



Chaga: King of the Medicinal Mushrooms

David Wolfe

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Taking the counsel of Hippocrates—"Let food be thy medicine and medicine be thy food"—acclaimed author David Wolfe brings the wisdom of eating herbal medicine to today's health-conscious readers. His enthusiastic fan base, which includes celebrities such as Woody Harrelson and Angela Bassett, continues to blossom as more and more people realize the healing and immunity-boosting properties of raw and medicinal foods.

In *Chaga*, Wolfe presents the many virtues of medicinal mushrooms, which boost immunity, stave off allergies and asthma, help fight against cancer, and generally improve core vitality. But the star of the book is chaga—"the king of the mushrooms"—which holds the greatest storehouse of medicinal properties of any mushroom species.

In addition to exploring the extraordinary history, lore, scientific research, and future of this potent healing mushroom, Wolfe provides readers with recipes for teas, soups, fermentations, and tinctures—as well as tips on how to obtain quality chaga products. Other mushrooms are also discussed, such as the fabled queen of the medicinal mushrooms, reishi—which promotes a healthy immune system—and the cordyceps—which fights fatigue, improves endurance, increases lung capacity, and more.

The wealth of wisdom, research, recipes, and advice will enlighten and satisfy Wolfe's fans, as well as any reader curious about natural ways to improve health and promote healing.

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