

## CHAGA – THE KING OF SUPERFOOD

Chaga mushroom powder, it's a pure natural product. No additives have been added to the powder.

Chaga mushroom is the most powerful naturally occurring antioxidant, T-ORAC numbers 52452. The chaga mushroom is the world's most famous folk medicine – definitely superfood.

### Chaga Mushroom (*Inonotus obliquus*) – Facts

The name “chaga” comes from the Russian word for mushroom. Chaga mushrooms have also been called “black gold.” Chaga has been a traditional medicine in Northern European countries for hundreds of years.

What for? The chaga mushroom has been used traditionally to treat gastrointestinal cancer and heart disease, in these areas of the world.

When chaga mushrooms grow on birch trees, as they commonly do, they are quite a sight to see. Not only do they look like burnt wood, they also can grow in a clump that ends up being as big as a human head! Like other medicinal mushrooms, the chaga mushroom requires the introduction of hot water to break down its tough cellular walls to make its benefits available for human consumption. Nowadays mushroom tea are picking up popularity. This may seem like a new idea, but chaga mushroom actually was used as a coffee substitute during World Wars I and II. Researchers have investigated chaga mushroom for its use in combating cancer for a very long time.

Chaga has been gaining popularity all in the world, because of its numerous health benefits are now being recognized by many health gurus.

### Supports Immune System

Chaga has an abundance of Beta-D- Glucans which help balance the response of the body's immune. This means that chaga helps boosts the immune system when necessary, but slows it down when it's overactive. Research has also shown that chaga activates immune cells responsible for combating cancer initiation. Research is still ongoing, as more studies are needed to determine chaga's full role in cancer. Chaga has proven effective in supporting standard cancer approaches, such as chemotherapy, by compensating for the program's negative side effects.



## Soothing Properties

Chaga supports the integrity of blood vessels and provides soothing properties in times of irritation. This can be helpful for those suffering from pain, neuropathy.

## Normalize Blood Pressure and Cholesterol Levels

Studies have shown that the betulinic acid found in chaga is able to break down LDL cholesterol–bad cholesterol–in the bloodstream.

## How to Make Chaga Mushroom Tea

Add 2 teaspoons of chaga mushroom powder one liter of water and boil for at least 15–20 minutes. The longer you boil, the tea contains more good, active substances.

Drink tea as such. You can spice up your tea lemon, honey e.g.

Tea keeps cool for several days.

## Notice!

Don't use chaga mushroom at the same time of the antibiotic, penicillin or intravenous glucose (diabetes). They act as antagonists. Note some people are allergic to mushrooms.

