



FOUR  
SIGMA  
FOODS

## SUPERFOOD HANDBOOK

**SUPERFOODS:** AFA / BEE POLLEN / CACAO / CHIA / CHLORELLA / COCONUT PALM / GOJI / HEMP / HONEY / LICORICE ROOT / MORINGA / NETTLE / PHYTOPLANKTON / PINE POLLEN / SCHISANDRA / SPIRULINA **SUPER SHOORMS:** CHAGA / CORDYCEPS / LION'S MANE / MAITAKE / MESHIMA / REISHI / ROYAL AGARICUS / SHIITAKE / TREMELLA / TURKEY TAIL **SUPER HERBS:** ASHWAGANDHA / ASTRAGALUS / CISTANCHE / GOTU KOLA / GYNOSTEMMA / HE SHOU WU / MUCUNA / PANAX GINSENG / ROSEROOT / ELEUTHERO / TULSI

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# SUPERFOOD HANDBOOK



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ILLUSTRATIONS: PAULI KANGASNIEMI

## Four Sigma Foods: Superfood Handbook

### SUPER FOODS

8-9	AFA
10-11	BEE POLLEN
12-13	CACAO
14-15	RECIPE: CHOCOLATE MOLE SAUCE
16-17	CHIA
18-19	MY FAVOURITES: MIKAEL MÄKINEN
20-21	CHLORELLA
22-23	COCONUT PALM
24-25	RECIPE: ASIAN COCONUT MUSHROOM NOODLES
26-27	GOJI
28-29	HEMP
30-31	HONEY
32-33	LICORICE ROOT
34-35	RECIPE: ADRENAL TONIC TINCTURE
36-37	MORINGA
38-39	NETTLE
40-41	PHYTOPLANKTON
42-43	MY FAVOURITES: MARKUS KARJALAINEN
44-45	PINE POLLEN
46-47	RECIPE: SUPERMAN SHOT
48-49	SCHISANDRA
50-51	MY FAVOURITES: JESSE VÄÄNÄNEN
52-53	SPIRULINA



## SUPER SHROOMS

56-57	CHAGA
58-59	CORDYCEPS
60-61	MY FAVOURITES: MIKA RANTANEN
62-63	LION'S MANE
64-65	MAITAKE
66-67	RECIPE: MUSHROOM SALAD
68-69	MESHIMA
70-71	REISHI
72-73	MY FAVOURITES: TEEMU NYSSÖNEN
74-75	RECIPE: CHINESE LONGEVITY TEA
76-77	ROYAL AGARICUS
78-79	SHIITAKE
80-81	TREMELLA
82-83	TURKEY TAIL

## SUPER HERBS

86-87	ASHWAGANDHA
88-89	ASTRAGALUS
90-91	MY FAVOURITES: LARI LAURIKKALA
92-93	RECIPE: ASTRAGALUS DETOX SOUP
94-95	CISTANCHE
96-97	GOTU KOLA
98-99	GYNOSTEMMA
100-101	HE SHOU WU
102-103	MUCUNA
104-105	RECIPE: WHITE LICORICE HERB CHOCOLATE
106-107	PANAX GINSENG
108-109	ROSE ROOT
110-111	MY FAVOURITES: TERO ISOKAUPPILA
112-113	ELEUTHERO
114-115	TULSI

## **Badabum!**

In your pantry, there are ten different brown bags, another ten silver bags, seven glass bottles, a handful of dropper bottles, and the rest of the space is filled up with different boxes and jars. Sounds familiar? To me and all the Four Sigma dudes, this is a normal kitchen scenario when conjuring up the morning smoothie. (*Though I admit, mine are at least triple those amounts...*)

## So, which “superfood” to use, when and how?

This handbook is written to save you from the confusion! We gathered together 37 of our favourite ingredients which also happen to be the world’s best foods. Each herb, mushroom, and food will have a general introduction, reasons why to use it, and ways to use it. Be sure to check the recommendations and favourites of our team members!

Back in 2011, we wrote a similar guide called Sovereign Superfoods. In three years, the world has taken quite a leap forward in praising these best-of-the-best foods. The 8 products we covered back then are still our top choices for everyday cooking, snacking, and indulging. These were our starting words back then:

*“More than 1.8 million unique living species have been identified on our planet, from the elegantly simple, single-celled amoeba to the marvelously complex human being. Among this rich variety exists an abundance of species that are sources of intensely nutrient-rich foods. Some of them have held significant—even divine—status in the histories of Earth’s cultures.”*

Now dive deep into the wonders of herbalism and “foodism” with the help of this Handbook and all the other information available in today’s fun world. I encourage you to try 12 new ingredients in the next 12 months, whether it be having a chlorella shot every morning for a week or downing a phytoplankton bottle in a few days. Let me know how you feel!

SHROOMLICIOUS GREETINGS AND HAPPY READING,



LARI LAURIKKALA

*“In all things of nature there is  
something of the marvelous.”*

- ARISTOTLE

# SUPER FOODS

# AFA

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ALGAE HAVE BEEN USED AS FOOD AND MEDICINE TREATING VARIOUS AILMENTS FOR THOUSANDS OF YEARS. IN THE COASTAL FAR EAST, HISTORICAL RECORDS OF USING MACROALGAE (SEAWEEDS) GO BACK TO ABOUT 6,000 B.C. IN THE WEST, CERTAIN MICROALGAE HAVE BEEN APPROVED AS FOOD SOURCE FOR ABOUT 30 YEARS.

*APHANIZOMENON FLOS-AQUAE* OR AFA WAS ADOPTED FOR USE IN THE EARLY 1980S. IT IS A WILD MICROALGA HARVESTED FROM OREGON'S UPPER KLAMATH LAKE. THE PRISTINE, LARGEST FRESHWATER SYSTEM IN OREGON IS ALMOST COMPLETELY FREE OF POLLUTION AND OTHER NEGATIVE EFFECTS OF INDUSTRIALIZATION. ATTEMPTS HAVE BEEN MADE TO CULTIVATE AFA, BUT WITHOUT SUCCESS. AT PRESENT, IT IS ONLY WILD-HARVESTED.

## Why Use AFA

AFA is popular among health food enthusiasts since it contains some 40 different minerals and trace minerals, omega-3 fatty acid (DHA), a wide range of phytochemicals, plus vitamins, enzymes, antioxidants and a full amino acid profile. **AFA is one the most antioxidant-rich foods, containing various carotenoids (beta-carotene, lycopene, lutein), chlorophyll, and phycocyanin.** Research indicates that higher levels of carotenoids promote a longer lifespan.

Beta-carotene activates the thymus gland as well as the immune system, and blocks healthy cells from transforming into cancer cells. Phycocyanin, the blue-green pigment, boosts the immune system by stimulating the production of stem cells. AFA has been found effective in the treatment of viral diseases, chronic fatigue, concentration disorders, inflammatory diseases, and osteoarthritis.

## How to Use AFA

The most common and convenient way of consuming AFA is in capsules, though it is less expensive as powder. The powder can be mixed with water, smoothies and other beverages, and it goes well with raw chocolate. Few brands offer frozen liquid AFA to preserve the freshness. Many of AFA's nutrients are quite vulnerable to high temperatures, so it is not recommended to be used in hot food or drinks.



# Bee Pollen

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BEE POLLEN IS A HIGHLY VALUED AND EXTREMELY NUTRITIOUS FOOD, WHICH HAS BEEN USED AROUND THE WORLD FOR THOUSANDS OF YEARS. IT IS MENTIONED IN THE BIBLE, THE TALMUD, THE KORAN AND THE BOOK OF MORMON, AS WELL AS IN SOME ANCIENT WRITINGS OF THE FAR EAST. IT IS GATHERED USING FILTERS PLACED AT THE ENTRANCE OF THE APIARY (BEEHIVE). THE FILTER GATHERS 10-15% OF THE POLLEN THE PASSING BEES CARRY, LEAVING PLENTY FOR THE BEES' OWN USES.

## Why Use Bee Pollen

Bee pollen contains a full range of vitamin Bs (with the exception of B12), C, D and E, a full amino acid profile, 12 salient enzymes for the digestive system and up to 60 minerals. In addition, it contains carotenoids, small amounts of lecithin, choline, fatty acids, and the nucleic acids DNA and RNA.

**Bee pollen is considered one of the best protein sources in the world. It contains 25% protein, with a high absorption rate.** According to some clinical tests, some of bee pollen's nutrients can be absorbed into the bloodstream directly from the stomach.

Bee pollen may enhance sexual willingness and ability; it boosts energy levels and performance, and speeds up and optimizes recovery after exercise. It is also known to hinder histamine production, therefore, reducing or neutralizing some allergic reactions.

## How to Use Bee Pollen

Large amounts of pollen can be used daily, but it is a good idea to start off gradually so the body can adjust. One tablespoon a day is good to begin with. Soaking in water for 12 hours enhances the pollen's bio-availability. Bee pollen can be added to foods, blended in smoothies or used in baking. Some of the nutrients can be ruined by high temperature, so freeze-dried bee pollen is a smart choice.





# Cacao

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CACAO, *THEOBROMA*, MEANS “FOOD OF THE GODS.” THE FIRST KNOWN PEOPLE TO USE CACAO WERE THE SOUTH-CENTRAL MEXICAN OLMECS NEARLY 4,000 YEARS AGO. MAYAN CULTURES ALSO USED GREAT AMOUNTS OF CACAO, ESPECIALLY FOR SHAMANISTIC PURPOSES AND IN VARIOUS RITUALS, WHICH WERE LATER ADOPTED BY THE AZTECS. THE ENGLISH WORD “CHOCOLATE” COMES FROM THE AZTEC “XOCOLATL,” MEANING “BITTER WATER.” UNTIL AS RECENTLY AS 1887, CACAO BEANS WERE USED AS MONEY IN MEXICO CITY. LATER ON, EUROPEANS TURNED THE MEDICINAL SUPERFOOD INTO AN UNHEALTHY CONFECTION, MILK CHOCOLATE, BY ADDING REFINED SUGAR AND MILK POWDER. TODAY, CACAO IS THE WORLD’S MOST WIDELY EATEN NUT.

## Why Use Cacao

Raw cacao is one of the world’s most nutrient-dense and complex foods. It contains more than 1,200 active ingredients, and 10% of its dry weight consists of antioxidants. In fact, cacao contains a greater volume of antioxidants than blueberry, goji berry, açai berry, red wine and pomegranate combined. Cacao is also a rich source of magnesium, iron, chromium, sulfur, copper and zinc. Probably the most unique properties of cacao are those related to brain functions and feelings of well-being.

Chemical compounds in cacao such as anandamide, theobromine, phenethylamine (PEA), magnesium and monoamine oxidase inhibitors (MAOIs) affect the mind and body and can reportedly lead to feelings of being “high” – though not in the sense of being intoxicated.

## How to Use Cacao

It is crucial to use high-quality, raw cacao. Cacao beans can be added to trail mix, smoothies and both raw and cooked foods, such as the Mexican mole sauce.

Like many other beans, cacao contains tiny amounts of alkaloids and toxins; it is the beans’ way of protecting themselves from danger. Many people think they are allergic to cacao when, actually, other ingredients in the chocolate (such as milk powder in milk chocolate) are causing the allergic reaction.




*Chocolate*

*Mole*

*Sauce*





USE THIS DELICIOUS, NUTRITIOUS RAW VERSION OF  
THE POPULAR MEXICAN SAUCE IN VARIOUS DISHES  
OR AS A DIP FOR VEGETABLES AND CHIPS.

**/ ½ cup diced tomato**  
**/ ⅓ cup olive oil**  
**/ 2 tbsp cacao powder**  
**/ 1 tbsp mesquite powder**  
**/ 2 tbsp honey**  
**/ 1 tsp dried chipotle chili powder**  
**/ ¼ tsp sea salt**  
**/ 1 tsp cinnamon**  
**/ 2 tbsp water, if needed**

Blend all the ingredients in a blender until smooth.  
The sauce will keep in the refrigerator for approx.  
five days. For additional richness, add some seeds  
to the mix.

# Chia

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SOME SAY THAT THE WORD “CHIA” IS DERIVED FROM NAHUATL WORD “CHIAN” WHICH MEANS “OILY”. OTHERS MAINTAIN THAT “CHIA” IS THE MAYAN WORD FOR “STRENGTH.” BOTH EXPLANATIONS SOUND LOGICAL, SINCE CHIA SEED IS INDEED OILY, AND HAS STRENGTHENING PROPERTIES. ACCORDING TO FOLKLORE, AZTECS CULTIVATED CHIA IN THE PRE-COLONIAL AMERICAS. IT WAS APPARENTLY SO HIGHLY VALUED THAT IT WAS OFTEN PRESENTED TO RULERS AS AN ANNUAL TRIBUTE. THE MODERN TARAHUMARA PEOPLE OF NORTH WESTERN MEXICO USE CHIA WHEN MAKING A TRADITIONAL DRINK CALLED ISKIATE (OR CHIA FRESCA) TO FUEL THEIR ACTIVE LIFESTYLE. “ACTIVE LIFESTYLE” IS SOMETHING OF AN UNDERSTATEMENT, SINCE SOME TARAHUMARA PEOPLE MAY RUN AS MUCH 120 MILES IN A SINGLE SESSION.

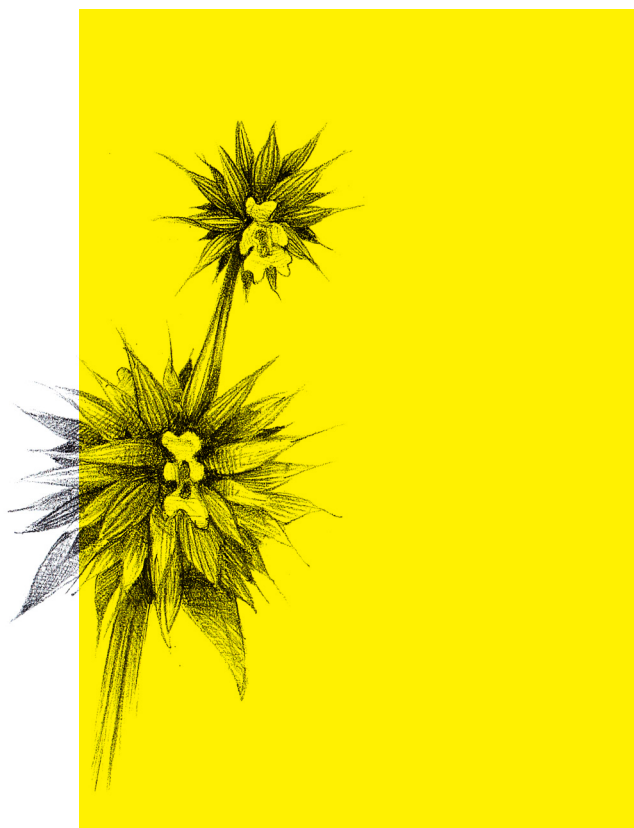
## Why Use Chia Seeds

Chia is extremely rich in omega-3 fatty acids. It contains up to eight times more omega-3 per gram than salmon. Chia also supplies us with ample dietary fiber, vitamins, and minerals such as calcium, iron, phosphorus, manganese, potassium and sodium. It is also full of antioxidants, which make it more nutritionally stable.

