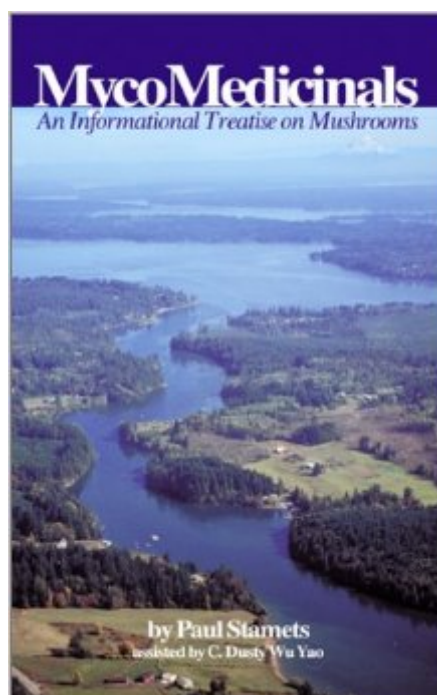


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# MycoMedicinals: An Informational Treatise On Mushrooms



## Synopsis

MycoMedicinals: an Informational Treatise on Mushrooms, 3rd Edition By Paul Stamets. Written by a mycologist and mushroom cultivator with more than 20 years of experience in the field, this full-color resource guide describes and documents the health benefits of 17 different species of mushrooms: Agaricus blazei: Royal Sun Agaricus or Himematsutake Cordyceps sinensis: Cordyceps or Dong Chong Xia Cao Flammulina velutipes: Enokitake Fomes fomentarius: Ice Man Fungus or Amadou Fomitopsis officinalis: Agarikon Ganoderma applanatum: Artist Conk Ganoderma lucidum: Reishi or Ling Chi Grifola frondosa: Maitake Hericium erinaceus: Lion's Mane or Yamabushitake Inonotus obliquus: Chaga Lentinula edodes: Shiitake Phellinus linteus: Meshima Piptoporus betulinus: Birch Polypore Pleurotus ostreatus: Oyster Polyporus umbellatus: Zhu Ling Schizophyllum commune: Split Gill Polypore or Suehirotake Trametes versicolor: Turkey Tail or Yun Zhi Newly updated and expanded, MycoMedicinals: an Informational Treatise on Mushrooms includes answers to frequently asked questions and an extensive bibliography. 96 pages, softcover.

## Book Information

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## Customer Reviews

The third edition of this book has now been published. It contains 96 pages, more than double the size of the previous edition. The previous reviewer reviewed the old, second edition of this book. Each of the faults he complained about has now been corrected. I am confident that if he could review the current edition, he would give it the same rating I give it: five stars. The book is not only longer, it is updated, and is excellent. It contains discussions of the medicinal properties of the

mushrooms, has color photographs of them and answers questions from readers. I recommend it highly to anyone who wants to know more about the medicinal properties of mushrooms. First, there is a useful chart showing a cross index of the mushrooms and the targeted therapeutic effects of each, which is worth the modest price of the book all by itself. The chart is copyrighted by the author and states that it is not to be duplicated or redistributed without permission. Second, there are listings for each of 17 mushroom, which include their Latin names (there are often several), common names; distribution and habitat, known active constituents, the form of the mushroom used, and medicinal properties. The listing for each mushroom concludes with a section called "comments," which contains a discussion of who has studied it for what medicinal properties, with what results and when, as well as Native American uses and ancient uses and anything else the author finds interesting about the mushroom. Third, there are questions from readers and answers. One of the questions is who recommends mushrooms? The answer includes list of doctors, including Andrew Weil, M.D. That's who turned this reviewer on to the the mushroom immune tonic of the book's author, Paul Stamets. Fourth, there is a good bibliography. Fifth, there is a short glossary. Last, there is an index, which could be better. But this is a minor flaw in an otherwise outstanding book. Paul Stamets is probably the most well-read and experienced mushroom person in the United States. This book reflects the best of his learning and craft. It should be on the shelf of everyone who takes mushroom products for medicinal purposes, or grows them or who is thinking about doing either.

