

## **Mycomedicinals An Informational Treatise On Mushrooms Paperback**

An illustrated account R. Gordon and Valentina Wasson, the pioneering scientist couple responsible for popularizing the use of psychedelic mushrooms.

""A compendium of more than three hundred species of medicinal mushrooms and lichens, including their historic and modern-day usage, active chemical components, appropriate preparation methods, and cultural significance"--Provided by publisher"--Provided by publisher.

This is the first color-illustrated guide to polypores and similar fungi specific to the eastern and central regions of the United States and Canada. Welcoming and comprehensive, it accurately presents the currently available information about polypores, emphasizes identification based primarily on macroscopic field characters, and includes observational data drawn from the authors' extensive experience. It includes new species and genera; addresses changing nomenclature; and provides details about polypores' biology, morphology, composition, role as parasites, interactions with various arthropods, and purported medicinal applications. The book also highlights how changes in geology, soil structure, and plant species due to factors such as continental drift and climate change have affected the evolution of polypores.

Featuring more than 240 species of polypores, extensive and easy-to-use dichotomous keys, and more than 300 color illustrations and multiple maps and line drawings, it is a must-have for amateur and professional mycologists, forest service personnel, mycophagists, and anyone interested in learning more about this remarkable group of fungi.

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The journey through a diagnosis of MPN is different for each person and there is no road map that will work for everyone. In her book, *LIVING WELL with a Myeloproliferative Neoplasm*, Dr. Kristina Gowin provides an essential guide to treatment options and symptom management, while helping patients and their caregivers take an informed and active role in getting quality care, communicating with their healthcare team, and developing a support system. As importantly, she addresses all aspects of the patient—body, mind, psychosocial and spiritual health—promoting overall wellness in bodies already challenged by disease. By following Dr. Gowin's integrative approach— combining traditional and complementary therapies—MPN patients can get started on a path to living the best life possible every day. -- Gowin

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

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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.

An incredibly versatile cooking ingredient containing an abundance of vitamins, minerals, and possibly cancer-fighting properties, mushrooms are among the most expensive and sought-after foods on the planet. Yet when it comes to fungi, culinary uses are only the tip of the iceberg. Throughout history fungus has been prized for its diverse properties—medicinal, ecological, even recreational—and has spawned its own quirky subculture dedicated to exploring the weird biology and celebrating the unique role it plays on earth. In *Mycophilia*, accomplished food writer and cookbook author Eugenia Bone examines the role of fungi as exotic delicacy, curative, poison, and hallucinogen, and ultimately discovers that a greater understanding of fungi is key to facing many challenges of the 21st century. Engrossing, surprising, and packed with up-to-date science and cultural exploration, *Mycophilia* is part narrative and part primer for foodies, science buffs, environmental advocates, and anyone interested in learning a lot about one of the least understood and most curious organisms in nature.

*Wild Plants, Mushrooms and Nuts: Functional Properties and Food Applications* is a compendium of current and novel research on the chemistry, biochemistry, nutritional and pharmaceutical value of traditional food products, namely wild mushrooms, plants and nuts, which are becoming more relevant in diets, and are especially useful for developing novel health foods and in modern natural food therapies. Topics covered will range from their nutritional value, chemical and biochemical characterization, to their multifunctional

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applications as food with beneficial effects on health, though their biological and pharmacological properties (antioxidant, antibacterial, antifungal, antitumor capacity, among others).

Companion to the film *Fantastic Fungi*. Contributions from Michael Pollan, Andrew Weil, Eugenia Bone, and many more experts make *Fantastic Fungi* an awe-inspiring visual journey through the exotic, little-known realm of fungi and its amazing potential to positively influence our lives. An all-star team of professional and amateur mycologists, artists, foodies, ecologists, doctors, and explorers joined forces with time-lapse master Louie Schwartzberg to create *Fantastic Fungi*, the life-affirming, mind-bending film about mushrooms and their mysterious interwoven rootlike filaments called mycelium. What this team reveals will blow your mind and possibly save the planet. This visually compelling companion book of the same name, edited by preeminent mycologist Paul Stamets, will expand upon the film in every way through extended transcripts, new essays and interviews, and additional facts about the fantastic realm of fungi. *Fantastic Fungi* is at the forefront of a mycological revolution that is quickly going mainstream. In this book, learn about the incredible communication network of mycelium under our feet, which has the proven ability to restore the planet's ecosystems, repair our health, and resurrect our symbiotic relationship with nature. *Fantastic Fungi* aspires to educate and inspire the reader in three critical areas: First, the text showcases research that reveals mushrooms as a viable alternative to Western pharmacology. Second, it explores studies pointing to mycelium as a solution to our gravest environmental challenges. And, finally, it details fungi's marvelous proven ability to shift consciousness. Motivating both the visually stunning film and this follow-up book is an urgent mission to change human consciousness and restore our

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planet.