Chia seed may be beneficial in the fight against a variety of health issues including diabetes, hypoglycemia, celiac disease and low cholesterol. Chia seed is an extremely healthy complement to any diet, but particularly to diets lacking healthy fatty acids or dietary fiber.

## How to Use Chia Seeds

Chia seeds can be used much like flax seeds: sprinkled into oatmeal, cereals, granola or yogurt. Chia seed flour works as a wheat flour substitute for baking, resulting in healthier breads, crackers and so on. Since chia seeds can absorb up to nine times its weight in water and transform into a gel, it is a wonderful thickening agent in smoothies, soups or puddings.







# *My favourites*

## Chlorella

Chlorella is perfect for preventing hang-over on rare night-outs. I'll either have a handful of chlorella tablets (don't chew them) or a smoothie a few hours before starting the evening.

## Chia

Chia porridge is a perfect way to start the morning and keep hunger away for long. Here's my favorite recipe:

- 2 dl of soaked chia seeds
- 1 avocado
- 1 dl of frozen blueberries
- 1 tsp of honey
- 1 banana
- 1 tsp of cinnamon
- 1 tsp of maca powder
- a few deciliters of water (*but not too much to keep it as a porridge*)

*Mikael Mäkinen, Head of Sales*

# Chlorella

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CHLORELLA IS A TYPE OF SINGLE-CELLED GREEN ALGAE. ITS NAME DERIVES FROM THE GREEK WORD “CHLORAL” MEANING “GREEN,” AND THE LATIN “ELLA” MEANING “SMALL.” THE MOST COMMON CHLORELLA SPECIES USED AS FOOD ARE CHLORELLA PYRENOIDOSA AND CHLORELLA VULGARIS. OTHER SPECIES INCLUDE C. MINUTISSIMA AND C. VARIABILIS.

DURING THE WORLD HUNGER CRISIS OF THE LATE 1940S AND EARLY 1950S, CHLORELLA WAS BELIEVED TO BE THE WORLD’S MOST PROMISING NEW FOOD SOURCE, BUT MAYBE BECAUSE OF THE VERY “GREEN” TASTE, IT HAS NOT YET ACHIEVED WIDESPREAD CULTIVATION AND USE.

## Why Use Chlorella

Pollutants, toxins, artificial additives and unhealthy processed foods combine to constantly assault our bodies. Chlorella contains an abundance of easily utilizable proteins, vitamins and minerals, which all are vital nutrients. **Chlorella is the most chlorophyll-rich food known and chlorophyll has been found to aid the body in detoxification, including removal of heavy metals.** Chlorella also contains a substance known as Chlorella Growth Factor (CGF), which reportedly supports immune system functions, helps combat cancer, and aids in repair of nerve tissues.

## How to Use Chlorella

Chlorella is available in three main forms: powder, capsules and tablets. Capsules and tablets are generally the most convenient to use. Because of its tough cell walls, unprocessed chlorella is rather difficult to digest. Therefore, the chlorella in most high-quality products has been put through a process which naturally opens the cell walls without damaging the cells’ contents. Up to 10 grams of chlorella can be consumed daily, but it is best to start off with smaller portions, perhaps 1-2 grams per day. Even broken-cell chlorella can be difficult to digest if the body becomes accustomed to it. When combined with coconut water, chlorella’s bad taste mostly disappears.



# Coconut Palm

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IN THE PHILIPPINES, THE COCONUT TREE IS KNOWN AS “THE TREE OF LIFE.” IT PLAYS A CRUCIAL ROLE IN THE DAILY LIVES OF MILLIONS OF PEOPLE IN TROPICAL REGIONS, AND MANY CONSIDER IT TO POSSESS MAGICAL PROPERTIES. COCONUTS HAVE BEEN USED AS FOOD AS WELL AS MEDICINE FOR AT LEAST THE LAST 4,000 YEARS.

THE STERILE WATER INSIDE THE COCONUT IS PERHAPS THE MOST ELECTROLYTIC LIQUID ON EARTH, AND ITS COMPOSITION IS NEARLY IDENTICAL WITH HUMAN BLOOD PLASMA. DURING WORLD WAR II, COCONUT WATER WAS USED AS A BLOOD PLASMA SUBSTITUTE WHEN TREATING WOUNDED SOLDIERS.

## Why Use Coconut

Coconut is well known as a nourishing and strengthening plant. Traditionally, it has been used to treat asthma, bronchitis, the common cold, tuberculosis, fever and a host of other ailments, even baldness.

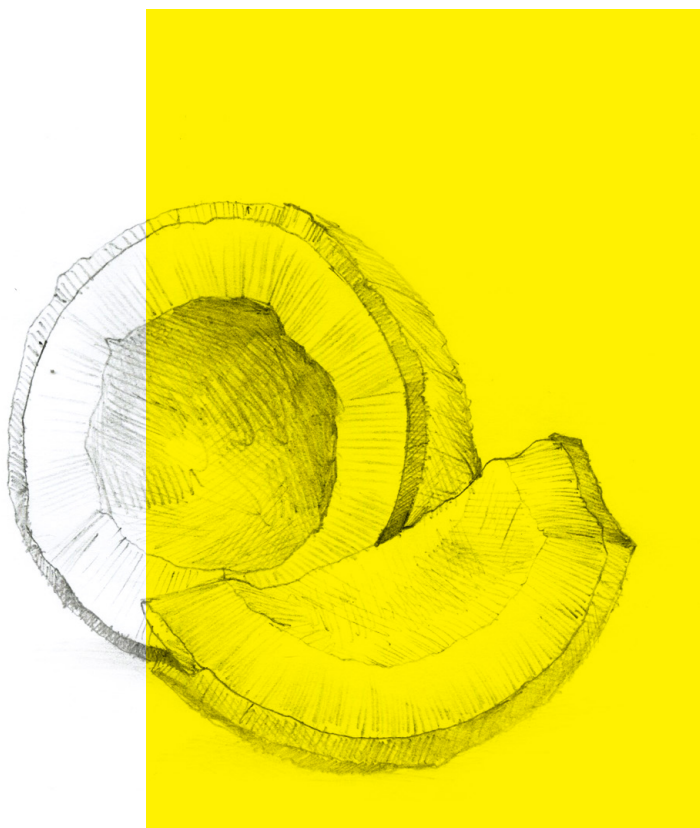
Coconut oil is composed of more than 90% saturated, medium-chain fatty acids (MCFA). These are very rare but crucial building blocks for every cell in the human body. **They support the immune system, thyroid function, nervous system and health of the skin, and even offer rapidly-available energy.** They also stimulate metabolism, support breast milk production, and preserve semen.

There are scientific publications, which have stated that some disease-causing organisms, including viruses such as HIV, SARS, HSV-1 and -2, leukemia virus, and hepatitis C, as well as a number of bacteria and parasites, are rendered inactive in the presence of coconut oil's fatty acids.

## How to Use Coconut

Coconut has almost endless usage possibilities; the oil can be used for cooking and for skin care, applied directly or in different products. Coconut water is perhaps the best sports drink available, and coconut milk is excellent for cooking. Coconut sugar is a versatile, low GI sweetener.

Choose non-hydrogenated, not caffeinated products from fresh, raw, non-hybrid coconuts, processed at low temperatures.



# *Asian* *Coconut* *Mushroom* *Noodles*



THIS ASIAN-INSPIRED DISH UTILIZES THE VERSATILE COCONUT PALM. FEEL FREE TO ADJUST THE AMOUNTS AND ADD VEGETABLES TO YOUR LIKING, AND USE WHICHEVER NOODLES YOU PREFER.

### Spice Paste

- / 25g fresh, peeled ginger
- / 2 stalks of lemongrass
- / 2 red chilies (remove seeds for less intense flavor)
- / 3 shallots, chopped
- / 1 clove garlic
- / 1 tsp turmeric powder
- / pinch of salt
- / 2-3 tbsp coconut oil

### Sauce

- / 400ml/14fl oz can coconut milk
- / 250ml/9fl oz coconut water / water
- / 250g finely sliced oyster / maitake / shiitake mushrooms
- / 10 sugar snap peas or mange tout, cut in half lengthwise
- / ½ cup young coconut meat (optional)
- / 2 large zucchinis / carrots, julienned or spiraled to noodles / 1 pack of soba noodles

### Garnish

- / fresh coriander
- / roasted coconut flakes
- / roasted hemp seeds
- / lime wedges

For the spice paste, place all of the ingredients except the oil into a blender and blend to a pulp. Add the oil and blend until you get a loose paste (some of the oil may not be needed).

To make the noodle sauce, fry the spice paste over a medium heat for 2-3 minutes. Add the mushrooms and fry for three minutes, or until softened. Add the coconut milk and other liquids and bring to boil. Reduce the heat and simmer for five minutes. Add the vegetables, or pour the sauce onto a plate, over the noodles. Garnish according to taste.

# Goji

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LYCIUM BERRIES, THE “RED DIAMONDS”, GROW IN A TALL, WOODY BUSH THAT IS NATIVE TO SOUTHEASTERN EUROPE AND ASIA. THE CHINESE HAVE TRADITIONALLY BELIEVED THAT THERE IS SO MUCH INFORMATION INHERENT IN THE GOJI BERRY THAT TEACHES ITS EATER THE SECRETS OF HERBALISM AND LIFE, IN GENERAL.

GOJI PLANTS ADAPT EXTREMELY WELL TO VARIOUS ENVIRONMENTS AND THAT IS WHERE THEY GET THEIR ADAPTOGENIC PROPERTIES. THERE ARE GOJI PLANTATIONS ALL OVER THE WORLD AS THE DEMAND FOR THIS DELICIOUS AND NUTRITIOUS BERRY IS GROWING.

## Why Use Goji

The goji berry is considered to be the most nutrient-rich fruit in the world and is the secret to a long life. It is really high in antioxidants and it contains two important carotenoids linked to healthy eyesight: zeaxanthin and lutein. As all berries are known to be good for the eyes, goji berries have been proven to really help you get closer to that Superman-vision.

Big amounts of polysaccharides found in goji berries may help increase immunity. Also, a rare trace mineral called germanium is present in these miracle berries which helps strengthen the immune system.

## How to Use Goji

You will most likely find the berries dried in their whole form but powders, extracts and juices are also available. The dried berries are a good snack on their own or as part of a trail mix, on top of salads or added to drinks or food. To make them softer, steep in a hot tea or add them in soups. Heating makes some of the nutrients more easily absorbed but it can reduce some of the valuable vitamins — better to vary the method constantly!





# Hemp

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CANNABIS SATIVA HAS BEEN USED FOR MILLENNIA THROUGHOUT MUCH OF ASIA AND THE MIDDLE EAST. IN THE WEST, IT WAS FIRST PRODUCED IN THE BEGINNING OF THE 18TH CENTURY.

HEMP FIBER IS USED IN MAKING ROPE, PAPER AND A VARIETY OF TEXTILES. IT IS STRONG AND CAN BE USED TO MAKE EVERYTHING FROM STURDY SAILS TO DURABLE AND COMFORTABLE CLOTHING.

FOR MORE THAN 3,000 YEARS, HEMP HAS BEEN ONE OF THE WORLD'S MOST IMPORTANT AND WIDELY USED MEDICINAL PLANTS. IN TIMES PAST, CANNABIS EXTRACTS WERE COMMONLY USED IN THE U.S. TO FIGHT FATIGUE, COUGH, RHEUMATISM, ARTHRITIS, ASTHMA, DELIRIUM TREMENS, EPILEPSY AND EVEN MENSTRUAL PAIN. IN FACT, PRIOR TO THE INTRODUCTION OF ASPIRIN IN 1899, CANNABIS WAS THE MOST COMMONLY USED PAINKILLER IN THE U.S. AND IN MANY OTHER COUNTRIES.

## Why Use Hemp

Hemp seeds are an excellent source of omega-3 and omega-6 fatty acids, which are powerful antioxidants protecting the skin, fighting inflammation, and nourishing the brain and eyes.

Hemp is an excellent source for protein, containing some 20 different amino acids (and all 8 of the essential amino acids). The primary proteins in hemp seeds are edestin (65%) and albumin (35%), both readily digestible. Hemp's proteins are also hypoallergenic; allergy to hemp products is relatively rare.

Hemp seeds are a rich source of lecithin, which can be found in all living cells, and is the primary building block of our cell membranes (the cell's "skin," surrounding and protecting its delicate contents). They are also abundant in chlorophyll, vitamins, minerals and trace minerals.

## How to Use Hemp

Hemp seeds are very versatile vegan protein source. They can be added to soups, smoothies, salads, trail mixes or even sprinkled over ice cream as a tasty, nutritious topping. They also make a delicious addition to cereals and breads. Hemp milk works as a substitute for milk.



# Honey

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THE BIBLE, THE KORAN, THE TALMUD, AND ANCIENT WRITINGS FROM PERSIA, EGYPT, CHINA AND INDIA SPEAK OF HONEY AS EXCEPTIONAL, EVEN MIRACULOUS FOOD, DRINK AND MEDICINE. APICULTURE (BEE-KEEPING) HAS ITS ROOTS IN ANCIENT EGYPT: AN ENORMOUS NUMBER OF PAPYRUS DOCUMENTS AND OTHER RECORDS INCLUDE MENTIONS OF BEES AND BEEHIVES.

THE PROPHET MOHAMMAD DECLARED, “HONEY IS A REMEDY FOR ALL DISEASES”. “RIVERS FLOWING WITH HONEY” ARE PART OF THE MOHAMMEDAN CONCEPT OF PARADISE.

## Why Use Honey

Honey is a superior natural sweetener. Its potent antiseptic, antioxidant and cleansing properties also make it useful in both internal and external body care. Honey is a humectant, attracting and retaining moisture. Therefore, it is used in numerous skin-moisturizing products. **Honey is proven to be effective in treating digestive problems such as diarrhea, indigestion, stomach ulcers and gastroenteritis.**

It has been called “nature’s energy booster” since it gives a near-instant boost to performance and endurance, while reducing muscle fatigue during exercise. Honey’s glucose absorbs rapidly, providing an immediate energy boost; its fructose absorbs more slowly, giving sustained energy.

## How to Use Honey

Not all honeys are equal: various flowers, different bee species and other factors such as the amount of added water affect the quality of the end product. Pasteurizing (heating) the honey destroys many of its healthful properties, so one should choose only high-quality, raw honey products.

Raw honey may occasionally contain spores of *Clostridium botulinum* bacteria. Small amounts pose no threat to adults, but babies under the age of one year cannot deal with the bacteria. Breastfeeding mothers may safely consume honey; any possible spore cannot be passed to the infant through the mother’s milk.

Honey is a common alternative for sugar, and it is the only food in the world that doesn’t go stale. Honey is said to make a better sport drink than any commercial product.



