THE FORGOTTEN FOODS
Presents:
MAJESTIC MUSHROOMS
14 Mushroom Complexes / The 10th Power

THE FORGOTTEN FOODS...REMEMBERED have added the benefits of 14 different Medicinal Mushrooms to the already potent formulations of the Miracle Emerald Greens Power Blend and Immune Protection. There are vast examples whereby traditional the use of mushrooms have been confirmed by modern science. Research has shown that a blend of medicinal mushrooms increases the medicinal properties immensely, compared to using mushrooms singularly. Our powerful blend has an impressive array of polysaccharides that stimulate a response to the immune system to awaken the body’s natural defenses. This formula not only offers the medicinal polysaccharides in mushrooms, but also a wide variety of other constituents that help improve human health. Our unique combination of these macro-sugars have been found to be of great benefit to various forms of cancer. Among other benefits, many studies have shown that these constituents are anti-tumor, anti-diabetic, immune enhancing, anti-viral, anti-fatiguing, cholesterol reducing, anti-candida, anti-aging, and enhance the oxygen-absorbing capacity in the lungs, thereby enhancing stamina. Forgotten Foods’ unique combination of these macro-sugars activate a broader spectrum of receptor sites in the immune system with medicinal mushrooms that are rich in 1,3 and 1,6 b-glucans, arabinofuranosyls, glycoproteins, triterpenes, ergosterol, and antioxidants. These constituents increase the number and activity of macrophages, killer T and NK (natural killer) lymphocytes. Our phenomenal Mushroom Blend Powder includes the following mushrooms:

Reishi, Maitake, Cordyceps, Turkey-Tail, Blazei, Phellinus linteus Suehirotake, Birch Polypore, Oyster, Shiitake, Lion’s Mane, Chaga, Agarikon, and the True Tinder Polypore.

1) WILD REISHI MUSHROOM POWDER

Reishi Mushroom is one of the greatest tonic herbs on earth. It has been used since the dawn of time as a superb “protector” and Shen tonic. It is now known to be an immune modulator and potent antioxidant. It has been found to improve the functioning of the immune system whether the immune system is deficient or excessive. It is an immune "modulator" – that is, it helps to modulate, or regulate the immune system. Reishi has anti-stress activity and has a mild tranquilizing effect on the central nervous
Reishi tonifies Jing, Qi and Shen. It protects the entire body and nurtures the Heart. Reishi has traditionally been used as an anti-aging herb. The Chinese have traditionally claimed that Reishi promotes calmness, centeredness, balance, inner awareness and inner strength. They have used it to improve meditative practices and to protect the body, mind and spirit so that the adept could attain both a long and healthy life. Deep in antiquity, Reishi was routinely used by mountain hermits, monks, Taoist adepts and spiritual seekers throughout Asia because it was believed to help calm the mind, ease tension, strengthen the nerves, strengthen memory, sharpen concentration, improve focus, build will power and, as a result, help build wisdom. That is why it was called the "Mushroom of Spiritual Potency" by these seekers. Reishi mushroom is revered in Asia as a Tonic Herb consumed for the attainment of radiant health, longevity and spiritual attainment. The status of Reishi in the health food industry is unparalleled. It is the culmination of the knowledge and wisdom of the East and West for 5,000 years. Backed by 5,000 years of accumulated experience, Reishi can safely claim to be totally free from side-effects.

