BOOKS FROM FRANCE

Medicinal Mushrooms: A Guide

30 Essential Mushrooms and Their Benefits for Health and Well-being

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Prized for thousands of years in Eastern medicine, mushrooms are valuable allies for a healthy lifestyle.

Used for thousands of years for their medicinal properties, adaptogenic mushrooms have been attracting growing interest in Europe in recent years. Guillaume Lopez, mycologist and naturopath, presents 30 medicinal mushrooms for everyday use in the form of infusions, decoctions, or food supplements. This guide details their therapeutic properties, how to identify them, foraging and cultivation tips, as well as recipes to boost your health and wisely choose and use mushroom-based food supplements.

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