# Licorice Root

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LICORICE ROOT, THE GRANDFATHER OF HERBS, HAS BEEN USED MEDICALLY SINCE AT LEAST 500 BC BOTH IN EUROPE AND ASIA. IT HAS BEEN PROVEN EFFECTIVE IN THE TREATMENT OF PEPTIC ULCERS, WOUNDS, CONSTIPATION AND COUGH, AMONG OTHER DISEASES.

THE NAME “LICORICE”, LAT. *GLYCYRRHIZA*, MEANS “SWEET ROOT”. THE GENUS *GLYCYRRHIZA* CONSISTS OF ABOUT 30 SPECIES, SOME OF WHICH HAVE DIFFERENT VARIETIES. THE LEGUME IS BOTANICALLY RELATED TO BEANS AND PEAS, BUT NOT TO ANISE, STAR ANISE OR FENNEL, WHICH HAVE SIMILAR FLAVORS.

## Why Use Licorice Root

The popular adaptogenic herb that has been eaten as sweet or salty candy for generations is 50 times sweeter than table sugar. Glycyrrhizic acid is responsible for licorice’s sweetness, as well as its amazing medicinal properties. When broken down by the stomach, **glycyrrhizic acid has anti-inflammatory and anti-arthritic properties similar to hydrocortisone and corticosteroids**. Licorice root contains several beneficial compounds such as saponins, flavonoids, isoflavones and coumarins.

Licorice soothes inflamed and irritated tissues. Its antiviral agents keep infections such as herpes and shingles away, and it has been proven to have anti-oxidative and antitumor activities.

Licorice root is often considered to be estrogenic or estrogen-stimulating by providing essential nutrients for the liver and endocrine system. Licorice can also help relieve throat inflammation and strengthen the vocal cords.

## How to Use Licorice Root

Licorice tea and tincture are used for toning and strengthening the endocrine gland system and are a specific remedy for adrenal exhaustion. However, large amounts of licorice can raise blood pressure, so it should be consumed with caution.

Licorice has a thick, sweet flavor which goes well with other herbs in syrups, teas and tinctures. You can also eat it straight up either fresh or dried.



*Adrenal*

*Tonic*


*Tincture*



TINCTURES ARE HIGHLY CONCENTRATED LIQUID HERBAL EXTRACTS THAT ARE BEST DILUTED IN TEA, WATER OR JUICE.

LICORICE IS ONE OF THE BEST TONICS FOR ADRENAL EXHAUSTION. THIS TINCTURE IS EXCELLENT IF LIFE HAS LOST ITS ZEST, AND YOU FEEL TIRED AND EXHAUSTED FREQUENTLY.

- / 1 part chopped licorice root**
- / 1 part chopped rhodiola root**
- / 1 part chopped Siberian ginseng**
- / ½ part chopped cinnamon OR ginger**
- / 40% alcohol, such as vodka**
- / Honey (optional)**



To make the alcohol tincture, finely chop the herbs and place in dry, clean glass jar. Cover them in alcohol by 5 to 7.5 cm (2 to 3 inches), and tightly seal the jar. If the herbs float to the top, let them set for a day or two. Check if more alcohol is needed for the 5 to 7.5 cm margin.

Place the jar in a warm, sunny spot and let the herbs macerate (soak) for 4 to 6 weeks. Shake the jar daily, so the solvent mixes thoroughly with the herbs and prevents them from settling on the bottom.

Strain the herbs and mix the liquid with honey. Pour a little into an empty dropper bottle for serving and keep the rest in a clean glass jar with a tight lid. Take 10-30 drops daily.

THIS ALCOHOL-BASED TINCTURE WILL KEEP FOR SEVERAL YEARS.

# Moringa

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MORINGA OLEIFERA IS ALSO KNOWN AS HORSERADISH TREE, BEN-OIL TREE, AND DRUMSTICK TREE. IN AFRICA, MORINGA TREES ARE TRADITIONALLY PLANTED AS FENCES ON GRAVES TO KEEP HYENAS AWAY, AND THE BRANCHES ARE USED AS CHARMS AGAINST WITCHCRAFT. PEOPLE IN ANCIENT SOCIETIES DISCOVERED A VAST ARRAY OF USES FOR MORINGA, INCLUDING ITS IMPRESSIVE NUTRITIONAL AND MEDICINAL BENEFITS.

## Why Use Moringa

The leaves of moringa contain 2 alkaloid mixtures that have the same energizing effect as adrenaline. The plant is high in beta-carotene, niacin, and vitamins C and E. All of these substances are potent antioxidants that protect the cells from getting damaged by free radicals. **Moringa has seven times more vitamin C than oranges, four times more calcium and twice as much protein as milk, four times more vitamin A than carrots, and three times more potassium than bananas.** On top of that, moringa also contains iron. Young moringa fruit is high in carbohydrates and very high in phosphorous. Unlike common plant sources, the moringa leaves contain all the essential amino acids.

Regular intake of moringa can greatly help in preventing micro-nutrient deficiency, and it has been proven to increase milk flow in lactating mothers. Because of the amino acids arginine and histidine it contains, it is especially important for infants who are unable to make enough protein for their growth requirements.

## How to Use Moringa

Moringa seeds are eaten like peanuts, the thick root can be a substitute for horseradish and often, the foliage is used in salads, curries and for seasoning. It makes delicious pesto and ice cream.

Traditionally, the roots of moringa have been pounded or infused for using as a mouthwash and to soothe swellings. Recommended medicinal uses of moringa include eating the leaves raw or cooked, or applying juice from leaves to trouble areas.



# Nettle

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*URTICA DIOICA*, THE INVASIVE STINGING NETTLE HAS BEEN WIDELY USED FOR CENTURIES. THE ANCIENT GREEKS AND ROMANS CULTIVATED MORE ACRES OF NETTLE THAN ANY OTHER CROP, USING THE WHOLE PLANT EXTENSIVELY AS FOOD, MEDICINE AND CLOTHING.

NETTLE IS INDIGENOUS IN EUROPE, AFRICA, ASIA AND NORTHERN AMERICA, WHERE THEY ARE ALSO COMMON WEEDS IN GARDENS. THE NETTLE STING COMES FROM NEEDLE-LIKE PROTRUSIONS ON THE STEMS AND UNDERSIDES OF THE LEAVES, WHICH CONTAIN FORMIC ACID, THE SAME CHEMICAL FOUND IN BEE STINGS AND ANT BITES.

## Why Use Nettle

The nettle plant has many different uses from nutritious food to sex-boosting effects. It is used as a remedy for arthritis, anemia, rheumatism, exhaustion, hair loss, menstrual and skin problems, just to name a few. Of course, it is also free and widely available and more delicious than the greens from the supermarket.

The leafy parts are rich in iron, calcium, potassium and vitamins A and C. Nettle seeds are a great kidney and adrenal replenisher. The stalks can be made into a strong fiber. The roots are especially famous for their ability to increase free testosterone which increases muscle growth, brain functioning and sex functions.

## How to Use Nettle

The tender growing tops and smaller leaves can be steamed, boiled or crushed to prevent the stinging and used as a leafy green. They make especially great pesto or replace spinach in any recipe. Dried leaves are sold and can be made into tea or used in cooking.

Nettle seeds and roots you can harvest yourself. Seeds are delicious on their own but roots should be decocted or tinctured to get the benefits. Nettle root is also available as a common ingredient in dietary supplements.



# Phytoplankton

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PHYTOPLANKTON IS THE GENERAL NAME GIVEN TO MICROSCOPIC, UNICELLULAR PLANT SPECIES, LIVING IN MOST WATERS ON EARTH. PHYTOPLANKTON ARE RESPONSIBLE FOR MORE THAN HALF OF ALL THE PLANET'S PHOTOSYNTHETIC ACTIVITY, AND PLAY A MAJOR ROLE IN MAINTAINING THE WORLD'S SUPPLY OF ATMOSPHERIC OXYGEN. IT IS ESTIMATED THAT PHYTOPLANKTON PRODUCES MORE OXYGEN THAN ALL OF EARTH'S FORESTS COMBINED. IT HAS SUPPORTED AQUATIC LIFE FORMS FOR THE LAST THREE BILLION YEARS – BOTH DIRECTLY AND AS THE LOWEST LINK IN MANY FOOD CHAINS.

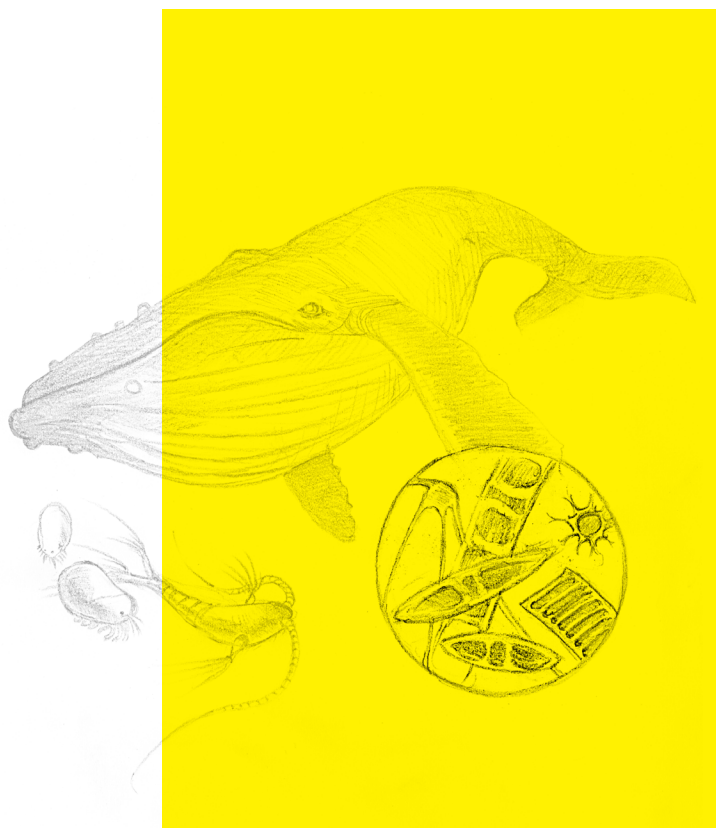
THIS TINIEST OF PLANTS IS ESSENTIAL FOR THE DIET OF THE WORLD'S LARGEST MAMMAL, THE BLUE WHALE. BLUE WHALES EAT ANIMAL PLANKTON, KRILL. KRILL EAT ONLY PHYTOPLANKTON. THE BLUE WHALE, SUPPORTED DIRECTLY BY MICROSCOPIC PLANTS, CAN GROW TO GREATER THAN 108 FT (33 METERS) IN LENGTH AND 200 TONS (180 METRIC TONS) IN WEIGHT. IT CAN SWIM HUNDREDS OF KILOMETERS WITHOUT STOPPING; ITS BRAIN IS THE WORLD'S LARGEST, AND ITS NERVOUS SYSTEM THE HEALTHIEST. IT LIVES FOR 80 TO 150 YEARS, AND MAINTAINS SEXUAL PROWESS ITS ENTIRE LIFE — ALL ON A DIET BASED EXCLUSIVELY ON THE SMALLEST OF LIVING CREATURES.

## Why Use Phytoplankton

Phytoplankton may be the most nutrient-dense food on Earth. **Research studies have found phytoplankton to contain every single nutrient necessary for building and maintaining human cells.** It is the world's richest plant source of omega-3 fatty acids. It also contains vitamins A, B1, B2, B3, B5, B6, B12, C and D, all 22 amino acids, and all known biologically necessary minerals. Phytoplankton also contains nucleotides which energize the body at the cellular level.

## How to Use Phytoplankton

Phytoplankton is used like other algae but in smaller doses. It is currently available as liquid and freeze-dried powder. Ignore low-quality products, such as pasteurized or cooked ones since the processing destroys many precious nutrients. The daily dosage varies, but starting with about 1-3 drops or 1/5 teaspoon of powder is good. As you get used to it, even 2-3 dropperfuls or teaspoons can be taken daily.







# *My favourites*

## Pine Pollen

I love consuming pine pollen tinctures! Just mix pine pollen with high quality alcohol, re-store it for 2 weeks (*remember to shake it daily*), and strain the powder off with a basic coffee filter into little drop-per bottles. Easy to carry and very effective.

## Coconut

A 20-day challenge! Every morning, take a tablespoon of coconut oil and swish it around your mouth for 20 minutes. Then, spit it out into a dedicated receptacle (not into a sink!). This ancient Ayurvedic dental technique whitened my teeth and gave me a better breath.

*Markus Karjalainen, Head of Marketing*

# Pine Pollen

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PINE POLLEN, OR *POLLEN PINI*, IS ONE OF NATURE'S STRONGEST ANTIDROGENS. IT HAS BEEN USED IN TRADITIONAL CHINESE MEDICINE FOR MORE THAN 2,000 YEARS AS A HEALTH RESTORATIVE, LONGEVITY TONIC, AS WELL AS AN ANTI-AGING NUTRIENT.

PINE POLLEN IS A NUTRITIONAL POWERHOUSE, CONTAINING AT LEAST 20 AMINO ACIDS (INCLUDING ALL 8 ESSENTIALS), 30 MINERALS AND TRACE ELEMENTS, 15 VITAMINS (VITAMINS A, B, C, AND EVEN D3), FATTY ACIDS (OMEGA 3, -6, -9), COENZYMES, POLYSACCHARIDES, FLAVONOIDS, MORE THAN 100 DIFFERENT ENZYMES, NUCLEIC ACIDS, LECITHIN AND MORE THAN 200 BIOACTIVE COMPOUNDS SUCH AS TESTOSTERONE, ANDROSTERONE, ANTIOXIDANTS, MSM, SUPEROXIDE DISMUTASE (SOD), INOSITOL AND POLYPHENOLS.

## Why Use Pine Pollen

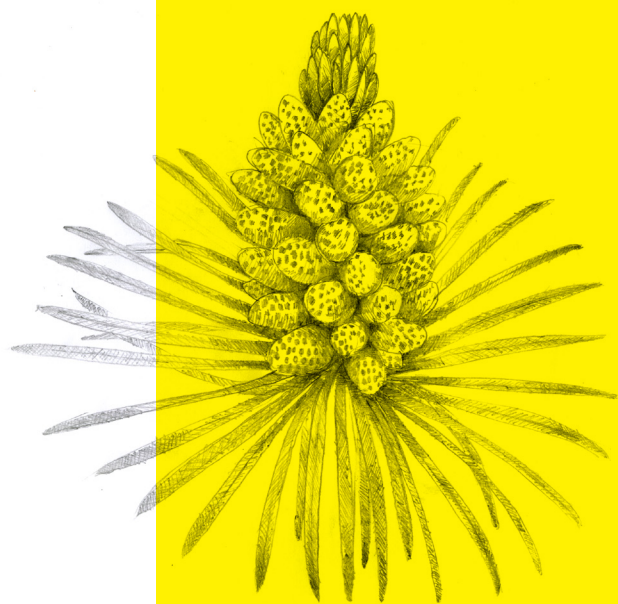
Pine pollen can increase free testosterone levels in blood, and restore androgen/estrogen balance. This is important for both males and females. Pollution, chemicals, stress and poor diet disturb the body's balance, leading to a variety of diseases and unwanted conditions. However, stomach acids destroy the testosterone effects.

