

Medicinal Mushrooms

Christopher Hobbs has recently come out with a new book entitled *Medicinal Mushrooms, The Essential Guide*. Hobbs has been a teacher at the School of Natural Healing since 1984, and we are particularly excited about his new book.

In this book Christopher shares his passion for fungi that began in the 1970s and from then on, he has been able to study how different cultures around the world incorporate fungi into their lifestyles. He wants to share the amazing story of how fungi interact with our body to activate global immune responses, help calm our nervous system, benefit our cardiovascular system, and protect us from toxins and stresses in our environment, all the while supplying important nutrients. The healing potential of fungi is indeed promising.

You will learn in depth information about 20 different mushrooms in this book. It gives step by step instructions on how to grow mushrooms yourself, how to forage mushrooms, how to identify and harvest mushrooms, and how to select different products already available as well as dosage. You will also learn how to make your own unique preparations using mushrooms. It's very fascinating and valuable information.

Anyone interested in foraging, growing or just using mushrooms for therapeutic purposes will find this book most valuable because mushrooms help boost immunity, improve memory, fight cancer, stop infection and expand your consciousness. We here at Christopher Publications are very grateful that this timely book is finally available. So order your Medicinal Mushrooms book today.