HOW TO REVIVE YOUR BODY – THE POWER OF WILD CHAGA MUSHROOM

By Cass Ingram, D.O.

Long revered by ancient civilizations, chaga mushroom is a powerful means for improving and maintaining health. Unlike soft mushrooms that grow on the ground, chaga is an extremely hard and dense growth – even secretion – that forms on wild birch trees. This growth is so tenacious that it must be removed from the trees with a hammer and chisel.

People who are wary of fungus or mushrooms need not be concerned about chaga. Those who would avoid it because of its association with the fungus family will miss out on the opportunity to revive the latent powers of the body and enjoy truly vital health. Remarkably, chaga is used even by people in the far reaches of the World. It is a traditional food, notably of the Siberian tribes-people, who rely upon it daily. They drink it as a tea, burned, and inhaled. It is also added to foods, especially soups and stews. Chaga is even highly respected by medical institutions in Eastern Europe and Russia such as the Russian Academy of Sciences and the Silesian Medical Academy.

SOD Rich

Nutritionally dense, chaga is an exceptional source of a number of key substances that revive and protect our internal organs. These substances include superoxide dismutase (SOD), nucleases, peroxidase, polysaccharides, and plant sterols. All of these substances increase lifespan.

SOD is a potent substance, rarely found in any food. Chaga, however, contains a rich and unique source of SOD measured at 10,000 to 20,000 active units per gram, which is incredible. Low levels of this enzyme are associated with an increased risk of neurological disorders as well as premature death from heart attacks, strokes, and cancer. Reduced levels of SOD are found in diabetics and people suffering from inflammatory disorders such as arthritis/joint disorders. This has been confirmed by Sloan Kettering, which listed chaga as being a key natural defense against inflammation, tumors, and pain. Additional benefits include resistance to viruses and prevention of blood platelet coagulation. The institute also listed significant cancer-fighting properties of SOD. This is through strengthening the body's immune function, plus blocking oxidative damage. By regulating the immune system, there is reduced incidence of infection, including colds, flu, and other ailments. In addition, chaga may be rubbed on injuries and will speed the healing of tissue and reduce or eliminate scarring. Its healing powers for skin injuries are remarkable.

Melanin and Enzyme Rich

Another special factor found in chaga is its special chocolate-brown pigment, known as melanin, a key substance for regulating the health of the hormone glands, especially the pineal and adrenals. Melanin also regulates the immune system. Chaga is the richest known natural source of this substance.

Apparently, chaga is one of the most powerful and natural medicinal complexes known to man. With its potent phytochemistry, it helps normalize key systems, including the endocrine and immune systems, a major feat. Yet, it is a feat that is routinely achieved through the intake of this powerful, natural complex. Chaga, therefore, could help most anyone regardless of his or her health background.

In addition to protecting and regulating key internal body functions, this potent complex also combats skin diseases such as psoriasis, eczema, ringworm, and dermatitis. In addition, chaga's dense content of melanin, plus antioxidant enzymes, make it the ideal anti-aging substance, whether consumed internally or rubbed on topically as a cream.

A Life Extender

Can chaga extend life? Its potent SOD concentration is the most reliable anti-aging defense known. The longest-lived animal in existence, the tortoise, has the highest known SOD level. In humans, if SOD levels decrease, the risk for premature death increases. A major case that proves chaga's life-extending power is the comparison of two peoples living in the far north. These are the Inuit (Eskimos) and the northern Siberians. The Inuit lived an average of about 40 to 50 years, while, incredibly, the average lifespan of the Siberians was 80 to 100. The major difference is that the Siberians used chaga daily while the Inuit did not.

So, it should be no surprise. With its powerful disease-fighting capacity, chaga creates major results. One of these is the prevention of premature death, that is, life extension. It is also a key natural medicine for the treatment of a wide range of illnesses, including heart disease, hypertension, arthritis, and diabetes. Used on the skin as a spice oil emulsion and/or beeswax-based cream, it is effective against a wide range of conditions, including psoriasis, eczema, ringworm, chapped skin, seborrhea, calluses, and wounds. Chaga cream is also effective against sunburn and can improve skin on both hands and face.

Thus, chaga is vastly useful to humans. Take advantage of it and live a long and vigorous life with God's medicines, those of wild nature.

Applications

A popular way to enjoy wild chaga is as a hot tea. To increase its potency, combine with wild, pulverized birch bark. The sublingual drops, a spice oil/chaga emulsion, are taken for quick-and-easy absorption and may be taken on a daily basis. Chaga may also be taken as convenient capsules, combined with wild, birch bark and wild oregano. As already noted above, it is also a potent solution to apply to the skin. Creams in a beeswax base with spice oils may also be rubbed on the body to not only nourish and revitalize the skin but to also create energy. In addition,