An introductory study on fungi considers a wide range from brewer's yeast and Penicillium to the poisonous death cap, noting significant and history-shaping specimens and considering the lives and works of top mycologists. (Biology & Natural History)

New in paperback: the controversial bestseller from one of health care's most passionate and outspoken advocates that reveals what we need to know about cancer to protect ourselves, treat ourselves, and even save our lives. After losing seven members of his family to cancer over the course of a decade, Ty Bollinger set out on a global quest to learn as much as he possibly could about cancer treatments and the medical industry that surrounds the disease. As he explains in this book, there are many methods we can access to treat and prevent cancer that go well beyond chemotherapy, radiation, and surgery; we just don't know about them. Now available in paperback for the first time, *The Truth about Cancer* delves into the history of medicine--all the way back to Hippocrates's credo of "do no harm"--as well as cutting-edge research showing the efficacy of dozens of unconventional cancer treatments that are helping patients around the globe. You'll read about the politics of cancer; facts and myths about its causes; and the range of tools available to diagnose and treat it. If you're facing a cancer diagnosis right now, this book may help you and your health-care provider make choices about your next steps. If you're already undergoing conventional treatment, it may help you support your health during the course of chemo or radiation. If you're a health-care provider and want to learn all you can to help your patients, it will expand your horizons and inspire you with true stories of successful healing. And if you just want to see cancer in a new light, it will open your eyes.

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From the author of *GROWING GOURMET AND MEDICINAL MUSHROOMS* comes the only identification guide exclusively devoted to the world's psilocybin-containing mushrooms. Detailed descriptions and color photographs for over 100 species are provided, as well as an exploration of their long-standing (and often religious) use by ancient peoples and their continued significance to modern-day culture. Some of the species included have just been discovered in the past year or two, and still others have never before been photographed in their natural habitats.

*Mycelium Running* is a manual for the mycological rescue of the planet. That's right: growing more mushrooms may be the best thing we can do to save the environment, and in this groundbreaking text from mushroom expert Paul Stamets, you'll find out how. The basic science goes like this: Microscopic cells called "mycelium"--the fruit of which are mushrooms--recycle carbon, nitrogen, and other essential elements as they break down plant and animal debris in the creation of rich new soil. What Stamets has discovered is that we can capitalize on mycelium's digestive power and target it to decompose toxic wastes and pollutants (mycoremediation), catch and reduce silt from streambeds and pathogens from agricultural watersheds (mycofiltration), control insect populations (mycopedicides), and generally enhance the health of our forests and gardens (mycoforestry and myco-gardening). In this comprehensive guide, you'll find chapters detailing each of these four exciting branches of what Stamets has coined "mycorestoration," as well as chapters on the medicinal and nutritional properties of mushrooms, inoculation methods, log and stump culture, and species selection for various environmental purposes. Heavily referenced and beautifully illustrated, this book is destined to be a classic reference for bemushroomed generations to come.

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In *The Fungal Pharmacy*, noted herbalist Robert Rogers introduces readers to more than 300 species of medicinal mushrooms and lichens found in North America. These fungi, Rogers explains, have the capacity to heal both the body and, through the process of myco-remediation, the planet itself. Throughout the book, he documents their success in optimizing the immune system and treating a wide range of acute and chronic diseases, including cardiovascular, respiratory, and liver problems, blood sugar disorders, cancer, and obesity. Entries discuss the mushroom or lichen's medicinal traits and properties, including active chemical components, preparation methods (including extracts, essences, and essential oils), and historical as well as modern-day usage. Two hundred full-color photos and thorough descriptions make identification easy for the reader. Rogers also delves into the cultural, religious, and literary significance of each mushroom, featuring fascinating tidbits about each one's etymology and history.

Tells how to use root cellaring, and gives instruction on both improvising a small root cellar and constructing a true root cellar

From the basics of using mushroom kits to working with grain spawn, liquid cultures, and fruiting chambers, Stephen Russell covers everything you need to know to produce mouthwatering shiitakes, oysters, lion's manes, maitakes, and portobellos. Whether you're interested in growing them for your own kitchen or to sell at a local market, you'll soon be harvesting a delicious and abundant crop of mushrooms.