Loaded with nutrients, pine pollen is an excellent addition to a healthy diet. It also increases SOD (the most potent antioxidant for the human body) in the heart, liver and brain, enhances immunity, and supports healthy endocrine function.

Traditionally, pine pollen has been used for moistening the lungs, reducing fatigue and rheumatic pain, improving skin condition, stimulating the immune system, increasing mental speed, clarity and agility, treating prostate problems and assisting weight loss.


## How to Use Pine Pollen

Pine pollen is used in cosmetic as well as pharmaceutical and medicinal products. Pine pollen powder, alcohol tinctures and capsules are found in normal supermarkets across Asia, but in the West it is still quite uncommon. There are no known side effects to the use of pine pollen, so it can be enjoyed every day.



# *Superman* *Shot*





THIS RECIPE MAKES 1 LITRE OF TESTOSTERONE-BOOSTING SUPER “JUICE” THAT WILL GIVE YOU POWERS YOU NEVER THOUGHT POSSIBLE TO HAVE.

**/ 1 liter organic vodka**  
**/ 1.5 tbsp pine pollen powder**  
**/ 1.5 tbsp nettle root powder**  
**/ 3 tbsp panax ginseng powder**

Put all ingredients in a clean glass bottle, and store for 2 to 3 weeks, shaking the bottle gently every day. To drink, make it a shot, or cut it with coconut water and sweeten with honey, if desired.

# Schisandra

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SCHISANDRA HAS OVER 2,000 YEARS OF HISTORY IN TRADITIONAL CHINESE MEDICINE (TCM). IT “CALMS THE HEART AND QUIETS THE SPIRIT”. THE “5-FLAVOR BERRY” IS ASSOCIATED WITH ALL MAJOR FLAVORS – SWEET, SOUR, BITTER PUNGENT, AND SALTY, WHICH IS UNIQUE.

SCHISANDRA HAS BEEN USED AS A TONIC FOR SEXUAL ENERGY. IT IS ESPECIALLY POPULAR WITH WOMEN FOR ITS COMPLEXION-ENHANCING PROPERTIES. ASIDE FROM THE CHINESE, TIBETANS ARE ALSO KNOWN FOR HAVING A MILLENNIA-LONG HISTORY OF USING SCHISANDRA.

IN RUSSIA, SCHISANDRA IS A REGISTERED MEDICINE FOR VISION DIFFICULTIES. IT IS ALSO ONE OF THE RARE HERBS THAT CAN BE FOUND ON THE TOP OF BOTH THE AYURVEDIC AND CHINESE MEDICINAL SYSTEMS.

## Why Use Schisandra

This tonic berry is cited as a beauty food that preserves youth and helps to combat insomnia. It is used to naturally deal with chemicals, pathogens, electromagnetic stress and other toxins. Schisandra is maybe one of the most praised health strategies for better organ and skin health. It suits anyone who wants to stack longevity odds in their favor.

Schisandra is also a very powerful, natural, safe and legal performance enhancer. In Russia, the Red Army soldiers used dried schisandra berry powder before they undertook long ski runs. It was shown to enhance performance by reducing exhaustion and fatigue, muscular pain, shortness of breath, and thirst. Another study shows that 60% of runners treated with schisandra extract were able to run 1,000 meters significantly faster than prior to usage.

## How to Use Schisandra

Fresh or dried schisandra berries can be ground to make an infusion, decoction, or a tincture. Schisandra dietary supplements can be found from most health foods stores, but many contain unwanted fillers. Schisandra is generally a safe herb, which can be used in just about anything. Smoothies, soups, sushi and raw cakes get a nice twist from schisandra. It also brings a nice, deep flavor to sauerkraut.







# *My favourites*

## Cacao

A **perfect** snack after a long, hard day at work.  
Take a cacao bean and dip it in organic honey.  
**Perfect.**

## Spirulina

Eat your greens. Add spirulina, chlorella and moringa to your smoothie. Yes, all three. I'll guarantee you'll notice the difference.

*Jesse Väänänen, Brand Manager*

# Spirulina

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SPIRULINA IS ONE OF THE MOST ANCIENT AND IMPORTANT OF ALL PLANTS ON EARTH. THIS MICROSCOPIC PLANT PLAYED A MAJOR ROLE IN FORMING OUR OXYGEN ATMOSPHERE SOME 3.5 BILLION YEARS AGO. THOUGH OFTEN REFERRED TO AS A TYPE OF ALGAE OF THE GENUS SPIRULINA, TECHNICALLY, IT IS A TYPE OF BLUE-GREEN BACTERIA (CYANOBACTERIA) AND ITS TRUE GENUS NAME IS ARTHROSPIRA.

SPIRULINA HAS BEEN AN IMPORTANT FOOD SOURCE IN VARIOUS CULTURES. THE AZTECS AND OTHER MESOAMERICANS USED IT UNTIL THE 16TH CENTURY, AND THEIR ANCESTORS STILL USE IT TODAY. IN CHAD, IT HAS BEEN HARVESTED FROM LAKE CHAD AND EATEN IN CAKES SINCE THE 9TH CENTURY.

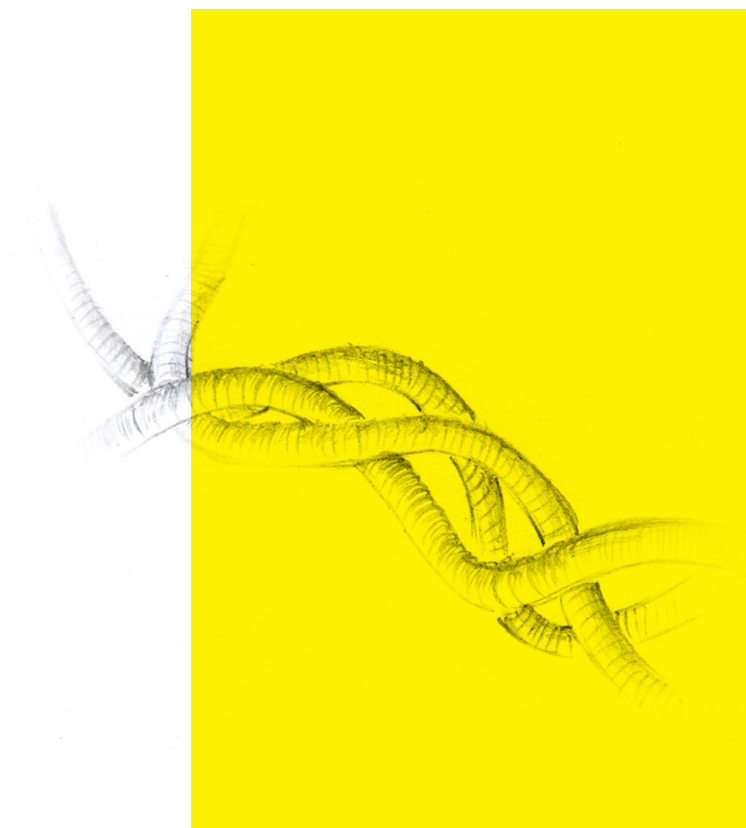
## Why Use Spirulina

Spirulina is loaded with nutrients the body craves. Between 60 and 65% of spirulina's weight is top-quality, complete and easily assimilated protein. It is more protein-dense and better digestible than beef, pork, poultry or any other sort of meat for that matter. Though most plants contain little or no vitamin B12, spirulina is a fine source of this crucial nutrient along with several other B, E and K vitamins. It is rich in macro minerals, trace minerals, omega-3 fatty acids (including GLA – gamma-linoleic acid), mucopolysaccharides, chlorophyll and beta-carotene.

Another benefit is spirulina's stores of phytonutrients which stimulate the immune system, cleanse and detoxify the body, and facilitate rapid, on-demand energy release.

## How to Use Spirulina

There are three major forms of spirulina: powder, capsules and tablets, the latter two of which are generally the most convenient to use. Since spirulina is food rather than a medicine or multivitamin product, it is safe to enjoy it even in large quantities. Spirulina powder is great for mixing with salads, smoothies, juices or other beverages, even with water. Heating spirulina can alter some of its delicate biological components and reduce or destroy their effectiveness.





SUPER  
SHROOMS

# Chaga

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CHAGA IS A PARASITIC FUNGUS, WHICH LIVES ON BIRCH TREES IN MANY REGIONS OF THE NORTHERN HEMISPHERE. THE MUSHROOM IS KNOWN TO HAVE BEEN PRESENT IN THE FOLK MEDICINE OF NORTHERN EUROPE DURING THE 16TH AND 17TH CENTURIES. CHAGA'S NORWEGIAN NAME, "KREFTKJUKE," TRANSLATES TO "CANCER FUNGUS."

IN HIS 1950'S RESEARCH FOR THE NOVEL CANCER WARD, RUSSIAN AUTHOR AND NOBEL LAUREATE ALEKSANDR SOLZHENITSYN WAS AMAZED BY THE HEALING POWERS OF CHAGA IN TREATING CANCER.

## Why Use Chaga

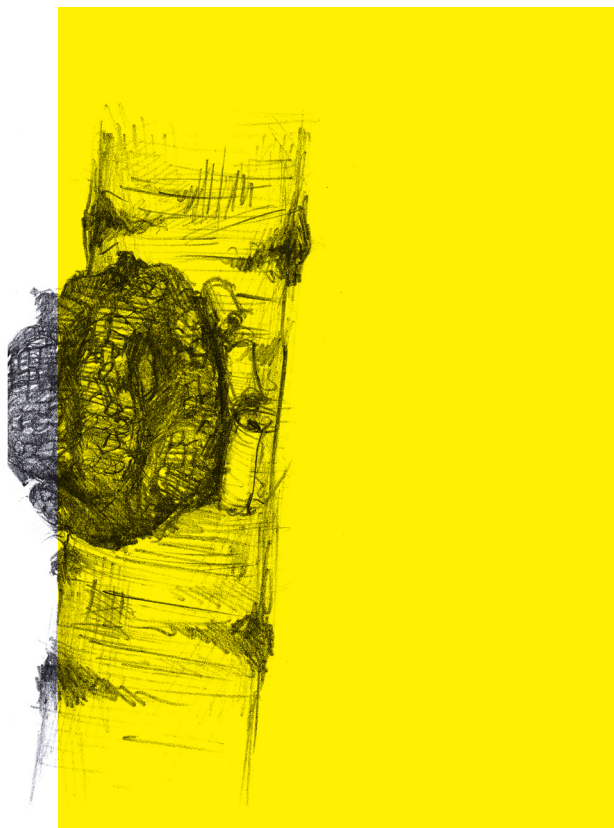
More than 1600 scientific research studies examining chaga have proven it to be one of nature's most potent cancer-fighting agents. It includes 215 different phytonutrients with antioxidative, immunostimulatory, anticancer, and anti-inflammatory effects. Chaga is pretty much "anti-everything".

**Compared with other medicinal mushrooms, chaga contains 25 to 50 times more superoxide dismutase (SOD) which is one of the most powerful antioxidants.** Chaga has been proven to increase the activity of Natural Killer (NK) cells by 300%. It is also a powerful adaptogen, helping the body to adapt to both internal and external stress and to remain in balance.

## How to Use Chaga

Chaga is traditionally taken as an infusion: few grams of chaga boiled in two liters of water for two to three hours. Today, there are many companies offering chaga as dietary supplements, usually in capsule or liquid extract form. Chaga is used as a hot water, alcohol or dual extract, and it is also infused with ethanol to make a tincture. If you happen to live in an area where the fungus grows wild, you can harvest, desiccate and prepare it yourself.

Chaga is a tonic herb which means that it is non-toxic and can be taken in large quantities and over long periods, with no side effects.



# Cordyceps

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*OPHIOCORDYCEPS SINENSIS*, OR SIMPLY CORDYCEPS, IS A RARE, EXOTIC MEDICINAL FUNGUS, WITH A WIDE RANGE OF THERAPEUTIC USES IN TRADITIONAL CHINESE MEDICINE. IT IS FOUND WILD ONLY HIGH ON THE HIMALAYAN PLATEAU, MAKING IT DIFFICULT TO HARVEST AND REALLY EXPENSIVE. THE MEDICINAL VALUE OF CORDYCEPS HAS BEEN RECOGNIZED IN CHINA AND THE ORIENT FOR MORE THAN 2,000 YEARS. THE FIRST KNOWN WRITTEN RECORD OF ITS USE COMES FROM CHINA IN 620 A.D. DURING THE TANG DYNASTY.

AT THE CHINESE NATIONAL GAMES IN 1993, THE WOMEN'S TRACK AND FIELD TEAM BROKE NINE WORLD RECORDS, ALL BY SUBSTANTIAL MARGINS. THESE INCLUDED THE 10,000-METER RUN, ACCOMPLISHED IN 29:31:78. THE REMARKABLE FEAT RAISED SPECULATIONS THAT PROHIBITED SUBSTANCES HAD BEEN USED, BUT THE RESULTS OF RIGOROUS TESTING WERE ALL NEGATIVE. THE TEAM'S COACH ATTRIBUTED THE SUCCESS TO THEIR USE OF CORDYCEPS.

## Why Use Cordyceps

Traditional Chinese medicine uses cordyceps in treating many different ailments, including respiratory and pulmonary diseases, renal, liver and cardiovascular diseases, and hyposexuality. It is believed by many to be a sovereign remedy for weakness and fatigue; it is often used as a general rejuvenator, increasing vital energy during recovery from serious illness.

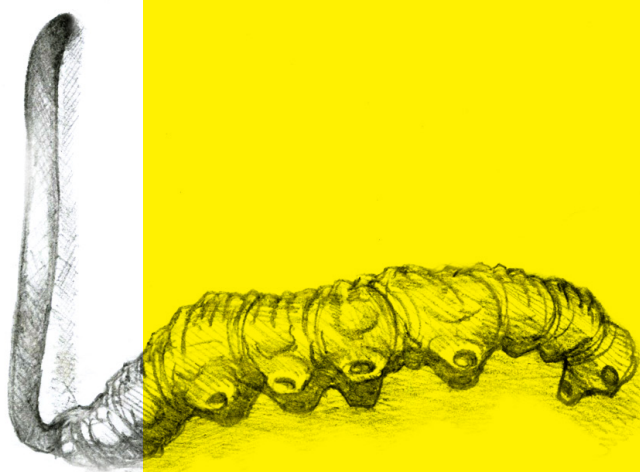
**In the West today, cordyceps is most widely used by two groups—athletes and the elderly—to increase energy and reduce fatigue.**

Like most medicinal mushrooms, cordyceps is also believed to possess antibacterial, antiviral and anticancer properties. Its use in cancer treatments has increased, usually as an adjunct to chemotherapy, radiation therapy and other conventional methods.

