

Mushroom Nutrition and Mushroom Supplements: The Bottom line on Mushroom Health: Agaricus Blazei, Agarikon, Black Trumpet, Turkey Tail, Cordyceps, ... Poria cocos, Reishi, Shiitake Mushrooms

Mackenzie Logan



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Mushroom Nutrition and Mushroom Supplements: The Bottom line on Mushroom Health Benefits Agaricus Blazei, Agarikon, Black Trumpet, Turkey Tail, Cordyceps, Lion's Mane, Maitake, Oyster Mushroom, Poria cocos, Reishi, Shiitake Mushrooms By Mackenzie Logan This short book (under 50 pages) – is a concise guide to the known health and healing facts and science attributed to the mushrooms listed above. This book will assist those who are considering using healing mushrooms for themselves or their family to treat a variety of ailments. It is also a great tool for those who market mushrooms and mushroom supplements. There is no fluff or padding in this book, it is direct and to the point and will give you the information you need. If you are looking to give yourself enough knowledge to make a decision on which mushroom is good for what particular health concern you have, this book will be perfect for you. This book does not cover how to pick mushrooms, wilderness treks to find them, or mushroom excursions. Mushroom Nutrition and Mushroom Supplements: The Bottom line on Mushroom Health Benefits covers the science behind the mushroom, and how they can help you. This is an extremely useful book for anyone in the mushroom supplement marketing business. Reading this book a few times will make anyone a 'mushroom expert'. (NOTE: this book does not discuss psychedelic or 'magic' mushrooms, or anything of that nature)

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Maria Davis:

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Donald Lester:

Playing with family in a park, coming to see the marine world or hanging out with pals is thing that usually you will have done when you have spare time, subsequently why you don't try matter that really opposite from that. One particular activity that make you not sensation tired but still relaxing, trilling like on roller coaster you are ride on and with addition details. Even you love Mushroom Nutrition and Mushroom Supplements: The Bottom line on Mushroom Health: Agaricus Blazei, Agarikon, Black Trumpet, Turkey Tail, Cordyceps, ... Poria cocos, Reishi, Shiitake Mushrooms, you are able to enjoy both. It is very good combination right, you still wish to miss it? What kind of hangout type is it? Oh seriously its mind hangout people. What? Still don't obtain it, oh come on its named reading friends.

Norman Brown:

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