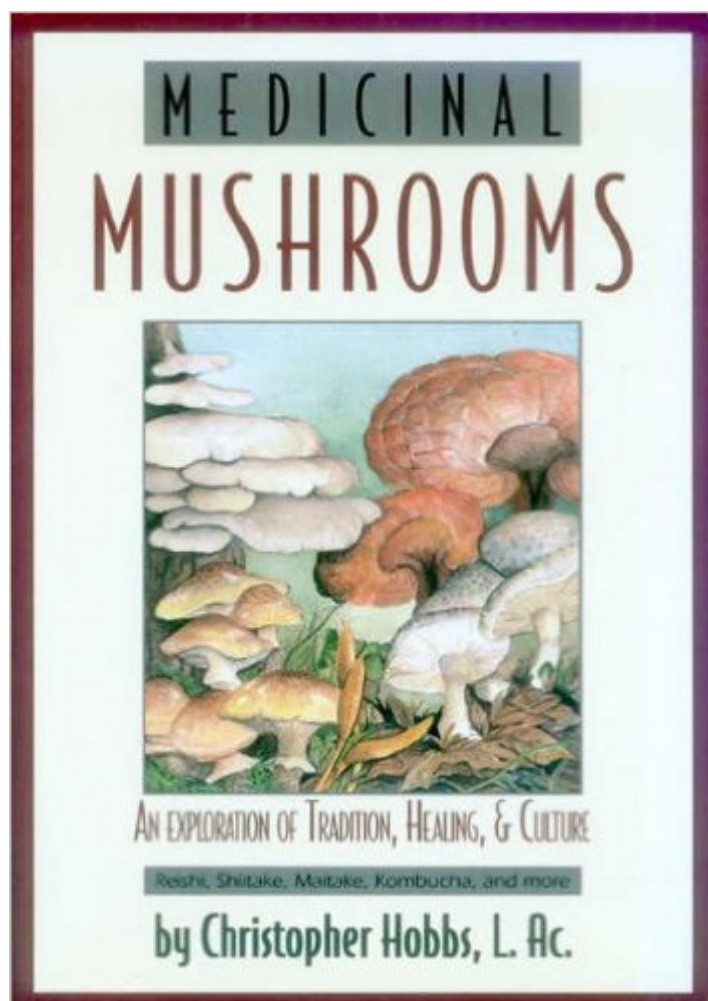


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# Medicinal Mushrooms: An Exploration Of Tradition, Healing, & Culture (Herbs And Health Series)



## Synopsis

Medicinal Mushrooms is a modern handbook for exploring and understanding the rich traditions of healing fungi in Eastern and Western cultures. Author Christopher Hobbs thoroughly documents and details the nutritional and health benefits of over 100 species of edible fungi. Here is the most complete work on the cultural, health-promoting, and medicinal uses of mushrooms ever published!

## Book Information

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## Customer Reviews

This book is a reference for many people, both professionals (like producers/sellers of medicinal mushrooms) and consumers. Unfortunately, it is very outdated in many aspects (I think the last update was 1986 !!!)As an example, he writes about Chaga that the product is not sold outside of Russia, and the other background on Chaga is also extremely dated - online you can find much better factual articles, complete with references, many of which are newer than this book. Just Google Chaga facts!Please Mr. Hobbs, give us an update!!

I originally heard about this book when seeing it appear in the bibliographies of other materials pertaining to edible and medicinal fungi. My intrigue lead me to purchase this book directly and read it cover to cover within a few days. Being someone who is studying holistic/traditional medicine with a scientific background, I was pleasantly surprised to come across this gem.I was shocked to see that there are only five reviews for this book as of the time I am writing this one. Perhaps it is not as widely known as I thought it might be. It is rare to come across a piece of literature that seamlessly

combines modern, cutting-edge scientific data on the biochemistry and medicinal actions of fungi with traditional knowledge gathered over the ages. Hobbs not only manages to do this consistently in this work, but he does so with keen enthusiasm and informative finesse. This book is accessible to a wide range of audiences and there is something in it for anyone that has a relationship or curiosity with medicinal mushrooms. For these reasons I highly recommend it.

Mushrooms have always been something I've put on pizza or added to my vegetarian stir-fry. I'm an herbalist and mainly use whatever I can grow or purchase locally. Since I cannot grow mushrooms in Florida, I've ignored them over the years. I specifically was looking for one type that helps thyroid and arthritis so purchased this book for my kindle fire hd. I was really worried that the illustrations would be impossible but they are surprisingly good. Also, navigation between the chapters for referencing is so simple. I would much rather use my kindle but until now have been wary of using it for non-fiction books. So I not only bought an excellent book about medical mushrooms, but I have also learned that the kindle fire will handle it beautifully. The book includes information about Western and Traditional Chinese Medicine usage, nutrition, scientific research and monographs on the various medicinal fungi. Finally, the affordable price adds to my recommendation of this book. As always, look inside before buying.

As an herbalist who has had this book for several years, I find that I return to the book again and again. Chris Hobbs puts together research and his own clinical background on a wide variety of mushrooms. Highly recommended.

I'm learning about wild mushrooms so I'm somewhat hesitant to criticize this book. The things that I find dissatisfying may just be the objective facts and not the fault of the author who's a well known expert in this area. First of all this is not a field guide and should be read with at least one or more field guides to hand especially if one is a novice. There is a pretty large number of mushrooms that are described at length and there is another section that deals with mushrooms that the author considers of lesser interest as medicinal resources. In addition to his monographs on individual mushrooms Hobbes provides a table which gives a quick overview of medicinal mushrooms and a chart that links symptoms with mushrooms that may be useful in treating them. The chart is invaluable and gives quick answers to questions and also shows the number of mushrooms that are considered by Hobbs to be anti cancer agents. The author provides a small section that addresses the nutritional values of mushrooms and even includes recipes. My dissatisfaction stems from what

appears to be a focus on mushrooms as cancer fighters while less is said about their use for other medical issues and this is where I feel I may be treading on thin ice; maybe this is all there is. I don't know. I do know that other sources seem to practically rave about the health giving and medicinal aspects of birch polypore and the author mentions them in passing and doesn't mention that they can be used as bandages for cuts and injuries. Similarly it seems to me that chaga isn't addressed very thoroughly. Medicinal plants can be applied in first aid applications like plantain for small cuts and insect bites and stings or longer term like making pine bark tea to treat a cold or very long range treatments against medical conditions like cancer or diabetes and it seems that the shorter term applications aren't addressed very much. It may be that some of the information I was looking for wasn't known when this book was written, it has a copyright date of 1986 so the information in it is essentially thirty years old. Maybe they just aren't there but I think I'm going to try to explore some other sources too. This book is definitely a good basic source to start one's exploration of medicinal mushrooms but I feel that I'll have to try to find other and more recent sources as well.

The classic of the classic of the medicinals mushrooms books... an incredible vision into the world of medicinals mushrooms... a little bit outdated (2002) but still very interesting... if you wish to buy only one book and you don't really care about the new up-to-date research you got the one... a lot of info about traditional chinese medicine... cover many species, clear info, interesting writing... can't find much against that book!!! A great gift for anyone interest in mushrooms... or in natural remedies...

As a experience schroomer I found the book very informative on a subject that very little known in the US.

Every gardener should buy this book. The literature on mushrooms is vast, but this book is a perfect beginning and guide.

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