## How to Use Cordyceps

Traditionally, cordyceps is taken as a tea, or eaten whole – by itself, or as an ingredient in various dishes. The most common way is a hot water extract, where you can get as much as 40% of polysaccharides. Powder is another option, but it doesn't provide the same amount of polysaccharides.







# *My favourites*

## Chaga

Take chaga as part of your daily regimen and you'll not regret it. Best immune boosting cheat code I've ever come across. Period.

## Cordyceps

Shaker bottle + Sunwarrior protein / plant based protein + Cordyceps + (spring)water = killer, yet easy post-workout drink

## Maitake

My after-dinner candy. I take it as a powder. Love the taste when the granulated powder melts away and kills the sugar cravings at the same time.

*Mika Rantanen, Sales Manager*

# Lion's Mane

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NAMED AFTER ITS CASCADING TENDRILS, LION'S MANE MUSHROOM (*HERICIUM ERINACEUS*) HAS LONG BEEN USED IN TRADITIONAL CHINESE MEDICINE TO BOOST THE IMMUNE, DIGESTIVE, AND NERVOUS SYSTEMS. LION'S MANE IS FOUND IN HARDWOOD FORESTS THROUGHOUT THE WORLD, INCLUDING VAST REGIONS IN EUROPE AND ASIA, AND SOME PARTS OF NORTH AMERICA.

THE MUSHROOM'S CHINESE NAME MEANS "MONKEY HEAD MUSHROOM," WHILE THE JAPANESE CALL IT YAMABUSHITAKE (山伏茸, "MOUNTAIN HIDDEN MUSHROOM"). A FEW ALTERNATE ENGLISH NAMES ARE BEARDED TOOTH MUSHROOM, HEDGEHOG MUSHROOM, BEARDED HEDGEHOG MUSHROOM, POM-POM MUSHROOM, AND BEARDED TOOTH FUNGUS.

## Why Use Lion's Mane

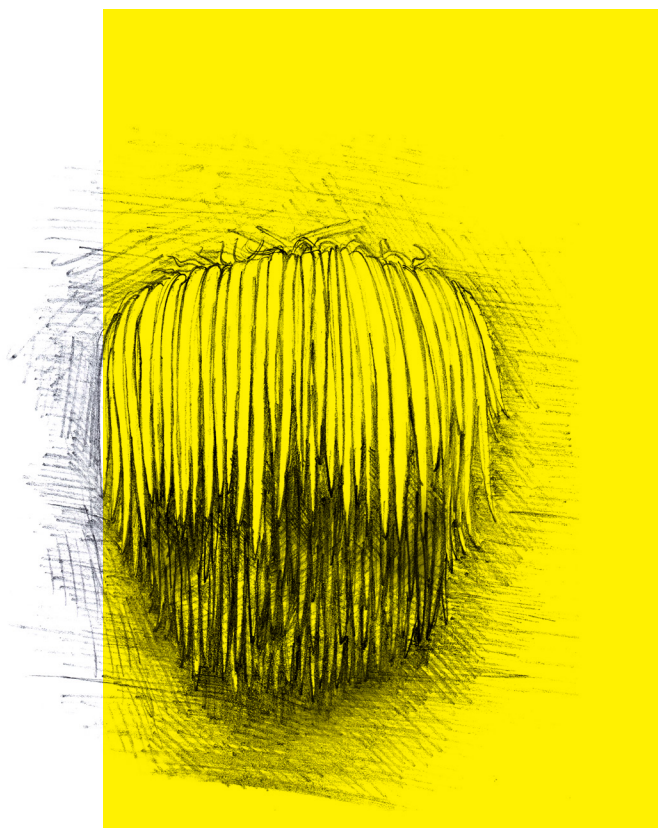
Used as food, lion's mane mushroom is a healthy and tasty alternative to meat, providing a broad range of micronutrients and amino acids. Scientific research has found no evidence of lion's mane being toxic or producing side effects. **The mushroom is known to enhance immune system functions, lower cholesterol levels, and accelerate the healing of ulcers.**

Lion's mane's most important attribute is its reported effectiveness in combating some symptoms and underlying causes of dementia, Alzheimer's disease, and peripheral neurological dysfunction. Lion's mane stimulates the synthesis of Nerve Growth Factor (NGF), helping the body combat Alzheimer's disease. NGF deficiency is considered to be one of the major causes of Alzheimer's disease.

It is said that lion's mane might also help in relieving senility, repairing neurological degradation, increasing intelligence, and improving reflexes.

## How to Use Lion's Mane

Fresh or dried lion's mane mushrooms can be used as a substitute for meat. In Western countries, though, the most common and simplest way to enjoy the mushroom's health benefits is by taking the powdered extract in a capsule or other form. Since it is non-toxic, one can use lion's mane in large amounts without worrying about side effects or overdosing.



# Maitake

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MAITAKE IS A JAPANESE WORD MEANING “DANCING MUSHROOM.” THE NAME IS SAID TO DERIVE FROM A TALE OF THE SAMURAI: THEY WOULD SEARCH DEEP IN MOUNTAIN FORESTS FOR THESE PRECIOUS MUSHROOMS, AND DANCE FOR JOY WHEN THEY FINALLY FOUND THEM. NO WONDER, SINCE THE VALUED MUSHROOMS WERE WORTH THEIR WEIGHT IN SILVER.

*GRIFOLA FRONDOSA* HAS SEVERAL ENGLISH NAMES INCLUDING HEN-OF-THE-WOODS, RAM’S HEAD AND SHEEP’S HEAD; THE COMMON GERMAN NAME IS “KLAPPERSCHWAMM”. THE MUSHROOM IS NATIVE TO REGIONS IN NORTHEASTERN JAPAN AND NORTH AMERICA.

## Why Use Maitake

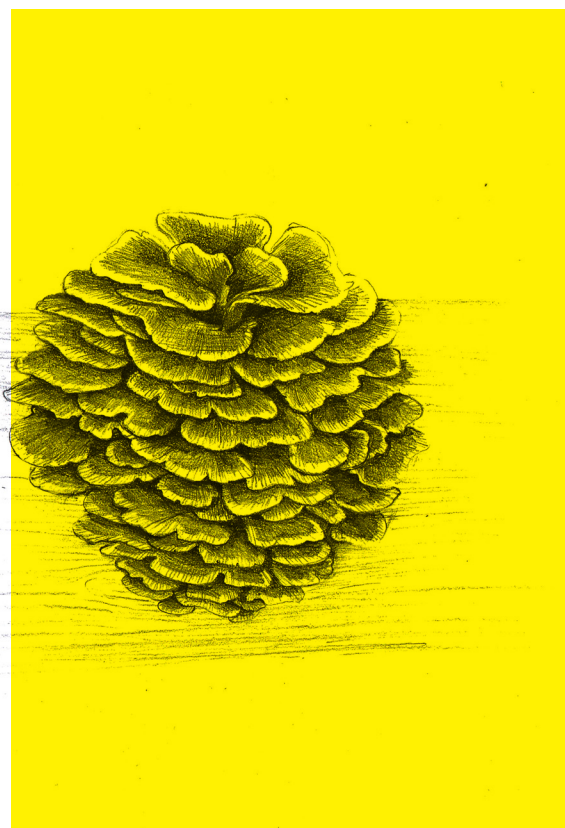
Like so many other mushrooms, numerous medicinal effects are attributed to maitake and especially the beta-glucans it contains. These include immune system enhancement, as well as antitumor, antioxidant, and hypocholesterolemic properties. Maitake is used to relieve the side effects of chemotherapy, and it is also used in treating HIV/AIDS, chronic fatigue syndrome (CFS), hepatitis, hay fever, diabetes, high blood pressure, and high cholesterol. It is efficient in weight loss or control, and lowers blood sugar and blood pressure.

Maitake is low in calories but rich in minerals, various vitamins, amino acids, and fiber. Many Asians, especially Japanese, consider maitake a particularly tasty food, and find its texture very appealing.

One especially important attribute of maitake is its anti-diabetic effect, which is superior to nearly any other variety of plant.

## How to Use Maitake

Fresh or dried maitake mushrooms can be used as a meat substitute. In Western countries, the most common and simplest way to enjoy maitake’s health benefits is by taking capsules of the extract powder. Since it is non-toxic, one can use it in large amounts without worrying about side effects or overdosing.




# *Mushroom* *Salad*





THIS MUSHROOM SALAD IS VERY VERSATILE; YOU CAN ADJUST THE AMOUNTS AND CHANGE THE MUSHROOMS, HERBS AND SPICES TO SUIT YOUR PALATE AND ASTONISH YOUR DINNER GUESTS.

- / 4 cups shredded assorted mushrooms (maitake, shiitake, oyster mushroom, etc.)
- / 1 tbsp of coconut/hemp oil (for frying)
- / 1/4 cup of chopped fresh mint leaves
- / 1/4 cup of chopped fresh cilantro
- / 2 chopped green onions or scallions
- / Juice of ½ lemon
- / ½ tsp of ground cayenne pepper
- / 1 tbsp wild rice
- / 1½ tbsp miso paste
- / 2 tbsp water (if necessary)
- / pinch of salt
- / pinch of coconut sugar or other sweetener



Dry roast the rice in a pan on medium heat until slightly browned, then grind it to a powder in a coffee or spice grinder.

Mix the lemon juice, sugar and miso paste in a small bowl and set aside. To get a runny consistency, add water if needed. Sauté the mushrooms on medium heat until their liquids have evaporated and the pan is dry. Add the onions, lime juice mixture and stir. When absorbed, add the ground rice, chili powder, salt and mix. Toss with the herbs and serve.

# Meshima

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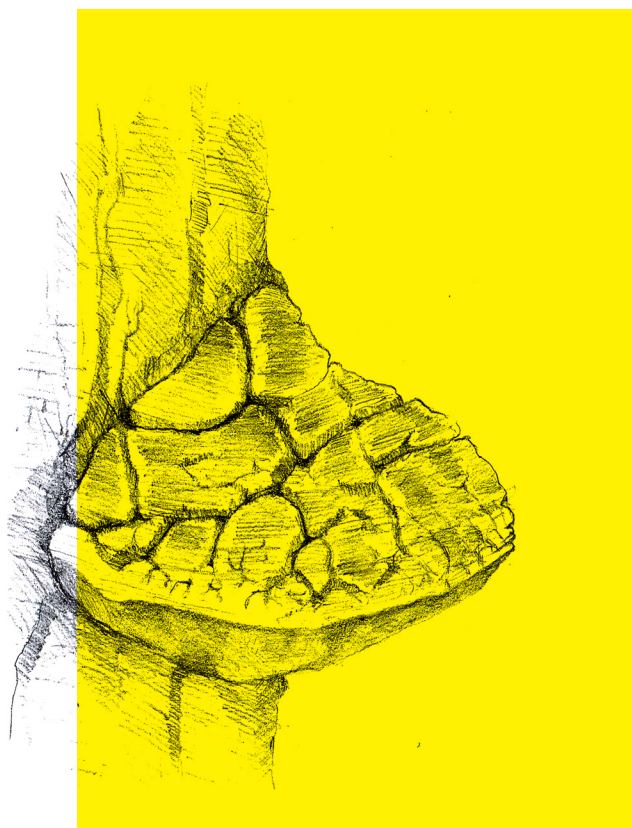
THE MESHIMA MUSHROOM (*PELLINUS LINTEUS*) GROWS ON MULBERRY TREES, AND IT HAS LONG BEEN IMPORTANT IN THE TRADITIONAL MEDICINE OF CHINA, KOREA AND JAPAN. THE NAME MESHIMA MEANS “WOMEN’S ISLAND,” AND IT GROWS ON AN ISLAND OF THE SAME NAME IN SOUTHWESTERN JAPAN. MESHIMA IS ALMOST COMPLETELY UNKNOWN IN THE WEST, BUT SEVERAL RECENT SCIENTIFIC STUDIES, ONE CONDUCTED BY HARVARD UNIVERSITY, HAVE INCREASED AWARENESS OF THIS POTENT FOOD AND MEDICINAL CURE.

## Why Use Meshima

Like most of the medicinal mushrooms, meshima contains polysaccharides, which have help many bodily functions. Traditionally, it is used for stomachache and arthritis of the knee. Meshima’s most interesting attribute, however, is its usefulness in combating several cancers, including skin, lung, and breast cancer. U.S researchers have confirmed what the Japanese scientists concluded in 1968: **meshima is the most potent mushroom for breast health.**

## How to Use Meshima

A traditional way to consume Meshima is as a tea but most users today take it in tablet or capsule form as a dietary supplement. There are several nutritional support products containing meshima with other medicinal mushrooms and different herb combinations, aimed for healthy breast cells and tissue to prevent breast cancer.



# Reishi

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WITH A HISTORY OF PROMOTING HEALTH AND LONGEVITY FOR OVER 4,000 YEARS, REISHI IS DEFINITELY ONE OF THE MANKIND'S OLDEST AND MOST PRECIOUS HERBS. IN CHINA, IT IS KNOWN AS LINGZHI, "HERB OF SPIRITUAL POTENCY." IN JAPAN, THE SAME SUPER-HERB IS KNOWN AS "10,000-YEAR-OLD MUSHROOM." ADDING TO THE LIST, SOME OF THE BETTER-KNOWN NAMES FOR REISHI ARE AUSPICIOUS PLANT, AUSPICIOUS MUSHROOM, DIVINE MUSHROOM, IMMORTALITY PLANT, AND THE ELIXIR OF IMMORTALITY.

OF THE SIX TYPES OF REISHI, RED REISHI IS THE MOST MEDICINALLY POTENT AND MOST COMMONLY USED AND CULTIVATED IN VARIOUS COUNTRIES.

## Why Use Reishi

In recent decades, a respectable number of academic works in Japan, China and the UK have documented the value of reishi in treating a wide variety of diseases, common ailments and conditions. Its curative properties act on many of the body's organs and systems. Reishi may possess anti-tumor, immunomodulatory, and immunotherapeutic effects.

Besides battling off cancer, reishi helps in treating cardiovascular disease. It has been shown to reduce blood pressure and blood sugar as well as cholesterol. Reishi also lowers hypertension and inflammation, and cures allergies as a natural antihistamine.

Perhaps, **reishi's most important role is as a normalizing and balancing agent, helping the body adapt to varying conditions and stresses and maintain its equilibrium.** This can mean a healthier lifestyle, fewer visits to the doctor, and greatly reduced medical expenses.

## How to Use Reishi

Traditionally, fresh or dried reishi has been used as a tea, or as an ingredient in various dishes. Today, especially in the West, hot water, alcohol or dual-extracted reishi is often taken in capsules or as a tincture, making the mushroom's beneficial compounds easier to assimilate. Reishi is also powdered and mixed with other medicinal mushrooms and herbs. One Japanese research suggests taking vitamin C to enhance its effectiveness.





# *My favourites*

## Reishi

Reishi has been a great allergy medicine for me. Many years ago, I had to take medicine the entire spring and summer. Now, two sachets of Reishi will make symptoms disappear in 30 minutes.