Paul Stamets, the world-reknown mycologist, entrepreneur, and eco-activist, can arguably be called the premiere authority on edible mushrooms, both gourmet and medicinal. The attention to detail that he has brought to all of his books on mushroom cultivation are highly visible in this informative pamphlet on medicinal mushrooms. The nine medicinal mushrooms presented in the booklet represent the better known, researched and characterized varieties and are but a sampling of the vast array of the known and potential mycomedicinal pharmacopoeia. This forty-six page booklet gives excellent background on several of the better known edible, gourmet mushrooms which also have therapeutic potential, such as shiitake, maitake, and other exotic mushrooms. After a brief introduction which makes a strong case for the incorporation of medicinal mushrooms in the diet, the booklet places the nine mushrooms featured in the book into four distinct categories- Polypores (4), Gilled Mushrooms (3), Teethed Fungi (1), and insect parasitizing mushrooms (1). Each category contains a brief introduction which summarizes in general terms the history, folklore, physical and medicinal properties and therapeutic uses of the members of the category. From there, the booklet then goes on to describe in copious detail each member of the category by including information on

its medicinal properties, principal (bio-)active constituents, the form in which it is used, and additional comments on the mushroom that give more detail on things such as history, varieties, cultivation methods, and Stamets' anecdotal experience with the mushroom. Although quite small, the booklet is heavily referenced, and in fact, more than half of the text is devoted to references primarily focusing on clinical trials of the various mushrooms. Stamets, to his credit, also gives the reader a list of general articles devoted to the topic of medicinal mushrooms, as well as a good list of books and journals devoted to the subject of medicinal mushrooms. Surprisingly, he also provides for such a small exposition, a very workable index. Yet, the copious referencing throughout the text is at once both the booklet's strength and weakness. On the one hand, the references serve as a good jumping-off point for researchers looking to get involved in the field. On the other hand, the copious referencing interferes with the flow of the text, and at times, so much technical jargon is used (and not properly defined, I might add), that it almost feels like one is reading a research paper that is being submitted to a journal devoted to some sort of rocket science. While laypeople may zero in on some key points, I believe most of what he says about the therapeutic properties may be lost to them. Although Stamets has put together an information-dense pamphlet on glossy paper, future volumes should reconsider some of the pictures, which are adequate, and in some cases eye-catching, but are too small or are not very clear. In addition, his 'Short Glossary of Terms' is truly short, and has only eight definitions. While Stamets has succeeded in introducing the topic of medicinal mushrooms to the public (while, I might add, at the same time not making the tremendous faux pas of saying that 'mushrooms are plants', as many lesser writers on the subject have done), he may have unintentionally misled many uninformed laypeople into believing that the medicinal mushrooms represent some form of 'one-stop pharmaceutical shopping'. I can easily see and understand a situation where some poor soul who is probably taking two or three medications to control his or her arthritis and perhaps many more for a variety of other afflictions, may get the impression that by consuming one or more of these mushrooms, they could obtain immediate relief from their ills. Furthermore, giving Stamets the benefit of the doubt, a cursory review of the references will reveal that many of them are the findings of Chinese, Japanese, and Korean researchers (with a few Germans and Russians thrown in to boot); no doubt that many of the references are not written in English. As good practice, future editions should note the source language of the materials he quotes, and whether or not it is a translation or an original language document. In addition, while Stamets is very forthcoming about the results of the various clinical trials for different mushrooms, he has not given us any information on how the trials were conducted. Future editions of this booklet should also endeavor to give the reader this crucial

piece(s) of information. Finally, given the immense amount of data, timeliness and importance of this booklet, its current size is simply too small to give the subject its due. This reviewer hopes that Stamets will consider, and ultimately pen, a full-blown book on the subject. In the meantime, non-technical readers that desire more information on the subject of medicinal mushrooms should consult Kenneth Jones's highly informative and well-researched book titled, 'Shiitake: The Healing Mushroom'.

Paul Stamets is an amazing and highly respected authority on mushrooms and fungi.. you can read about him and his work, at [...]. I like this book as a brief introductory to the medical value of mushrooms and fungi. It's a great value for a newcomer to the world of mushrooms and fungi. There's a lot of information for the small price of the book. I highly recommend it, unless you prefer to pay a lot more money, probably for less information..

MycoMedicinals is a treatise by Stamets that offers information into the lives of the mushrooms that is not easily found anywhere else. I had become fascinated by a television program about the hill people in Tibet and how they managed to survive in their changing world by gathering and selling a mushroom called catapiller fungus. The first time the name was ever brought to my attention was a short mention of the fungus on another tv program a month before. The only information given was it was very rare and extremely costly. I purchased the MycoMedicinals book because I was hunting more information on the medicinal qualities of *Herichium erinaceus*, or Lion's Mane fungus. I was seeking information on its use in curing inflammation in the body. To my delight, the information found in MycoMedicinal supplied the additional info sought and the use in nerve repair. And further, this wonderful book also included the Catapiller fungus (*Cordyceps sinensis*). There were even more mushrooms not found in Stamet's other book, *Growing Gourmet and Medicinal Mushrooms*. For medicinal mushroom information, stay with Stamets, MycoMedicinal is a treasure trove. You will find that also his photographs are excellent and the writing enjoyable reading even to the layman with an interest in medicinal mycology. Burton Dale

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