Learn to understand what your body is telling you and discover the optimum treatment path for your unique Lyme symptoms • Shares the authors' 10-year journeys to overcome chronic Lyme and details their successful healing protocol • Reveals how to increase your sensitivity to

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what your body is telling you to discover remedies and healing actions for your individual symptoms • Explores the antibiotics, herbs, diet, exercise, beliefs, immune health, and self-healing meditations that the authors used for a complete healing For some people, recovering from a Lyme disease infection can become an endless battle with physical, mental, and neurological symptoms, especially if it's not diagnosed early. After they both contracted Lyme in 2001, Vir McCoy and Kara Zahl embarked on standard antibiotic protocols. Soon they both began to have intuitive or sensory impressions about specific remedies their bodies needed, the nature of the disease, and why they were chronically ill. Backing up their intuitive impressions with scientific evidence, they developed a protocol that brought them each a full recovery after nearly 10 years battling chronic Lyme. In this medical intuitive approach to Lyme, the authors share their personal Lyme journeys and their integrative healing protocol that bridges the scientific and the spiritual. They explore the peculiarities of Lyme disease, including how Lyme is often misdiagnosed, giving it time to establish itself deep within the body's organs and nervous system, and examine in detail new and standard remedies, with thorough scientific references. They share the spiritual/psychological strategies they successfully employed against Lyme and its coinfections and explain how to increase your sensitivity to what your body is telling you to discover natural remedies and healing actions unique to your individual symptoms. Outlining a program of herbs, diet, and exercise that can work in tandem with traditional Lyme treatments, they also explore how to help the body get rid of this pathogen that possesses an incredible ability to adapt to various treatments and thwart their effectiveness. Expanding beyond Lyme, the authors offer self-help meditations to help you heal on a deeper level and explain how to access the "holographic medicine chest" to



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draw on for stronger immunity, energetic healing, and support at any time.

It sounds too good to be true. You can save money and the world, inoculate yourself against many of the ills of modern life, and enjoy everything more on both the sensual and profound levels? Preposterous! Yet here is a toolkit to help you do just that. A tweak here, a twiddle there; every strategy in *The Art Of Frugal Hedonism* has been designed to help you target the most important habits of mind and action needed for living frugally but hedonistically. Apply a couple, and you'll definitely have a few extra dollars in your pocket and enjoy more sunsets. Apply the lot, and you'll wake up one day and realise that you're happier, wealthier, fitter, and more in lust with life than you'd ever thought possible."

This modern handbook for exploring and understanding the rich traditions of healing fungi in Eastern and Western cultures is the most complete work on the cultural, health-promoting and medicinal uses of mushrooms ever published!

Author Christopher Hobbs thoroughly documents and details the nutritional and health benefits of over 100 species of edible fungi.

Public debate has stimulated interest in finding greater compatibility among forest management regimes. The debate has often portrayed management choices as tradeoffs between biophysical and socioeconomic components of ecosystems. Here we focus on specific management strategies and emphasize broad goals

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such as biodiversity, wood production and habitat conservation while maintaining other values from forestlands desired by the public. We examine the following proposition: Commodity production (timber, nontimber forest products) and the other forest values (biodiversity, fish and wildlife habitat) can be simultaneously produced from the same area in a socially acceptable manner. Based on recent research in the Pacific Northwest, we show there are alternatives for managing forest ecosystems that avoid the divisive arena of 'either-or' choices. Much of the work discussed in this book addresses two aspects of the compatibility issue.

First, how are various forest management practices related to an array of associated goods and services? Second, how do different approaches to forest management affect relatively large and complex ecosystems?

This revised edition includes a history of mushroom hunting worldwide; how to get equipped for mushroom forays; an illustrated guide to the common wild edible mushrooms; and cultivating, preparing and serving the harvest.

