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Agaricus blazei Mushroom: the Healthy Recipe Alternative by Mack Shepperson

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More often than not, peopleâ€™s general idea about fungi is that it either grows as food on the soil or on trees, or it grows as an infestation inside a house. Both assumptions are true, but because people tend to remember more the negative aspect of things, fungi tend to be considered as having no probative value of their benefits. However, if you set aside your prejudices, youâ€™ll find that fungi actually have several benefits on the edible side, that is.

One edible fungus you see outdoors regularly is the mushroom. You will see mushrooms sprouting on the soil or clinging to tree barks and logs. Some mushrooms appear to grow overnight, prompting the usage of the noun mushroom as a verb, hence to mushroom or mushrooming, meaning, to grow or expand rapidly. In reality, thatâ€™s not the case at all, as it takes several days for the fungus to grow a primordial fruit body.

These days, a variety of edible mushrooms are used in many cuisines. For this reason, edible mushrooms are sometimes called the â€œmeat of the vegetable worldâ€•. It is interesting to note that a lot of mushrooms in the supermarket are actually commercially grown in mushroom farms. A popular example is the Agaricus bisporus, which, as they are grown in sterilized and controlled environments, are deemed safe for consumption.

One type of mushroom that is currently gaining the interest of health promoters is the Agaricus blazei. This edible mushroom is native to Brazil, but, due to its medicinal properties, has been steadily cultivated in other countries such as Japan, China, and the United States. A cousin of the Agaricus bisporus, Agaricus blazei has a sweet taste with an almond-like fragrance. Agaricus blazei is a melting pot of various organic compounds such as amino acids, proteins, fibers, carbohydrates, and water.

One of the purported health properties of this mushroom is that it stimulates the immune system, allowing the body to fight cancer. It is also believed to lower cholesterol levels. Additionally, patients with diabetes and osteoporosis are said to benefit from Agaricus blazei mushroom.

The complex polysaccharides found in Agaricus blazei mushroom, called beta-glucan, has been identified as capable of inhibiting tumor growth and directly killing cancer cells. In other laboratory studies, Agaricus blazie extract is suggested as capable of inhibiting cancer metastases.

Antioxidant properties have also been identified in the Agaricus blazei mushroom. The antioxidants prevent plaque formation inside blood vessels (a risk factor for stroke or heart attack). Some quarters believe these health benefits to be merely the tip of the iceberg, and that more remains to be discovered. For more information about this topic, log on to ezinemark.com.

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