Health Benefits of Reishi
* Organ Association: Heart, Liver, Lungs and Kidneys
* Known as the “supreme protector”, protecting on every level; physically, immunologically, mentally, and spiritually
* Improves the functioning of the immune system
* Helps fight autoimmune diseases such as allergies
* Used safely & effectively for some kinds of cancer
* Helps reduce the side effects of many kinds of chemotherapy & radiation treatment
* Improves liver function
* Improves cardiovascular
* Anti-stress
* Rich in polysaccharides
* Promotes inner awareness, inner strength, balance, centeredness, and calmness
* Prevents and treats hardening of the arteries
* Improves oxygen utilization
* Helps lower LDL (the “bad” cholesterol) and reduce fatty acids
* Strengthens concentration, memory, improves focus
* Helps build wisdom

2) CORDYCEPS SINENSIS

Cordyceps is a rare and expensive medicinal mushroom that has widespread activities as a health tonic. It has been known in China for nearly 2000 years as an aphrodisiac and was viewed as magical by the Chinese and was thought to impart immortality to the dead. It is an unusual mushroom that parasitizes caterpillar larvae of moths, found in
the mountains of Tibet and China, and then sends a long, club-like mushroom up above ground level. The mycelium is more commonly used than the mushroom due to the growing scarcity of the mushroom in the wild and the higher purity of organically grown mycelium.

Cordyceps facilitates the flow of phlegm in the windpipe, allowing for discharge of excess fluids from the lungs and windpipe. Cordyceps have become very popular in sports nutrition due to claims by Olympic athletes that it increases their physical endurance. This is because Cordyceps increases blood flow therefore muscles can be pushed to their maximum, thus greatly enhancing endurance. Researchers have found that Cordyceps have a wide-range of benefits.

Health Benefits of CORDYCEPS

- Anti-Cancer
- Immune system stimulation
- Substantially inhibits the proliferation of human leukemia cells
- Improves physical endurance
- Reduces cholesterol levels
- Cardiovascular agent
- Rich in polysaccharides
- Increases blood flow to the brain
- Liver fortifier
- Protects the lungs and kidneys
- Alleviates fatigue
- Asthma treatment
- Improves cognitive and emotional health
- Aphrodisiac

3) TURKEY TAIL (Coriolus versicolor)

Turkey Tail is probably one of the best documented medicinal mushrooms. In Asia, it has already generated several hundred million dollars in sales as an approved anticancer drug. Turkey Tail has been extensively researched in cancer studies having very positive results for several types of cancer including lung, breast, cervical, stomach, liver, colon, sarcoma, carcinoma and prostate. When used in conjunction with chemotherapy, Turkey Tail has been shown to significantly reduce side effects and increase survival rates.

Health Benefits of TURKEY TAIL

- Immune enhancement
- Anti-tumor
- Anti-viral
- Anti-bacterial
- Anti-oxidant
- Rich in polysaccharides
- Significantly inhibits the growth of leukemia cells
4) MAITAKE (Grifola frondosa),

Maitake is a delicious, soft-fleshed polypore with excellent nutritional properties. It is best known for its anti-tumor and immune-stimulating properties due to the high levels of beta-glucans found in this mushroom. In addition to beta-glucans, maitake also contains other polysaccharides, arabinoxylanes on rice-grown mycelium and ergothioneine, a strong antioxidant.

Health Benefits of MAITAKE

- Anti-tumor (especially breast, prostate & colorectal cancer)
- Anti-diabetic
- Anti-viral
- Helps regulate blood glucose levels
- Reduces cholesterol levels
- Serves as an adaptogenic, helping the body deal with stress
- Antioxidant

5) BLAZEI (Agaricus blazei),

Blazei, is a relatively rare mushroom and infrequently encountered. This mushroom can be found in the fields and mountainous regions. It is another choice edible with significant medicinal properties and a high beta-glucan content. Blazei has been found to stimulate the immune system causing activation of the complement system, macrophages and an increase in cytokine levels, notably tumor necrosis factors and interleukins. In addition to the beta-glucans, researchers have also found an alpha-glucan that was shown to have strong anti-tumor properties. Blazei has been shown to be active against breast, cervical and colorectal cancers.

