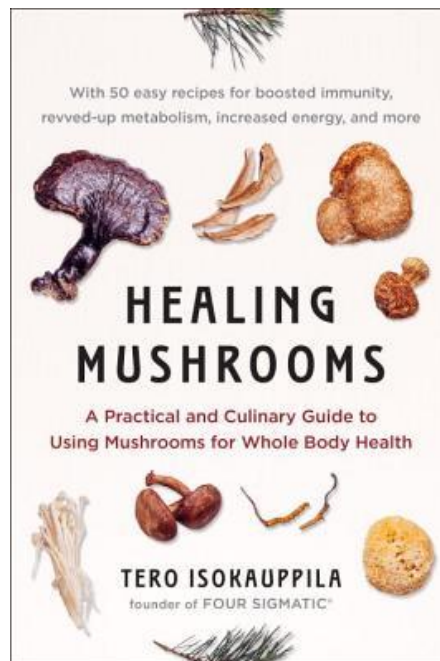




Healing Mushrooms: A Practical and Culinary Guide to Using Mushrooms for Whole Body Health

Tero Isokauppila

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The one and only resource on using adaptogenic mushrooms to boost immunity and promote whole body health the natural way.

Adaptogenic mushrooms are one of today's buzziest superfoods, known for their ability to restore skin's youthful glow, increase energy levels, reduce brain fog, keep your hormone levels in check, and so much more. In *Healing Mushrooms*, you'll learn about the ten most powerful mushrooms you can add to your daily diet to maximize your health gains. Though some of these mushrooms, like Tremella, Cordyceps, and Reishi will sound exotic, they're all easy to source online in extract form and easier to use in recipes. Even more familiar mushrooms, like Shiitake, Oyster, and Enoki, are full of seriously healing potential--you just have to know how to use them. Packed with practical information, fun illustrations, and 50 mushroom-boosted recipes for breakfast, lunch, and dinner (and even dessert!), *Healing Mushrooms* unlocks the vast potential of this often-overlooked superfood category and will be the go-to resource for adding mushrooms to your health and wellness regimen.

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Amanda Roelant says

Well I crammed through this in an afternoon. I think it would have amazed me more if I knew less about mycology, but a lot of this was just reiterations of things I had already read about. I think it's excellent for people who don't have a scientific vocabulary or who don't know much about those funky friends, for me, I'm just here for that vegan cordyceps cheesecake recipe.

Jenni says

This book was just wonderful. I am so glad that a coworker was able to lend it to me and share what wonderful knowledge that this book contains about mushrooms and the superfood that they are. I loved reading this book and absolutely got so much from the content. I cannot wait to be able to perhaps try all the recipes the book contains as well as learning more about the power of fungi and how they have played a role in society in the past, how they are in the present, and how they will be part of the future.

Sara Condon says

I liked the book overall, however, I was a bit disappointed with the amount of information/content. More than 2/3 of the book is dedicated to recipes (which is cool, but I would have liked to have known that before I bought the book). Still, love the company and will continue to read their content and buy their products.

Becki Iverson says

Another good example of why I wish we had half stars here - this really is more of a 3.5-ish rating. I have been intrigued by the concept of Four Sigmatic since I first heard about it on a Tim Ferriss podcast, and the explosion in popularity it's seen since seems to indicate that this product is here to stay. I totally believe that plants are capable of far more than we give them credit for, so the idea behind adaptogens and "magic" mushrooms makes a lot of sense to me.

That being said, and as interesting as this book is, I wish there was just more hard science involved here. Tero makes an interesting case but there is no bibliography of research listed to back this up. I'm sure science nerds weren't his target demo with this book, but I really would have appreciated seeing some citation on where exactly his data comes from. I also found it odd that although there's an insert with some nicely shot images of the recipes, there is never a photo or even a sketch corresponding to each of the 10 mushrooms he features here. I wish there had been more images, charts, data, etc. alongside the mushroom descriptions to really educate the reader on the topic.

Still, the total book was quite interesting, especially all manner of creative mushroom recipes at the end that span cocktails, desserts, energy jellies, and more. There are several really interesting culinary combinations

and I definitely snapshoted a few to try out later whenever I have some mushroom powders laying around. I'm glad I read this as something to further pique my curiosity into the grandiose culinary and adaptogenic world of mushrooms; I just wish I had more science to bolster the fun stories told here.

Lance says

Mostly recipes, some of which are incredibly unique. The first 70 pages or so serve as a light introduction to the health benefits of 10 commonly consumed mushrooms. Would have liked to have seen more references for some of the claims other than "My friend did this and it worked", especially considering the author's status as a mushroom business owner. Other than that, good read. Looking forward to trying out some of these recipes! (will bump my rating from 3 to 4 stars depending on taste and effectiveness)

Sandra says

Fantastic history and health related information along with great recipes

Salomon says

I thought I was getting more than just a recipe book.

Cmfremin says

I really enjoyed this book..

Lisa says

Keep in mind, book gives a brief overview of 10 prominent medicinal mushrooms in first 100 pages, then a significant portion of the book is a recipe section.

Nathan says

A nice little intro into the world of medicinal mushrooms. The author did a great job making the information easy to understand and digest. Plus there are a bunch of unique recipes in the book (like key lime pie with medicinal mushrooms in it - I'm in!).