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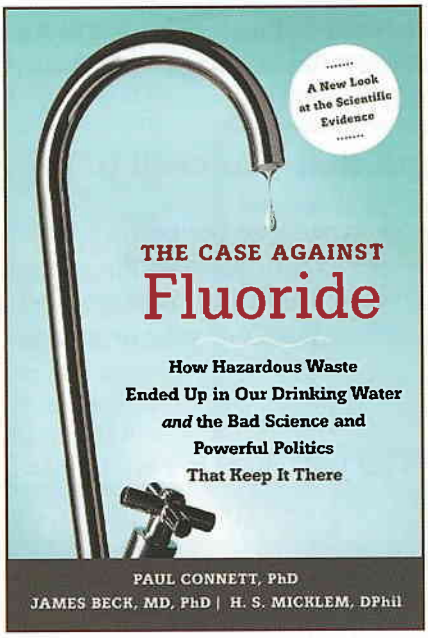
Book Review

By C. Vyvyan Howard, M.B., Ch.B, Ph.D

The Case Against Fluoride: How Hazardous Waste Ended up in our Drinking Water and the Bad Science and Powerful Politics that Keep It There by Paul Connett, James Beck, and H. Spedding Micklem (ISBN 978-1603582872; Chelsea Green Publishing, White River Junction, Vermont USA; ***www.chelseagreen.com***; paperback, 392 pages; $24.95)

If you are interested in the fluoride debate, you should read this book. However, more importantly, if you are disinterested in the fluoridation of drinking water or are strongly pro-fluoridation, you must also read this book. The authors have produced a well-researched, cogently argued, and very readable text that summarizes historical, political, ethical, toxicological, and epidemiological scientific data behind drinking water fluoridation. The text is approachable by non-scientists and specialists, although an extensive technical bibliography is provided for those who wish to delve deeper.



A complete discussion of water fluoridation requires knowledge of its history, the political pressures during that period of history, the toxicology of fluoride, and the epidemiological impact on exposed populations. This undertaking requires a great deal of effort on behalf of the non-expert. In this respect, the authors have done an excellent job in analyzing the current knowledge base and presenting it in a fairly non-technical manner.

The ethical basis for exposing a whole population to a therapeutic agent without informed consent has to be called into question in the 21st Century. We live in a far less paternalistic society now. The idea that a "one dose fits all" can be applied to a whole population makes a mockery of all that is currently happening in medicine, where tailoring therapies to the individual is a major thrust of research. The admission that infants being fed formula milk made up with fluoridated tap water are being overdosed is a key example of the failure of that approach. We now know that fluoride acts topically on dental enamel, not systemically, which is another good reason for not administering it by ingestion. The margin of safety of fluoride is much lower than was originally envisaged. If any of the toxicological sequelae highlighted in the book – lowering of IQ in children, increased incidence of bone cancer in teenage boys, increased incidence of bone fractures, and thyroid-gland dysfunction – are likely, then the argument for adopting a precautionary stance becomes overwhelming.

After reading the book, one is left with the strong impression that water fluoridation is an idea that is well past its "sell by date" and that it should be rapidly phased out. What is now clear is that, if proposed today, fluoridation of drinking water to prevent tooth decay would stand virtually no chance of being adopted, given the current status of scientific knowledge. HFN

Professor C. Vyvyan Howard, M.B., Ch.B, Ph.D, FRCPath is a professor of bioimaging at the Biomedical Sciences Institute at the University of Ulster, in Coleraine, United Kingdom. Dr. Howard is a medically-qualified, toxico-pathologist specialising in the problems associated with the action of toxic substances on the fetus and the infant. He has written a number of papers and book chapters and spoken in a variety of forums to draw attention to the threat posed by environmental pollutants to the developing fetus. He is an internationally-recognized expert in his field, and a Fellow of the Royal College of Pathologists, Past President of the Royal Microscopical Society, Member of the British Society of Toxico-Pathologists, Immediate Past President of the International Society of Doctors for the Environment, and Member of the European Teratology Society. He has also completed 6 years as a toxicologist on the UK Government DEFRA Advisory Committee on Pesticides.

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wild chaga syrup in a raw-honey and muscadine-berry base can be consumed. So take advantage of wild chaga in its various forms. But beware of cheap imitations made in a lab. Only wild chaga grown on trees should be consumed internally. Use wild chaga and enjoy vital health, through the power of raw nature. HFN

Dr. Cass Ingram is a renowned expert, speaker, and lecturer on the nutritional and medicinal benefits of chaga mushroom. He is the author of over 20 books, including Natural Cures for Health Disasters, The Cure in the Cupboard, *and most notably* The Cure is in the Forest. *Dr. Ingram travels the World extensively in his research and quest for holistic remedies and cures. He is committed to providing the safest and most natural medicines for the benefit of human health.*

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have her medication adjusted. Still, she struggled with her diabetes right on up to the time of her passing. I wish she was here now so I could show her this article and maybe it would have opened her eyes to gluten intolerance. HFN

Janis I. Soucie is a health writer living in Vermont. Janis has been writing poetry and lyrics since 1999, but in 2006 she began periodically writing articles on various topics, mostly health, for the website AssociatedContent.com. She also writes short stories. In her free time, she enjoys a wide variety of activities, including sports. She can be reached at ***jisoucie@gmail.com****. Among other resources, she recommends the following:* Allergic Living Magazine, *"The Diabetic Link" by Claire Gagne at pgs 37-38 (2010).*