

Asian Mushrooms: Shiitake

Cultivated in the Far East for over 600 years

Asia's most popular mushroom

Valued for culinary and folk medicine uses

In Japan, Shiitake is even floated in bath water for ceremonial baths

Shiitake occur naturally in the wild on "Shii" trees, a species of beech tree

Easily cultivated on oak logs in a process known as "forest farming"

Choose Asian varieties such as Shiitake, Maitake, Oyster, or Enoki

Button mushrooms (even Portobello and crimini) contain natural toxins that do not occur Shiitake, maitake, oyster or enoki.

If consuming these, cook thoroughly at high temperature by sautéing, broiling or grilling. Heat breaks down most toxins.

Shiitake mushrooms are Health Promoting

- Low Fat and no cholesterol
- Contains Eritadenine that helps lower cholesterol
- Supports our cardiovascular system
- Anti-Viral
- Contains lentinan, a polysaccharide that has been shown to strengthen the immune system, In Japan they give it to patients in a pure, extracted form by capsule or intravenously
- Shown to reduce the risk of cancer
- High in Protein, Iron, Calcium, phosphorus, potassium, iron and vitamin D

Shiitake mushrooms make Vitamin D 2 in sunlight

Eating mushrooms that have been exposed to sunlight can supplement your vitamin D levels

Eating one/tenth of one sun treated mushroom gets you close to the FDA's recommended daily dose of Vitamin D (400 iU) That is a quarter of the dose that integrative doctors recommend (2000 IU)