## Shiitake

I got noticeable results on my skin within one week by adding 60 grams of dual-extracted Shiitake to my morning berry smoothie. Overall, my skin's elasticity and purity has improved.

*Teemu Nyyssönen, Sales Manager*

*Chinese*

*Longevity*

*Tea*







THIS WARM LONGEVITY TEA REDUCES STRESS AND IMPROVES SLEEP QUALITY.

- / 1-1.5 litres of (spring) water**
- / One handful of goji berries cut in half (giving more surface)**
- / 4 small pieces of fresh ginger**
- / 3 sachets of Instant Reishi**
- / 1 dl of coconut flakes**
- / 2 vanilla beans cut in half lengthwise (scrape the inner part out of the shell, but use both parts in the tea base)**
- / 1 piece of ginseng root (optional)**

Warm all ingredients for 20 minutes on low temperature. Strain all the firm parts away, leaving you with a delicious longevity tea.

# Royal Agaricus

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THE DRAMA BEHIND THE LATIN NAME OF ROYAL AGARICUS IS ONE OF THE STRANGE STORIES IN THE WORLD OF SUPERFOODS. WHEN WESTERNERS DISCOVERED THE MUSHROOM IN THE LATE 19TH CENTURY, IT WAS NAMED AGARICUS SUBRUFESCENS. SINCE THEN, IT HAS BEEN “REDISCOVERED” AND GIVEN A BRAND NEW NAME – SEVERAL TIMES. THE MOST FAMOUS OF THESE EXTRA NAMES IS AGARICUS BLAZEI; THE MOST RECENT IS AGARICUS BRASILIENSIS. IN ADDITION, THERE IS ALSO THE NAME AGARICUS RUFOTEGULIS. DESPITE ALL THE LABELS, THERE IS JUST ONE SPECIES INVOLVED, AND ACCORDING TO AUTHORITIES, ITS OFFICIAL DESIGNATION IS AGARICUS SUBRUFESCENS – THE OLDEST NAME TAKING TAXONOMIC PRIORITY.

ROYAL AGARICUS WAS CULTIVATED FOR EATING IN THE EASTERN UNITED STATES IN THE 19TH AND 20TH CENTURY, BUT IS SAID TO BE NATIVE TO THE AREA OF THE SMALL VILLAGE OF PIEDADE, TUCKED AWAY IN THE MOUNTAINOUS RAINFOREST NEAR SAO PAULO, BRAZIL. ROYAL AGARICUS ALSO GROWS IN CALIFORNIA, HAWAII, U.K, NETHERLANDS, PHILIPPINES, AND TAIWAN.

## Why Use Royal Agaricus

This “mushroom of God” was traditionally used for the prevention of diseases such as cancer, hepatitis, atherosclerosis, hypercholesterolemia, diabetes, and dermatitis. Studies originating in Japan have demonstrated the anti-infection and anti-tumor properties of royal agaricus, making it a useful adjunct to a healthy diet.

Royal agaricus supplements are very popular in Japan, where they are used for immune system and anticancer support.

## How to Use Royal Agaricus

There are several ways to introduce royal agaricus to your diet. The easiest way is as an extraction in a dietary supplement like a tincture or a capsule. If you prefer to take a more traditional path, you can make a tea infusion or cook a delicious meal with the mushrooms. They have a subtle, almond-like flavor.



# Shiitake

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SHIITAKE (*LENTINULA EDODES*) IS ONE OF THE GREAT MUSHROOMS THAT COMBINE TRULY DELICIOUS FLAVOR WITH SUPERIOR HEALTH BENEFITS. TODAY, IT IS THE SECOND MOST COMMONLY CULTIVATED EDIBLE MUSHROOM IN THE WORLD, AFTER THE BUTTON MUSHROOM. BOTH FRESH AND DRIED SHIITAKE ARE USED FREQUENTLY IN THE CUISINES OF EAST ASIA, AND IT IS THE MAIN PROTEIN SOURCE FOR MANY ASIAN VEGETARIANS. MEDICINAL USE OF SHIITAKE DATES BACK AT LEAST AS FAR AS 100 A.D. IN CHINA.

## Why Use Shiitake

One reason to include shiitake in your diet is its very pleasing flavor, prized by many connoisseurs. Of course, another very important feature of the mushroom is its significant health benefits. These include immune system support, reduction of platelet aggregation, and antibacterial and antiviral properties. **Shiitake mushrooms are claimed to combat both cancer and AIDS by stimulating the body's immune system.** Shiitake mushrooms are also very high in many nutrients and vitamins, especially vitamin D when they are dried in the sun.

Shiitake is also promoted as an aid to cardiovascular disease prevention by lowering harmful cholesterol levels. It is also thought to be effective in treating viral infections such as hepatitis since it contains biochemical predecessors to interferon – a protein that inhibits virus replication.

## How to Use Shiitake

Before using dried shiitake mushrooms, they must be rehydrated by soaking in water. Although fresh shiitake mushrooms are not poisonous, it is recommended that the mushrooms be well cooked. This will prevent shiitake dermatitis, a rash that occasionally affects some users of the raw mushroom.

If you wish to use shiitake strictly for medicinal purposes, you can take it as a supplement in capsule form or as a liquid extract. There are many companies offering high-quality shiitake dietary supplements at reasonable prices.

Shiitake mushrooms are non-toxic, allowing you to enjoy them even in large quantities over many days in a row, with no negative effects.



# Tremella

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*TREMELLA FUCICORMIS*, WHICH ACTUALLY IS A PARASITIC YEAST TO OTHER FUNGI, HAS A LONG HISTORY OF USE IN CHINESE CUISINE, PRIMARILY IN BEVERAGES AND SWEET DISHES. IT IS A RATHER FLAVORLESS MUSHROOM, BUT IS APPRECIATED FOR ITS TEXTURE AND MEDICINAL BENEFITS. OTHER NAMES FOR TREMELLA INCLUDE SILVER FUNGUS AND SNOW EAR FUNGUS IN ENGLISH, 银耳 / 銀耳 (“SILVER EAR”), 雪耳 (“SNOW EAR”) AND 白木耳 (“WHITE WOOD EAR”) IN CHINESE, AND SHIRO KIKURAGE (“WHITE TREE JELLYFISH”) IN JAPANESE.

TREMELLA IS SAID TO BE THE BEAUTY SECRET OF YANG GUIFEI (BORN 1 JUNE, 719; DIED 15 JULY 756), IMPERIAL CONSORT AND ONE OF THE FOUR BEAUTIES OF ANCIENT CHINA.

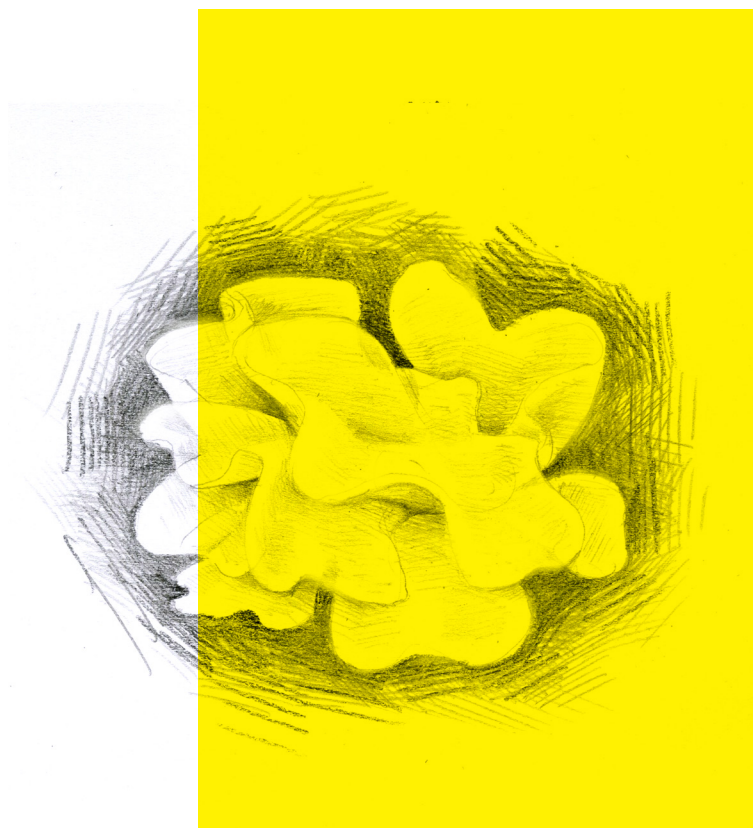
## Why Use Tremella

Tremella mushroom consists of more than 70% dietary fiber. It has polysaccharides and vitamin D, which makes it an excellent choice for a healthy diet. Tremella was reported to increase moisture retention in the skin and to smooth fine lines and reduce wrinkles by preventing senile degradation of micro-blood vessels. Its other anti-aging effects come from increasing the SOD (superoxide dismutase) levels in the brain and liver. The enzyme acts as a potent antioxidant throughout the body, particularly in the skin.

Tremella's gelatinous but fairly firm texture and faint, almost undetectable flavor make it the most interesting ingredient in various dishes.

## How to Use Tremella

Currently, there are not many ways to introduce tremella into your diet. The easiest is to take it in dietary supplement form, either as a tincture, capsule or tablet. If you want to go “hardcore,” find some fresh or dried tremella fungus and use it in cooking. Since tremella has almost no flavor, it is easy to incorporate in almost any recipe.



# Turkey Tail

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FOR HUNDREDS OF YEARS, TURKEY TAIL HAS BEEN USED TO TREAT SEVERAL MALADIES IN ASIA, EUROPE AND BY THE INDIGENOUS NORTH AMERICAN PEOPLE. DURING THE MING DYNASTY IN THE 15TH CENTURY, IT WAS BREWED INTO MEDICINAL TEA. THIS VERY COMMON MUSHROOM CAN BE FOUND IN ALMOST EVERY CORNER OF THE WORLD, SINCE IT GROWS BASICALLY WHEREVER THERE ARE TREES.

TURKEY TAIL IS FORMALLY KNOWN AS *CORIOLUS VERSICOLOR* AND *POLYPORUS VERSICOLOR*, MEANING “OF SEVERAL COLOURS”. IN ENGLISH, THE MUSHROOM IS MOST USUALLY CALLED TURKEY TAIL BECAUSE OF ITS RESEMBLANCE TO THE TAIL OF A WILD TURKEY. IN JAPANESE, THE NAME IS “CLOUD MUSHROOM”. IN ASIAN CULTURES, THE CLOUD SHAPE SYMBOLIZES LONGEVITY AND HEALTH, SPIRITUAL FULFILLMENT AND INFINITY.

## Why Use Turkey Tail

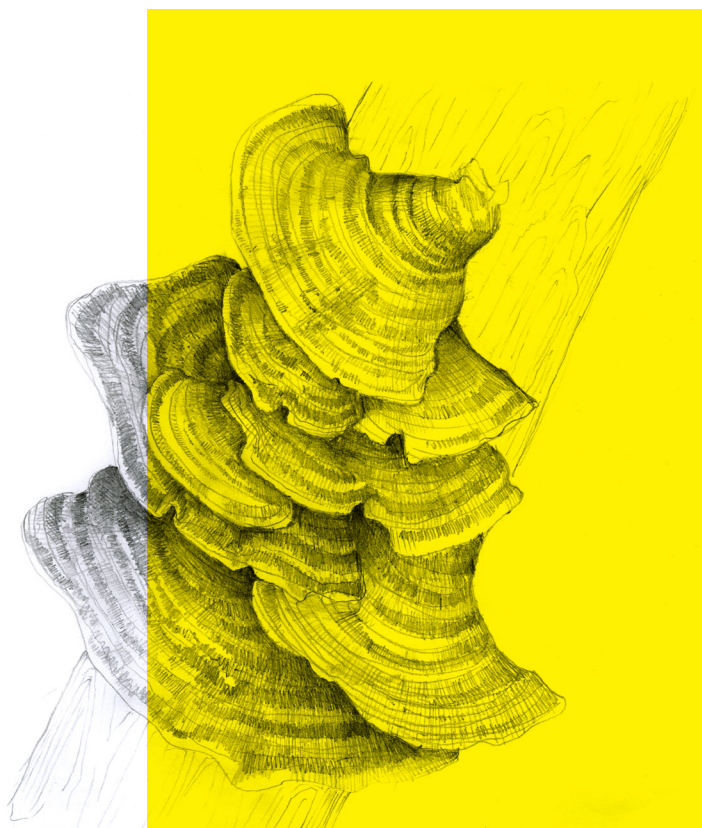
Polysaccharide K (PSK) and polysaccharide-peptide (PSP) are two important substances extracted from turkey tail. As early as the 1980s, the Japanese government accepted the use of PSK in treatment of several types of cancer. **Today, it is the best-selling anticancer drug on the Japanese market, and is used there in combination with surgery, chemotherapy and radiation therapy.**

Various studies have demonstrated turkey tail’s anticancer activity. It contains antiviral compounds against Human papillomavirus as well as Hepatitis C, which causes liver cancer. Its protein-bound polysaccharides are reported to be effective immune system regulators. Turkey tail has also been known to enhance white blood cell activity when scavenging toxins and destroying pathogens.

## How to Use Turkey Tail

Traditionally, turkey tail was boiled as tea. Modern production of the mycelium leads to cleaner and more digestible products. The most common ways to use turkey tail are as a powdered extract (as a loose powder or in capsules) and as a liquid extract.







SUPER  
HERBS

# Ashwagandha

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WITHANIA SOMNIFERA IS ALSO KNOWN ASHWAGANDHA, INDIAN GINSENG, POISON GOOSEBERRY, AND WINTER CHERRY. THIS HERB HAS COMMONLY BEEN USED AS A HOME REMEDY FOR SEVERAL AILMENTS FOR OVER 2,500 YEARS, AND IT IS ONE OF THE MOST REPUTABLE MEDICINAL PLANTS OF THE INDIAN AYURVEDIC MEDICINE. ASHWAGANDHA IS AN ESSENTIAL CONSTITUENT OF MORE THAN 100 TRADITIONAL MEDICINES. IN SANSKRIT, THE NAME MEANS “HORSE’S SMELL”, PROBABLY DUE TO THE SMELL THAT RESEMBLES THAT OF A SWEATY HORSE.

## Why Use Ashwagandha

Historically, ashwagandha has been used as an aphrodisiac, anti-inflammatory agent, liver tonic, and astringent. More recently, it has shown beneficial effects in the treatment of stress, arthritis, ulcers, bronchitis, and geriatric problems such as dementia.