“A comprehensive and personal tome on the production, business, promotion, and problem solving for the independent mushroom grower.” —Taylor Lockwood, renowned mushroom expert & photographer Most supermarket mushrooms are bland and boring; products of an industrial process which typically relies on expensive equipment and harmful pesticides. Many people would like to add

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more flavorful and diverse fungi to their diets, but lack the knowledge or confidence to gather or grow their own. Do-it-yourself cultivation is a fun, exciting way to incorporate a variety of mushrooms into a sustainable lifestyle. Mycelial Mayhem is a straightforward, no-nonsense resource for the aspiring mushroom grower. This practical guide cuts through much of the confusion surrounding methods and techniques, helping the hobbyist or farmer to: Select regionally appropriate species for the home garden, farm-scale production, or an edible landscape Practice sustainable, environmentally friendly cultivation techniques, such as companion planting, to combat common garden pests and diseases Choose a successful, proven business approach to maximize profit and minimize frustration Many people find that DIY mushroom cultivation is not nearly as complicated as they expect, but a knowledgeable and experienced mentor is crucial to success. Whether your goal is to harvest homegrown gourmet mushrooms for your table, supplement your income by selling to friends and neighbors, or start a full-fledged niche business, Mycelial Mayhem is packed with the advice and resources you need to succeed with this rewarding and valuable crop. “After reading Mycelial Mayhem’s approachable primer to this age-old art I’m ready to invite the mysterious and captivating kingdom of fungi right into my own home.” —Langdon Cook, author of *The Mushroom Hunters*

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A detailed and comprehensive guide for growing and using gourmet and medicinal mushrooms commercially or at home. “Absolutely the best book in the world on how to grow diverse and delicious mushrooms.”—David Arora, author of *Mushrooms Demystified* With precise growth parameters for thirty-one mushroom species, this bible of mushroom cultivation includes gardening tips, state-of-the-art production techniques, realistic advice for laboratory and growing room construction, tasty mushroom recipes, and an invaluable troubleshooting guide. More than 500 photographs, illustrations, and charts clearly identify each stage of cultivation, and a twenty-four-page color insert spotlights the intense beauty of various mushroom species. Whether you’re an ecologist, a chef, a forager, a pharmacologist, a commercial grower, or a home gardener—this indispensable handbook will get you started, help your garden succeed, and make your mycological landscapes the envy of the neighborhood.

More and more people living with and beyond cancer seek integrative interventions to complement their conventional cancer care. This second edition of the highly successful *Integrative Oncology* provides the reader with the most updated information available with new chapters on Music and Expressive Arts Therapies, Naturopathic Oncology, and an integrative approach to Lung Cancer. Integrative medicine is defined as healing-oriented medicine that takes account

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of the whole person (body, mind, and spirit) as well as all aspects of lifestyle; it emphasizes the therapeutic relationship and makes use of appropriate therapies, both conventional and alternative. This series grows out of a need to organize and make accessible to clinicians the basic principles of integrative medicine in practical application to common health conditions. Each volume focuses on a particular specialty and features well-recognized and authoritative editors and chapter authors. The text is presented in an easy-to-read format featuring case histories, clinical pearls, and useful tables, with all key information highlighted. Series editor Andrew Weil, MD, is Professor and Director of the Arizona Center for Integrative Medicine at the University of Arizona. Dr. Weil's program was the first such academic program in the U.S., and its stated goal is "to combine the best ideas and practices of conventional and alternative medicine into cost effective treatments without embracing alternative practices uncritically."

Nourish the hair, skin, and eyes.

In the first of the River Cottage Handbook series, mycologist John Wright uncovers the secret habits and habitats of Britain's thriving mushrooms - and the team at River Cottage explain how to cook them to perfection. In the first of the River Cottage Handbook series, mycologist John Wright explains the ins and outs of collecting, including relevant UK laws, conservation notes, practical tips

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and identification techniques. He takes us through the 72 species we are most likely to come across during forays in Britain's forests and clearings: old friends the Chanterelle and Cep, as well as a whole colourful host of more unfamiliar names - edible species including the Velvet Shank, the Horn of Plenty, the Amethyst Deceiver, the Giant Puffball and the Chicken in the Woods, and poisonous types such as the Sickener, the Death Cap and the Destroying Angel. The handbook is completed by more than 30 simple and delicious mushroom recipes from the River Cottage team. With colour photographs throughout, line drawings, a user-friendly Key and an introduction by Hugh Fearnley-Whittingstall, the River Cottage Mushroom Handbook is a comprehensive and collectable guide, destined to be an indispensable household reference.