Health Benefits of BLAZEI

- Strong anti-tumor (especially uterocervical)
- Anti-cancer
- Immune enhancing
- Interferon and interleukin enhancing
- Anti-viral
- Cholesterol reducing
- Blood sugar modulating

6) PHELLINUS LINTEUS (Sang-hwang, MESHIMA)

Phellinus linteus, also known as Sang-Hwang, Meshima or Meshimakobu has long been used in traditional medicine. Meshima is especially rich in beta 1-3 glucans and has been shown to cause increased production of T cells and B cells, along with increasing white blood cell counts. Meshima has also demonstrated an ability to increase the activity of macrophages and natural killer cells. It is used in Korea to prevent the
recurrence of cancer, the mycelium and the fruitbodies provide active constituents. It speeds up recovery from chemotherapy, limits side effects and has been used for centuries by native peoples for medicinal purposes.

**Health Benefits of MESHIMA**

- Anti-Cancer
- Anti-tumor
- Immune modulating
- Anti-mutagenic properties
- Excellent taken with chemotherapies

7) **SUEHIROTAKE**
Schizophyllum commune – This is one of the most common mushrooms in the world. Suehirotake is best known for the polysaccharide, schizophyllan (SPG), which is one of the most researched medicinal polysaccharides. SPG has been found to activate macrophages and stimulate T cells and natural killer cells. SPG has also been found to lessen the side effects of chemotherapy and more rapidly restore T cell counts to normal levels following radiation. In one study, 90% of patients with chronic fatigue syndrome showed significant improvement accompanied by increased NK cell counts. This corresponds with its use in traditional Chinese medicine to increase vitality. In several cancer studies, it has been effective in combating uterine cancer, cervical cancer, lung cancer, gastric cancer, and to be active against several strains of sarcoma.

**Health Benefits of SUEHIROTAKE**

- Anti-Cancer
- Anti-tumor
- Anti-Candida
- Anti-viral
- Excellent taken with chemotherapies

8) **BIRCH POLYPORE**
Birch Polypore has been used traditionally for centuries. Since time immemorial, Polypores have been ancient guardians of the forest and forest peoples. It has most recently come to fame when found in the possession of Otzi, the 5300 year-old Ice Man, a neolithic man discovered partially exposed in a receding glacier in the Italian Alps in 1991. For centuries, indigenous peoples discovered that polypores were exceptionally good at preventing and curing infection. They also discovered that they were excellent when made into a poultice to treat cuts. Shaman have traditionally viewed Polypores as powerful medicines and used them to treat the Spirit world. The birch polypore contains numerous triterpenes, betulin, betulinic acid, agaric acid and beta glucans, which give this mushroom anti-tumor and immune stimulating properties.

**Health Benefits of BIRCH POLYPORE**

- Anti-Bacterial
• Anti-Viral
• Immune stimulating
• Effective internally and externally
• Anti-microbial

9) OYSTER MUSHROOM
Oyster Mushrooms have properties that increase HDL cholesterol, reduce LDL cholesterol, and help improve heart health. In 1987 the FDA created a drug with Oyster Mushrooms for treating excessive blood cholesterol. Several studies have also shown tumor-inhibition rates of 79% - 95% in mice. Oyster mushrooms have been used in traditional Chinese medicine for joint and muscle relaxation. Recent research has also shown it to have activity against HIV.

Health Benefits of OYSTER MUSHROOM

• Anti-bacterial
• Anti-viral
• Relieves blood pressure
• Cardiovascular
• Cholesterol reducer
• Nerve Tonic

10) SHIITAKE, (Lentinula edodes)
Shiitake is not only a medicinal mushroom but is also an excellent gourmet edible. It is perhaps the most popular and best studied medicinal mushroom. Both the mycelium and the mushroom are commonly used medicinally. The main constituents of shiitake are polysaccharides, but it also contains ergosterol and ergothioneine, a potent antioxidant. Shiitake is immuno-modulating (increases natural killer (NK) cell action and interferon), anti-viral, and liver fortifying. Research indicates shiitake is useful for fighting cancer, immune stimulation, cholesterol reduction and the treatment of HIV. An extract from Shiitake mycelium has been shown to be effective against type 1 herpes simplex virus. This mushroom has also been suggested for the treatment of Chronic Fatigue Syndrome (CFS).