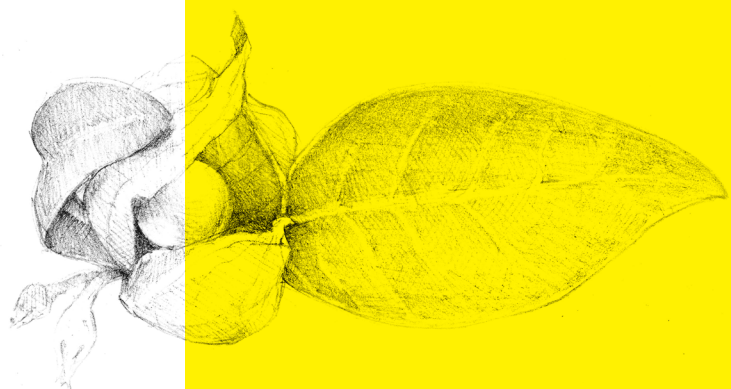
Ashwagandha is a rich source of bioactive compounds. Different researchers have reported that it has anti-aging, anti-serotonergic, antifungal, anticancer, and anabolic activity. Its adaptogenic, therapeutic and rejuvenating effects are used in treating patients with nervous exhaustion, insomnia, and stress-caused debility.

The whole ashwagandha can be utilized, but the roots are considered the most relevant for therapeutic and medicinal purposes, since they contain several alkaloids, withanolides, some flavonoids and reducing sugars.

## How to Use Ashwagandha

Ashwagandha is made into decoctions and used as a general tonic. A topical preparation of the leaves or root reduces inflammation when applied on inflamed areas and abscesses. The dried root is also used to prepare herbal remedy for various symptoms. In Ayurveda, the leaves and berries are locally applied to tumors, ulcers, tubercular glands and carbuncles.

Even though ashwagandha has been proven to be safe to use, it should not be taken during pregnancy due to its abortifacient properties. Since it acts as a mild central nervous system depressant, one should avoid mixing it with alcohol, sedatives and other anxiolytics. It may also potentiate the effects of barbiturates.



# Astragalus

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ASTRAGALUS MEMBRANACEUS IS ALSO KNOWN AS MILK VETCH ROOT, HUANG QI, AND LOCOWEED, THOUGH MOST OF LOCOWEEDS ARE NOT ASTRAGALUS. ASTRAGALUS IS NATIVE TO NORTHERN AND EASTERN CHINA AS WELL AS MONGOLIA. ASTRAGALUS IS ONE OF THE SUPERIOR TONIC HERBS IN THE TRADITIONAL CHINESE MEDICINE, WHERE IT HAS A HISTORY OF USE FOR OVER 2,000 YEARS.

## Why Use Astragalus

Traditionally, the Chinese have used astragalus in herb combinations to boost the immune system, fight fatigue and digestive issues. It has also been popular in the treatment of several different cancers as well as diabetes. Astragalus has immunostimulant, antibacterial, antiviral, anti-inflammatory, adaptogenic and diuretic effects. There are also some shocking studies that show how it **can boost production of telomerase, an enzyme directly linked with our cell replication and aging.**

Astragalus is one of the world's best tonics for athletes and basically for anyone looking to have more energy and vigor. It may elevate the body's resistance to bacteria and viruses, since it stimulates and improves the immune system. In addition, astragalus can improve the functioning of lungs, adrenal glands and the gastrointestinal tract.

Astragalus is a mild diuretic, so it helps the body get rid of excess fluid. It may also improve digestion, increase metabolism and lower excess stomach acidity, so it is a good remedy for those suffering from heartburns. Astragalus is beneficial for non-athletes, too, as it contains tonifying antioxidants.

## How to Use Astragalus

Traditionally astragalus root is taken as a boiled decoction, either in soup or tea. It is often mixed with other herbs, such as ginseng, angelica or licorice. Today, the most common way to get astragalus is as a dietary supplement from health food stores, either powdered or in capsules.







# *My favourites*

## *Astragalus*

Throw a handful of astragalus slices to the pot when boiling chaga tea. Even better with a few reishi slices when simmering chicken broth.

## *Cistanche*

Make ice cream with lots of raw eggs, butter and cistanche to crank up your hormonal production all the way!

## *Gynostemma*

Grow your own gynostemma as a beautiful and fast-growing houseplant. It is being sold widely in garden stores. Have the best tea and salad ingredient handy all year long!


*Lari Laurikkala, Product Manager*

*Astragalus*

*Detox*

*Soup*





THIS SOUP IS LOADED WITH ANTIOXIDANTS AND OTHER BODY AND SOUL-NURTURING INGREDIENTS. IT GIVES YOU A CLEANSING ENERGY BOOST FOR SURE!

**/ 15 g astragalus root**  
**/ 250 g broccoli**  
**/ 1 large tomato**  
**/ Handful of fresh shiitake mushrooms or dried mushrooms**  
**/ 1 liter water / water from soaking the mushrooms**  
**/ 10 g ginseng root (optional)**  
**/ cayenne**  
**/ salt**  
**/ handful of goji berries**

Cut the mushrooms and broccoli. Peel the tomato by scoring the skin and blanching it in hot and cold water, making the skin shrink and easy to peel off. Cut the tomato into four pieces. Boil the astragalus and ginseng in water for 10 minutes on low heat. Add the tomato, mushrooms and gojis, and cook for an additional 15 minutes. Add the broccoli, and turn the heat off when the broccoli is cooked. Add salt and cayenne pepper according to taste.

# Cistanche

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CISTANCHE IS A HIGHLY VALUED (YANG) TONIC HERB IN THE TRADITIONAL CHINESE MEDICINE, AND ONLY NOW IS IT STARTING TO BE KNOWN IN THE WEST AS A TRUE SUPERHERB. CISTANCHE DESERTICOLA AND CISTANCHE SALSA ARE THE MAIN SOURCES OF CISTANCHE. THE CHINESE HERBAL MEDICINE USES MAINLY CISTANCHE DESERTICOLA.

CISTANCHE IS A HOLOPARASITIC DESERT PLANT, WHICH LACKS CHLOROPHYLL AND OBTAINS NUTRIENTS AND WATER FROM THE HOST PLANTS WHOSE ROOTS IT PARASITIZES.

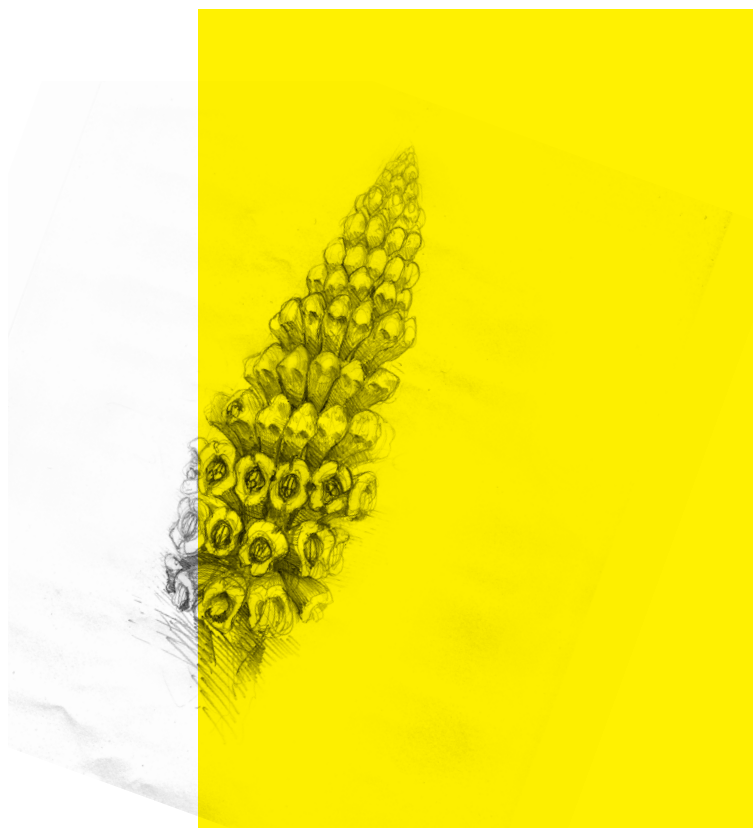
CISTANCHE IS RECOGNISED IN TWO IMPORTANT BOOKS ON CHINESE HERBAL MEDICINE: SHENNONG BENCAO JING AND BENCAO GANGMU, WHICH MEANS IT HAS BEEN USED AS A MEDICINE FOR AT LEAST 1,800 YEARS.

## Why Use Cistanche

Cistanche is known to **strengthen sexual function, treat impotence, and promote blood and lymph health**. Some studies state that cistanche may possess anti-fatigue properties as it is shown to decrease muscle damage, delay the accumulation of lactic acid, and improve the energy storage. Cistanche is also shown to enhance learning and memory, which is believed to be due to its upregulation of Nerve Growth Factors (NGF). Some ancient texts claim that the consumption of cistanche enhances the strength of erections by directing the blood flow to the pelvic and genital area.

## How to Use Cistanche

Cistanche is a very mild root, which can be used for long durations without negative effects. Use it for strengthening your (or your partner's) sexual function, as a blood tonic, a brain tonic or for enhancing your overall energy levels. The most common way to consume cistanche is in capsule or tincture form. It should be part of our everyday diet as it is quite tasty and very easy to add into smoothies, raw chocolate and raw ice creams.



# Gotu Kola

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*CENTELLA ASIATICA* IS A BRAIN-REJUVENATING, LEAFY GREEN NATIVE TO MOST OF ASIA AND AUSTRALIA. IT GROWS IN TROPICAL SWAMPY AREAS AND ALONG DITCHES. IN INDIA, GOTU KOLA IS REGARDED AS A SPIRITUAL HERB AND IT HAS A LONG HISTORY OF USE AS A MEDICINE AND FOOD. THE LEAF RESEMBLES THE BRAIN SO IT IS SAID TO BALANCE THE RIGHT AND LEFT HEMISPHERES OF THE BRAIN. TRADITIONALLY, MANY KINDS OF DRINKS AND FOODS RANGING FROM PORRIDGE TO SALAD HAVE BEEN MADE FROM THIS WIDELY AVAILABLE PLANT.

## Why Use Gotu Kola

Known to aid intelligence and memory, combat stress and depression, and improve reflexes, this herb is really an overall tonic. Gotu kola is studied for its positive effects on the circulatory system and brain functions. Rats treated with gotu kola have been shown to have up to 60 times better retention of learned behavior!

Energetically, gotu kola is said to develop and open the crown chakra, the energy center on top of the head. Some yogis use it to help deepen their meditation. Elephants, known for their longevity, also munch on this plant!

## How to Use Gotu Kola

Gotu kola is usually part of formulations in many supplements for brain and blood circulation. The preparations are either powder or extracts and the strength and quality vary. Some pure gotu kola products can be found and the taste of these can vary from bland to really bitter. In Asia, you can easily find the leaves used in salads and other cooked dishes.



# Gynostemma

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A LEGEND SAYS THAT WHEN THE CHINESE EMPEROR FU SHOU WAS VISITING HIS EMPIRE AND STOPPING FOR RESPITE, HIS SERVANTS BOILED SOME WATER TO DRINK. DRIED LEAVES FROM A NEARBY PLANT FELL INTO THE BOILING WATER AND THERE IT WAS – AN INFUSION OF GYNOSTEMMA AND WATER. THE CURIOUS EMPEROR FOUND IT VERY REFRESHING, SLIGHTLY BITTER AND A LITTLE SWEET, AND SO GYNOSTEMMA, OR JIAOGULAN TEA WAS DISCOVERED.

AROUND THE 13TH CENTURY, GYNOSTEMMA TEA APPEARED IN WRITTEN TEXTS. BY THE 16TH CENTURY, IT WAS LISTED IN A VARIETY OF HOLISTIC TEXTS THROUGHOUT CHINA, AND IS KNOWN AS AN IMMORTALITY HERB.

IN THE 1970S, A NATIONWIDE CENSUS IN CHINA IDENTIFIED A MOUNTAINOUS AREA WITH THE LARGEST PERCENTAGE OF CENTENARIAN INHABITANTS. THE SECRET OF THESE CENTENARIANS: INCORPORATING GYNOSTEMMA TEA INTO THEIR DIET.

## Why Use Gynostemma

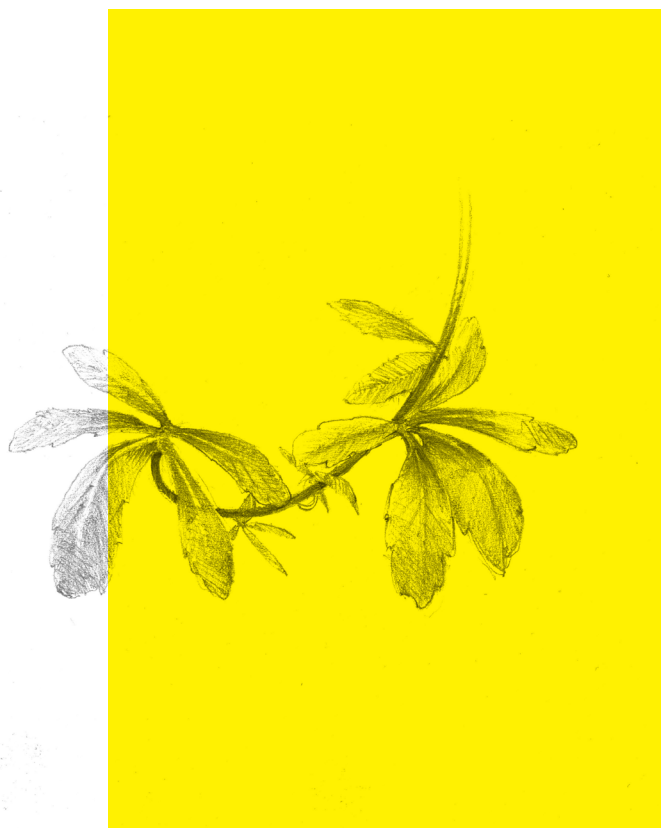
Gynostemma pentaphyllum is one of the most significant Asian tonic herbs. This invigorating and adaptogenic plant delivers Holy Grail-type of benefits by being anti-aging, anti-inflammatory, antioxidant, and very calming. It's known to boost both the digestive tract as well as the respiratory system, helping the body and mind feel much better overall.

Chinese call gynostemma a “cure all”, but its secret ingredient (saponins) tends to be especially good for our heart, mind, and for those seeking to lose weight.

## How to Use Gynostemma

The most delicious way to use gynostemma is to make an infusion of the leaves. The most common way is to consume it in capsules. It can be found dried, powdered, or as a powdered extract. Dried gynostemma, whole or powdered, can be infused. The extract, however, is more effective and ready-to-use. Gynostemma powdered extract can be mixed with smoothies, drinks or food, and it is an awesome addition to regular diet.





# He Shou Wu

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HE SHOU WU'S HISTORY STATES TO AROUND 800 AD, WHEN 58-YEAR-OLD MR. HE WOKE UP IN A FIELD WITH A HANGOVER. DEEPLY DEPRESSED FROM BEING IMPOTENT ALL HIS LIFE, MR. HE DRANK OFTEN. THAT MORNING HE SAW PLANTS WHICH REMINDED HIM OF TWO LOVERS. HE DECIDED TO DIG UP THE ROOTS, AND TO HIS SURPRISE, THEY LOOKED LIKE TWO HUMANS – A MALE AND A FEMALE. THAT'S GOT TO BE A SIGN!