In *Healing Mushrooms*, readers will learn about the ten most powerful mushrooms they can add to their daily diet to maximize their health gains. Packed with practical information, fun illustrations, and mushroom-boosted recipes for breakfast, lunch, and dinner (and even dessert!), *Healing Mushrooms* will unlock the vast potential of this often overlooked superfood category and be the go-to resource for adding mushrooms to one's health and wellness regimen. Presents the latest R & D information on medicinal mushrooms from diverse geographical locations Offers comprehensive coverage of the most important

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application areas of medicinal mushrooms Includes contributions by eminently experienced researchers in the field of medicinal mushrooms Medicinal mushrooms are increasingly gaining attention worldwide because of their pharmacologically bioactive compounds, which have demonstrated potent and unique clinical properties. Scientific studies carried out during the last decade have confirmed their efficacy in treating a wide range of diseases. Extracts and bioactive compounds obtained from mushrooms have been used medicinally as anticancer, immunomodulator, antibacterial, antiviral, anti-inflammatory, anti-atherosclerotic, neuroprotectant, cardioprotectant, antioxidant, and anti-hypoglycemic agents, and in stem cell-based therapies. Introducing readers to the latest developments in, and ongoing research efforts on, medicinal mushrooms, this book gathers articles contributed by eminent researchers in different disciplines and from around the globe. Highlighting the tremendous potential of mushrooms for the development of new drugs, the topics covered include but are not limited to: Recent progress in research on the pharmaceutical potential of medicinal mushrooms and prospects for their clinical application Edible mushroom neuronutraceuticals: Basis of therapeutics Overview of therapeutic efficacy of mushrooms Mushrooms – a wealth of resources for prospective stem cell-based therapies Mushrooms as potential natural cytostatics

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Nonvitamin and Nonmineral Nutritional Supplements compiles comprehensive information and recent findings on supplements found in today's market. The book focuses on non-essential nutrients, animal extracts, yeast and fungi extracts, and plant and algae extracts used as supplements. Readers will find valuable insights on the impact of dietary supplementation on human health, along with an understanding of the positive and negative aspects of each supplement. Provides reliable information on available supplements to inform nutritional practices Presents each supplement's sources, availability, health benefits, drawbacks, and possible interactions with other supplements, food or drugs Serves as a guide to non-essential nutrients, plant and algae extracts, animal extracts, including bee products and shark cartilage, and supplements from yeast and fungi

Mushrooms have been used as medicine for thousands of years and their value in boosting immunity, improving memory, and even fighting cancer is being recognized and documented in scientific research. Christopher Hobbs, a mycologist and herbalist at the forefront of contemporary research, profiles the most powerful medicinal mushrooms and explains the nutritional and medicinal compounds in each one. Detailed instructions cover how to select, store, and prepare each variety for use. Whether readers are growing or foraging their own



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mushrooms, or sourcing them from a local provider, this essential handbook will guide them in making health-boosting medicine.

This book describes the principles and practice of clinical mycology. It is a comprehensive review of clinical fungal infections--organized by system rather than taxonomically.

Mycomedicinals An Informational Booklet on Medicinal

Mushrooms Mycomedicinal Psilocybe Mushrooms & Their Allies And/or

Press Mycelium Running How Mushrooms Can Help Save the World Ten Speed Press

Many mushrooms - or the 'fruits of fungi' - are extremely valuable, wild-gathered products which are utilised for both their medicinal properties and as food. In many of the world's tropical and temperate forests, they are the primary source of income for the people who live there. These forests range from temperate woodlands and small forests to high altitude forests in the Himalaya and tropical miombo woodlands in south-central Africa. In south-west China, over 200 species of wild fungi in 64 genera are commercially traded while in Europe and North America, woodlands and small forests are the source of many highly-prized mushrooms and an essential resource for many small enterprises and collectors. Yet the increased demand for timber has resulted in the rapid expansion of

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forestry, which in turn has destroyed the natural habitat of many fungi, unbalancing both forest economics and ecology. Despite the economic, social and cultural values of fungi, there is a general lack of understanding of their importance to local livelihoods and forest ecology. This book aims to fill this gap and extends the People and Plants Conservation Series beyond the plant kingdom into the related world of fungi and mushrooms. It demonstrates the crucial roles that fungi play in maintaining forest ecosystems and the livelihoods of rural people throughout the world while providing good practice guidelines for the sustainable management of this resource and an assessment of economic value. It brings together the perspectives of biologists, anthropologists and forest and woodland managers to provide a unique inter-disciplinary and international overview of the key issues.

Dreaming humanity's future. There is nothing like the dream to create the future. Victor Hugo. Dream lofty dreams, and as you dream, so you shall become. Your vision is the promise of what you shall one day be; your ideal is the prophecy of what you shall at last unveil. James Allen. What is it we, as a human race, desire in the world? What dreams do we have to shape our future? Over 100 artists, activists, authors, educators, speakers, environmentalists, scientists, young entrepreneurs, visionaries, and Elders were asked for the following: A written

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description of your perfect world, or your dream world. This can be one sentence or many pages; a poem or researched essay. Your dream world can be as fantastic and marvelous as you want it to be. There are no rules, no right or wrong descriptions, only the world of your imagination and the world of your dreams.

