



# Chaga: King of the Medicinal Mushrooms

By David Wolfe

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## Chaga: King of the Medicinal Mushrooms By David Wolfe

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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### Editorial Review

#### Review

"David Wolfe is a nutritionist's nutritionist. His knowledge in the fields of raw foods, superfoods, herbs, and chocolate are unsurpassed in the world."

—John Gray, Ph.D., author of *Men Are from Mars, Women Are from Venus*

"Nutrition author, expert, and orator David 'Avocado' Wolfe continues to be a shining example of Success in America. His knowledge of superfood nutrition will astonish you and give you just that perfect piece of health advice that you have been looking for."

—Mark Victor Hansen, coauthor of the *Chicken Soup for the Soul* series

"David has inspired divine superfood creations beyond my wildest dreams—and more!"

—Roxanne Klein, world-renowned chef and founder, Roxanne's Fine Cuisine

"*Chaga* features a range of tasty recipes using these healthful edible mushrooms, as well as a wealth of information about their history, their uses, how to properly prepare and store them, and their nourishing benefits."

—*Midwest Book Review*

#### About the Author

The author of best-selling raw food books such as *The Sunfood Diet Success System* and *Eating for Beauty*, as well as one of the world's leading authority on raw-food nutrition, David Wolfe conducts seventy to eighty health lectures and seminars each year in the United States, Canada, Europe, and the South Pacific, and hosts at least five health, healing, and beauty retreats each year at various retreat centers around the world. Wolfe is the middle son of two medical doctors, and has an extensive educational background, which gives him a unique perspective in the health field. He holds degrees in mechanical and environmental engineering, and in political science. He has studied at many institutions, including Oxford University. He concluded his formal education by receiving a Juris Doctor in Law from the University of San Diego.

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##### Ignacio Lewis:

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