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Mushrooms, together with bacteria, bring minerals back to the soil to be used again as nutrients by plants, thereby assisting in their growth. Many mushrooms—such as the Reishi and Agaricus blazei—have beneficial effects on humans. However, some mushrooms—such as the death cap and destroying angel mushrooms—produce toxins which are harmful and poisonous. The death cap mushroom comes in many colors and may be difficult to identify, while the destroying angel mushrooms are white and grow during summer and autumn.

Since it may be hard for most people to distinguish between edible and poisonous mushrooms, it is advisable never to eat any mushroom you find unless you're sure what it is. However, some mushrooms are not only edible; they have proven medicinal value as well. In most instances, such mushrooms can provide nourishment and medicinal benefits.

One popular mushroom that has scientifically-proven medicinal qualities is the agaricus blazei mushroom. These mushrooms were discovered in a small town in Brazil in a village called Piedade. The people in this community were known to live long, healthy lives that sometimes exceeded 100 years. Researchers discovered that the local natives ate these mushrooms as part of their daily diet, which contributed greatly to their excellent health condition.

Additional research has stated that the Agaricus blazei mushroom contains the most potent immune enhancing substances yet discovered. They also have very powerful anti-tumor properties which trigger the body's natural anti-tumor defense systems. These mushrooms also have anti-carcinogenic properties and prevent lesions associated with skin cancer. Moreover, the disease-fighting effects of the Agaricus blazei mushroom gained greater publicity when the late President Ronald Reagan claimed to have been cured of the disease because of Agaricus blazei.

While medicinal mushrooms have been used in Asia for thousands of years, it is only now being used in the West for its health promoting qualities. Many medicinal mushrooms can boost the immune system, fight certain diseases, increase vitality, and promote longevity. Agaricus blazei extract can provide many of the abovementioned benefits.

Like most medicinal mushrooms, Agaricus blazei extract helps our body strengthen itself and fight off illnesses by restoring balance. This in turn promotes the body's natural resistance to infections and diseases. Agaricus blazei can be prepared as a hot water extract and drunk like a regular beverage.

Other mushrooms may be toxic or even possess hallucinogenic properties. One must remember that only certain types of mushrooms contain the necessary ingredients that help keep people healthy. Agaricus blazei extract is among those which contain the highest concentration of disease-fighting properties that fortify the body's antibodies. For more information on the subject, you may visit the following website, clinicalmolecularallergy.com.

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[Mack Shepperson](#) - About Author:

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