MR. HE POWDERED THE ROOTS AND TOOK IT DAILY FROM THEN ON. WITHIN MONTHS HE STARTED TO HAVE SEXUAL URGES FOR THE FIRST TIME IN HIS LIFE, AND WITHIN A YEAR, HIS SNOW-WHITE HAIR TURNED BACK TO PITCH-BLACK. THUS, THE CHINESE NAME – MR. HE'S BLACK HAIR.

AFTER GETTING MARRIED, MR. HE HAD 12 CHILDREN AND LIVED UP TO 130 YEARS OLD.

## Why Use He Shou Wu

He Shou Wu, or *Fallopia multiflora*, is a real tonic and longevity herb, which has been praised for centuries for its youth-enhancing abilities. It's said to hit the body from all angles including muscular, immune, nervous, and skeletal systems as well as the blood generation and fertility. It's perfect for slowing down, reducing cholesterol, and rebuilding adrenal levels.

He Shou Wu has been demonstrated to increase superoxide dismutase (SOD – the most powerful antioxidant in the human body). In addition to anti-aging effects, He Shou Wu has shown to help strengthen the cell membranes and to promote the growth and development of red blood cells.

## How to Use He Shou Wu

He Shou Wu is rather unknown outside of TCM (Traditional Chinese Medicine), and the availability especially for the higher quality of the herb is low.

Fresh He Shou Wu root is ground to make an infusion or decoction; mixing it with alcohol makes wine or tincture. Dietary supplements with He Shou Wu are also available.



# Mucuna

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MUCUNA PRURIENS SEED HAS BEEN USED TO PREVENT PARKINSON'S DISEASE AND AS A SEX BOOSTER IN ANCIENT EASTERN INDIAN ETHNOTHERAPEUTICS. IN THE WEST, MUCUNA HAS BEEN GETTING MORE ATTENTION ESPECIALLY AMONG BODYBUILDERS AND THOSE WHO ARE LOOKING FOR NATURAL SEX BOOSTERS.

## Why Use Mucuna

The Mucuna pruriens seed is an antihypertensive and anti-hypoglycemic agent, which contains active substances that boost the production of our “brain hormones” like serotonin and dopamine. These hormones help with our sleep quality, daily energy levels, sex drive, and general mood levels. Although a powerful sex booster and well-being herb, the science has drawn attention to this seed especially because of its anti-Parkinson's disease properties.

L-DOPA, the precursor to the neurotransmitters dopamine, norepinephrine and epinephrine, is believed to be the main chemical of the Mucuna pruriens seed's Parkinson's disease inhibiting properties. L-DOPA is an important brain chemical involved in mood, sexuality, and movement.

Mucuna has also exhibited significant antioxidant effects: the ability to scavenge DPPH radicals, ABTS radicals and reactive oxygen species and iron-chelating properties. Polyphenols of Mucuna cross the protective blood-brain barrier, exerting their antioxidant and iron-chelating properties in the brain.

By being a strong brain food, it also assists in building more testosterone, making mucuna an optimal addition for people looking to change their body composition by losing fat or gaining muscle.

## How to Use Mucuna

The most common ways to use Mucuna are in capsule form or as powdered extracts, which help the digestive system in assimilating the beneficial compounds. We believe that the former is a huge disrespect towards this magnificent herb; Mucuna extract would, for example, make a delicious raw chocolate. It also goes well with smoothies and raw ice creams.



*White*

*Licorice*

*Herb*

*Chocolate*



BESIDES BEING AS EFFECTIVE AND NURTURING AS OTHER RAW CHOCOLATES, THIS HERB-SPIKED CHOCOLATE IS PACKED WITH HEALTH-BOOSTING NUTRIENTS FROM DIFFERENT HERB POWDERS.

- / 2 dl of grated cocoa butter
- / 2 tbsp raw honey
- / 2 tsp lecithin powder
- / 1 dl lucuma powder
- / 2 tbsp tocotrienols powder
- / 1 tbsp Maca powder
- / 1 tsp He Shou Wu extract powder
- / 1 tbsp of Cistanche extract powder
- / 1 tbsp of Codonopsis extract powder
- / 2 tsp Mucuna extract powder
- / 2 sachets FSF Instant Reishi
- / 2-3 drops of anise oil
- / Pinch of ground cardamom, quality salt and vanilla

Melt the cocoa butter in water bath with the honey. Add the lecithin, lucuma, tocotrienol, maca and extract powders, plus the reishi and anise oil. Blend everything together. Add spices according to taste. Put the mixture in molds, and place it in the freezer to set – or spoon straight away!

# Panax Ginseng

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THE CHINESE NAME FOR PANAX GINSENG MEANS “MAN ROOT” BECAUSE OF ITS SHAPE, WHICH RESEMBLES A HUMAN FIGURE. THE ENGLISH WORD “GINSENG” DERIVES FROM THE CHINESE NAME, RÉNSHĒN. PANAX IS GREEK FOR “ALL-HEAL”. OTHER ROOT PLANTS, SUCH AS AMERICAN GINSENG, PERU’S GINSENG (MACA ROOT), BRAZILIAN GINSENG (SUMA ROOT) AND NORTHERN GINSENG (RHODIOLA) ARE COMMONLY MISTAKEN AS PANAX GINSENG.

IT IS SAID THAT GINSENG WAS DISCOVERED IN THE MOUNTAINS OF NORTHERN CHINA OVER 5,000 YEARS AGO, WHERE IT WAS MOSTLY USED AS FOOD. IT HAS BEEN USED FOR MEDICINAL PURPOSES FOR MORE THAN 3,000 YEARS, MAKING IT ONE OF THE WORLD’S OLDEST KNOWN MEDICINAL PLANTS. WITH OVER 30,000 STUDIES, PANAX GINSENG IS PERHAPS THE MOST STUDIED HERB IN THE WORLD. MODERN STUDIES HAVE PROVEN THAT GINSENG POSSESSES NUMEROUS BENEFICIAL CONSTITUENTS SUCH AS GINSENOSIDES, POLYSACCHARIDES, PEPTIDES, AND POLYACETYLENIC ALCOHOLS.

## Why Use Panax Ginseng

Panax ginseng has been used as an adaptogen, a nourishing stimulant and a remedy for male sexual dysfunction. Ginseng increases resistance to physical, chemical, and biological stress, boosts energy levels, and builds general vitality. It may enhance the immune system against flu and the common cold, and help fight diabetes. **If taken regularly, ginseng can help to overcome erectile dysfunction, and enhance libido and sexual performance. Some studies indicate that it even speeds up the development of reproductive organs.**

Some of ginseng’s components offer multiple benefits, such as central anticancer, neuroprotective effects, immune modulation, and more. Ginsenosides have antioxidant, anti-inflammatory, anti-apoptotic and immunostimulant properties.

## How to Use Panax Ginseng

In traditional Chinese medicine, ginseng is used in cooking and in teas together with other herbs. Plain ginseng tea is easy to prepare: add ginseng to hot water and allow it to steep for about three to six minutes. Panax ginseng is used in dietary supplements and alcohol beverages, such as wine.





# Roseroot

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ROSEROOT, *RHODIOLA ROSEA*, IS ALSO KNOWN BY THE NAMES RHODIOLA, RUUSUJUURI, ROSENROT, GOLDEN ROOT, ARCTIC ROOT, ORPIN ROSE AND RHODIOLE ROUGEÂTRE. ALLEGEDLY, ROSEROOT WAS IN USE AS FAR BACK AS THE VIKING AGE AS A MEDICINE AND FOR ITS STRENGTHENING PROPERTIES. THE FIRST MATERIA MEDICA IN ICELAND SAID ROSE-ROOT IS USED TO “ENHANCE THE INTELLECT”, “BE TONIC AGAINST INFIRMITY” AND “RESTORE WEAK NERVES”. IN SWEDEN, LAPPS ARE SAID TO CHEW ON BITS OF ROOTS DURING LONG JOURNEYS TO GIVE MUCH NEEDED ENDURANCE. EVEN THE FUNCTIONAL CLAIM OF RHODIOLA DIETARY SUPPLEMENTS CURRENTLY MENTIONED IN THE CONSOLIDATED LIST OF ARTICLE 13 HEALTH CLAIMS OF THE EUROPEAN FOOD SAFETY AUTHORITY (EFSA) STATES “CONTRIBUTES TO OPTIMAL MENTAL AND COGNITIVE ACTIVITY”.

## Why Use Roseroot

Roseroot has an impressive list of possible benefits, including stimulating blood circulation, harmonizing sexual functions, uplifting mood, scavenging free radicals, being neuro-, cardio- and hepatoprotective, among others. **Roseroot is also considered to be an anti-fatigue, anti-stress, anti-depressant, anti-inflammatory, anti-arrhythmic and anti-tumor superherb.** It is proven to stimulate the central nervous system, especially on cognitive functions such as attention, memory and learning capabilities. There's very little that this miracle food is not said to be able to deliver. It could be just the thing you have been looking for your own modern lifestyle challenges.

## How to Use Roseroot

Roseroot is an adaptogen, which shouldn't be used in excess. Use roseroot when you feel especially stressed or when you have a task requiring high mental or physical performance. The most common way to consume roseroot is by capsules and tinctures, though it has much more potential than being a dietary supplement. Besides contemporary dishes, roseroot is a perfect addition to smoothies, shakes, raw chocolate and raw ice creams.





# *My favourites*

## *Mucuna*

Blend the following five ingredients together: Nut milk, cacao, mucuna, guarana and vanilla.  
Result = PARTAY!!!

## *Ashwagandha*

My favorite in-flight herbs are probably tulsi, roseroot, gynostemma, and ashwagandha. All help with unavoidable inflammation, prolonged sitting and unwanted travel stress.

## *Eleuthero*

I love to add adaptogens to my coffee mostly for their adrenal support. My top picks would probably be astragalus, he shou wu and eleuthero. This way, I need only half-a-cup of joe.

*Tero Isokauppila, President*

# Eleuthero

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*ELEUTHEROCOCCUS SENTICOSUS*, OR ELEUTHERO IS ALSO KNOWN AS SIBERIAN GINSENG, RUSSIAN ROOT, RUSSIAN GINSENG ROOT, OR TAIGA ROOT. IT WAS ALSO FORMERLY CALLED ACANTHOPANAX SENTICOSUS. IT HAS BEEN USED IN MEDICINE IN DIFFERENT EUROPEAN COUNTRIES FOR MANY DECADES. IN CHINA, ELEUTHERO HAS BEEN KNOWN FOR CENTURIES AS “CIWUJIA” AND WAS USED AS A FOLK REMEDY FOR HEART AILMENTS, BRONCHITIS AND RHEUMATISM. IN THE SOVIET UNION, ELEUTHERO WAS USED TO SUPPORT AND STRENGTHEN THE OLYMPIC TEAM PERFORMANCE AS WELL AS OTHER ATHLETES, THE ARMY, SAILORS AND OTHER HARD-LABOR WORKERS. IT WAS ALSO RECOMMENDED FOR THE SOVIET SPACE PROGRAM, AFTER BEING STUDIED IN NUMEROUS CLINICAL TRIALS.

## Why Use Eleuthero

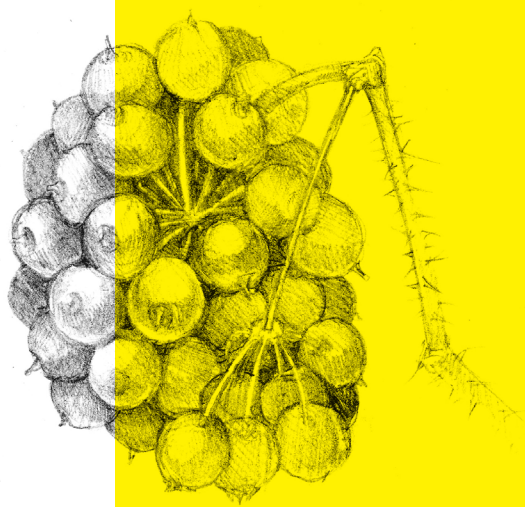
Eleuthero has been widely studied and is reported to have tonic, prophylactic, restorative as well as adaptogenic properties.

Regular use of Eleuthero is believed to restore vigor and improve the general mood while relieving fatigue and loss of concentration. It is used as a restorative tonic to improve memory and increase longevity, while promoting good appetite and increasing resistance against stress. Eleuthero reduces mental disturbances such as depression and insomnia. It has also been studied to reduce the length and severity of colds.

Eleuthero is popular in Taiwanese folk medicine for treating patients with hepatitis and cancer. Traditionally, herbal medicinal products with ginseng are used to improve general health.

## How to Use Eleuthero

Eleuthero root is used as a powdered crude drug, or as an extract in capsules, pills, syrups and tinctures. It can be brewed to tea, and is often mixed with other herbs to form more powerful blends. Before starting treatment, it is advised to consult a doctor to find the correct dosage.



# Tulsi

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*OCIMUM TENUIFLORUM*, TULSI, OR HOLY BASIL IS AN IMPORTANT AND SACRED PART OF HINDUISM. TULSI MEANS “THE INCOMPARABLE ONE” AND IS ALSO RITUALLY WORSHIPPED. TRADITIONALLY, IT WAS GROWN IN TEMPLE COURTYARDS AND WAS USED FOR CLEANSING THE BODY. TULSI HAS BEEN PROVEN TO BE MEDICINALLY EFFICIENT AS WELL AS DELICIOUS IN TASTE. IN ADDITION, IT PRODUCES AN ESSENTIAL OIL WITH HIGH LEVELS OF EUGENOL.

## Why Use Tulsi

Tulsi has traditionally been used for treating a wide variety of illnesses ranging from flu, cancers and diabetes to catarrhal bronchitis, headaches and asthma. It has been extensively studied for its hypoglycemic and antihyperglycemic properties, and it has been used as an adaptogen and to promote longevity. Tulsi is generally used as a medicinal plant and as a herbal tea in the Ayurvedic tradition.

Tulsi has shown promise in clinical trials in alleviating hepatic dysfunction. Tulsi seed oil works as an antioxidant and antiseptic agent, possibly slowing cancer progression.

Tulsi is also used as a common flavoring ingredient in Thai cuisine. In traditional Thai medicine, the leaf or whole plant is used to alleviate nausea, vomiting, diarrhea and flatulence.

## How to Use Tulsi

Different parts of tulsi can be used in many ways. The leaves work well as a tea or in juice, and they can be used in cooking both fresh and dried. Because frying destroys the flavor, it is better to steam or boil the leaves.

Fresh tulsi flowers are used to treat cough and cold. Alcohol extracts heal peptic ulcers. Tulsi is also used in tinctures, pills, and infusions which are made from both the leaves and seeds. The root is used for decoctions.

Externally, tulsi can heal skin problems, nausea and respiratory diseases. The essential oil is also a powerful mosquito repellent.





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