

Adaptogen MUShrooms Meal Plan Florida

Josh Axe

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Ancient Remedies for Modern Life Josh Axe,2021-02-04 The Secrets to Healing Resilience and Immunity With the Most Powerful Natural Medicine in History From the bestselling author of Keto Diet Long before the first pharmaceutical companies opened their doors in the 1850s doctors treated people not symptoms And although we ve become used to popping pills patients have finally had it with the dangerous side effects addiction and over prescribing and they re desperate for an alternative Here s the good news that alternative has been here all along in the form of ancient treatments used for eons in traditional Chinese Ayurvedic and Greek medicine Ancient Remedies for Modern Life is the first comprehensive layman s guide that will bring together and explain to the masses the very best of these time tested practices Bestselling author Dr Axe explores the foundational concepts of ancient healing eating right for your type and living in sync with your circadian clock Readers will learn how traditional practitioners identified the root cause of each patient s illness then treated it with medicinal herbs mushrooms CBD essential oils and restorative mind body practices What s more they ll discover how they can use these ancient treatments themselves to cope with dozens of diseases from ADHD to diabetes hypothyroidism autoimmune disease and beyond Through engaging language and accessible explanations Ancient Remedies for Modern Life offers readers everything they need to know about getting and staying healthy without toxic costly synthetic drugs

Mushroom Cookbook Daniels Hommes Ph D,2020-03-11 Adaptogenic mushrooms are one of today s buzziest superfoods known for their ability to restore skin s youthful glow increase energy levels reduce brain fog keep your hormone levels in check and so much more In this book you ll learn about mushrooms you can add to your daily diet to maximize your health gains This book is a complete set of simple but very unique Mushroom recipes You will find that even though the recipes are simple the tastes are guite amazing It also gives a fantastic collection of creative recipes to cook with them Cooking With Healing Mushrooms Stepfanie Romine, 2018-07-10 Take the fear out of fungi with dishes that help you integrate medicinal mushrooms into your daily diet from Chanterelle Toast to Shiitake Bloody Marys Mushrooms have been used to heal nourish and nurture the body mind and spirit for millennia This book quickly and clearly details the healing properties of various mushrooms from the common button mushroom to exotic varieties like shiitake and enoki Luckily you don't need to be an herbalist chef or mycologist to reap the benefits of delicious nutritious mushrooms This handy cookbook serves up 150 easy to make dishes that incorporate these adaptogen rich superfoods into recipes that are equally tasty and medicinal including Creamy Morel and Onion Dip Enoki Scallion Chickpea Fritters Chanterelle Toast with Ricotta Fajita Veggie Stuffed Portobellos Maitake Bacon Avocado Sandwiches Mango Lassi with Turmeric and Cordyceps Oyster Mushroom Philly Cheesesteak Potatoes Cherry Chaga Cheesecake Smoothie Hen of the Woods Tacos A great way to offer people with common dietary restrictions like lactose intolerance a chance to enjoy more than just veggies and hummus at a cocktail party Outside Magazine There are ways that even mushroom haters can work healing fungi into food Contains 150 original recipes

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