which have been shown to reduce or destroy cancerous tumors in the body. Reishi is also used to aid in the recovery and healing of cancer patients who have undergone chemotherapy and/or radiation.

As we age our potential to have higher levels of cholesterol in the blood and high blood pressure increases. Reishi makes a wonderful tonic, is heart protective and aids in the reduction of bad cholesterol. Those with arteriosclerosis

(hardening of the arteries) may benefit from reishi's ability to keep the arteries soft and moving blood flow gracefully. If you are facing a heart-related condition be sure to ask your health care practitioner or physician before adding reishi to your daily regimen.

Food, extract and powder

Reishi can be used in a variety of ways for your overall health. Depending on access, affordability and symptoms your herbalist may suggest you take reishi in one of three ways:

Food: reishi extract (it is a hard conk and cannot be eaten as is) can be eaten in your favorite veggie stir fry, soups and salads. Taking this herb in foods as you wish can enhance the benefits you are already getting from a healthy diet. Very bitter so a little bit goes a long way.

Extract: many herbalists agree a double extraction (water & alcohol) tincture offers the highest level of medicine that can be extracted from reishi. Extract is recommended for healing the liver, heart, as an anti-histamine and daily support.

Powder: reishi in powder form is also powerful medicine. It may be a choice option for those who do not wish to take an alcohol extract or who prefer to add the powder to a daily smoothie, yogurt or keifer and tea.

Reishi brings so much abundance in the way of health and support into our lives. As you begin to research and learn about this mushroom you will find the possibilities for bringing it into your life are endless. Don's students have reported moving experiences in learning about reishi, being near and dreaming about this truly magical herb.

Warning: Many reishi products in the market place are selling the mycellium from the mushroom and not the fruiting body. The vast majority of the scientific research on reishi has been done on the fruiting body. We recommend the product [Real Mushrooms](#) as we know the grower personally.

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Let your herbs sing a song of harmony and balance to your body with Don's yogurt blend brimming with healing notes from reishi, kelp, cayenne and hawthorn.

One of the many ways herbs can nourish, heal and protect our bodies is through food. Creating a simple meal or snack for yourself, including your favorite herbs, can bring about much change in how you feel in your body, emotionally and physically.

Netflix Movie of the Week: *Brain on Fire*

Susannah Calahan's "month of madness" included a strange string of symptoms ranging from psychosis and temporary paralysis to seizures. This film will keep you on the edge of your seat as a doctors work to find the root cause of Calahan's symptoms. *Brain on Fire* shows the complexities of hard-to diagnose medical conditions from the perspectives of the patient, her family and the doctors who treated her.

[Watch it here!](#)



"Don is a positive, enthusiastic and energetic advocate of herbal healing, who lives his own beliefs and is an inspiration to many people including myself. His ongoing "herbal healing programs" are enjoyed and respected by all those who participate in them. He has been and continues to be a positive force in the lives of many people."

Nancy Turner Professor University of Victoria

New: Grassroots Herbalism Community

Phase 1 has begun with Don's mentees moving in.

Next will invite all Don's students graduates or not, past and present.

Grassroots Herbalism Community is for students, graduates and mentees, hosted on a private dedicated server. We will let you know as soon as it is ready. We are working on it.

Here you will be able to participate with Don, herbal mentees and other herbal students, advanced or beginners.



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