Health Benefits of SHIITAKE

• Anti-bacterial
• Anti-Candida
• Anti-Tumor
• Anti-viral
• Blood Pressure
• Blood sugar moderator
• Cholesterol reducer
• Immune enhancer
• Kidney tonic
• Liver tonic
• Sexual Potentiator
• Stress reducer

11) LION’S MANE
Legend is that those who consumed Lion’s Mane would have the memory of a lion and nerves of steel. This mushroom has been used in China and Japan as a medicinal mushroom as well as for culinary use. In Traditional Chinese Medicine, this species has been prescribed for stomach ailments and for prevention of cancer in the GI tract. Some believe it will improve mental acuity and slow the onset of symptoms associated with dementia. Recent research has identified antioxidant components, other constituents that may aid in the regulation of lipid levels and in the reduction of glucose levels, and erinacines - compounds that can stimulate neurons to re-grow.

Health Benefits of LION’S MANE
- Anti-Bacterial
- Anti-Inflammatory
- Anti-tumor
- Immune enhancer
- Nerve growth stimulator
- Distinct polysaccharides
- Anti-microbial
- Improves Parkinson’s disease

12) CHAGA
Chaga mushrooms contain a wide variety of constituents from beta-glucans to triterpenes and betulin. Long used in traditional Russian medicine as an adaptogen and blood purifier, Chaga has also been found to be effective against several types of cancer including cervical, breast, lung, stomach, and skin cancers. It was approved as an anti-cancer drug in Russia as early as 1955 and has showed anti-viral activity against HIV and influenza.

Health benefits of CHAGA
- Anti-bacterial
- Anti-cancer
- Anti-inflammatory
- Anti-tumor
- Anti-viral
- Blood sugar moderator
- Immune enhancer
- Liver tonic

13) AGARIKON
Over 2,000 years ago a Greek physician, Dioscorides, used this polypore as a curative. Containing Agaric Acid, it has been used over the centuries for asthma, chronic cough, the sweats, as a purgative, anti-tumor, laxative, to fortify the lungs, and to inhibit certain cancers. It has traditionally been used for centuries for the treatment of tuberculosis, and pneumonia. Agarikon was also applied topically, in a poultice, as an anti-inflammatory and to treat muscle/skeletal pain. It is thought to have provided an aid in preventing the scourge of viral diseases such as smallpox, especially associated with the influx of Europeans into northwestern North America, which devastated the native populations. This mushroom was carved into animalistic forms and placed on shamans’ graves to protect them from evil spirits. From ancient Greece to the remote Queen Charlotte Islands of British Columbia, native peoples have independently discovered the medicinal value of this mushroom to treat diseases caused by the “spirits.” Some studies have shown activity against the malarial parasite.

**Health Benefits of AGARIKON**

- Antimicrobial
- Anti-tumor
- Immuno-modulating
- Ant-viral

**14) TRUE TINDER POLYPORE**

We know that this fungus, a natural antibiotic, was used as far back as the fifth century BC by Hippocrates to cauterize wounds. Since then, it has been used to stop bleeding, for hemorrhoids, bladder disorders, consumption (tuberculosis), as a diuretic and laxative, as a nerve tonic, for those with HIV, and for cancer of various systems including esophagus, uterus and stomach. This polypore contains iodine, fomentariol, and other ingredients that are active against tumors and bacteria. The immune modulating properties of the tinder polypore are mainly due to β-glucans in the cell walls. In addition to fighting bacteria and viruses, this active fungus fights parasites that may cause malaria and helps the immune system fight a wide range of infectious disorders.

**Health Benefits of TRUE TINDER POLYPORE**

- Anti-viral
- Anti-bacterial
- Anti-tumor
- Immune modulating

**General Disclaimer:**

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