Food scientists will dig into this robust reference on mushrooms Mushrooms as Functional Foods is a compendium of current research on the chemistry and biology, nutritional and medicinal value, and the use of mushrooms in the modern functional foods industry. Topics covered range from the agricultural production of mushrooms to the use of molecular biological techniques like functional genomics; from nutritional values of newly cultivated mushroom species to the multifunctional effects of the unconventional form of mushroom (sclerotium); from the physiological benefits and pharmacological properties of bioactive components in mushrooms to the regulation of their use as functional foods and dietary supplements in different parts of the world. With contributions from leading experts worldwide, this comprehensive reference: \* Reviews trends in mushroom use and research, with extensive information on emerging species \* Includes coverage of cultivation, physiology, and genetics \* Highlights applications in functional foods and medicinal use \* Covers worldwide regulations

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and safety issues of mushrooms in functional foods and dietary supplements \* Discusses the classification, identification, and commercial collection of newly cultivated mushroom species \* Features a color insert with photographs of different types of mushrooms This is an integrated, single-source reference for undergraduates majoring in food science and nutrition, postgraduates, and professional food scientists and technologists working in the functional food area, and medical and health science professionals interested in alternative medicines and natural food therapies.

Mushrooms are fleshy fungi with a high prospective for the production of secondary metabolites including extracellular enzymes with high agricultural and biotechnological significance. Worldwide, they are well recognized as supplementary foods due to their high nutritional values and their medicinal importance, which includes their uses in exhibiting antioxidant and antimicrobial activities, immune enhancer, and to be effective for the treatment of several diseases including diabetes and few types of cancers as well. According to recent studies, extracellular enzymes produced by several white-rot fungal strains such as *Phanerochaete chrysosporium*, *Pleurotus sajor-caju* and several mushrooms have shown a high capacity to decolorize dyes that are very harmful for the environment. Moreover, wild macrofungi have the capability to synthesize

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nanoparticles which are more useful for the treatment of cancer, gene therapy, DNA analysis and biosensors. Wild macrofungi are extremely important model for basic biology and commercial manufacture.

A STORY OF TRUE LOVE, DETERMINATION, SACRIFICE, AND DISCOVERY. A Woman of Science catalogues a decades-long journey of inspirational hardship and success that serves as a model for what women can do in a field largely dominated by men. Cardy Raper succeeded in becoming what she dreamed of as a young girl: a scientist. This beautifully written memoir details her struggles with the “boys’ club” mentality of the scientific and academic worlds, her grief over her husband’s premature passing, and above all her relentless, passionate efforts to unlock the secrets of mushroom gender and reproduction. Cardy Raper is not a woman to accept “no” for an answer. When her mother told her that she could be a nurse when she grew up, Cardy informed her in no uncertain terms that she was going to be a true scientist, making grand discoveries. Science was a man’s world then. But despite lack of encouragement through college, Cardy learned what she needed. Then, at the University of Chicago, she met her mentor, John “Red” Raper, an equally stubborn and spirited scientist. They became soul mates, and, together, studied sexual reproduction in the amazing water mold Achlya. Cardy and Red married, had children, and continued to share

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their passion for science by unraveling the means of sexual reproduction in mushroom-bearing fungi. They moved to Harvard University and continued their research. Years later, Red's untimely death left Cardy alone in the competitive world of cutting-edge science. But Cardy carried on. She achieved her doctoral degree, learned the techniques of molecular genetics, and established her own laboratory. Ultimately, Cardy's discoveries helped to uncover the way in which genes found throughout the animal kingdom—including humans—encode molecules for mating, sight, smell, and taste.

Nontimber forest products from southern Alaska (also called special forest products) have been used for millennia as resources vital to the livelihoods and culture of Alaska Natives and, more recently, as subsistence resources for the welfare of all citizens. Many of these products are now being sold, and Alaskans seek additional income opportunities through sustainable harvest and manufacture of such forest resources. We discuss the unique legal, regulatory, land tenure, geographic, vegetation, and climatic context that southern Alaska presents for marketing nontimber forest products; summarize the various species and types of products being harvested; and consider the marketing challenges and opportunities new entrepreneurs will encounter. The information and resources we provide are intended to enhance income opportunities for all

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Alaskans, while sustaining the organisms harvested, respecting traditional activities, and ensuring equitable access to resources.

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