

Optimizing Cognitive Function with Medicinal Mushrooms

Jerry Angelini - Lion's Mane Mushroom

Health Quest Podcast #325 - Steve Langford

Omega-3 Fats are critical for healthy cell membranes. Omega-3's and Omega-9's limit Omega-6 fats.

Lion's Mane tastes like lobster when you sauté it

Lion's Mane Mushroom is a foundation product for supporting neurological health from a mushroom perspective. Hericenones and Erinacines these compounds tell our body to make Nerve Growth Factors and they signal to the stem cells to produce neurological tissue. The nerve cells of our body have a lot of wear and tear on them. So having a compound that can help replenish our nerve cells Recreate and heal our neurological tissue. Give it 2 to 4 weeks to notice the shift 1 to 2 caps 2x a day is the general use. 2 caps = 1 gram. It takes time to rebuild the neurological tissue.

Teenagers - support the brain and mood especially if they are using ADD medicines - just use Lion's Mane. There are no known drug interactions with Lion's Mane. Elderly people on medications can use it.

Host defense uses both the root structure (mycelium) and the fruit body. The root structure is grown in organic brown rice so that there are no contaminants.

Brain formula: contains: Lion's Mane, Reishi and a little bit of Cordyceps it also contains Bacopa, Gotu Kola and Ginkgo. Support Neurological Functioning, Memory, Mood. Supports the bodies production of nerve growth factors supports adaptation to stress each of the herbs in it supports memory, cognitive functioning which is decision making and activities of daily living. Generally supporting memory recall. Socialization skills Give it a week to notice the effect.

Brain Energy which is Lion's Mane supports increasing mental acuity. This formula has Yerba Mate it contains 11mg of caffeine in it. It has Eleuthero in it. It supports adaptation to stress but keeps your energy up for the day. It's has a more immediate effect

Brain and Body Formula

Stress decompress - for people who think too much. The sympathetic nervous system is too excited. You can take 2 capsules of this and feel it in an hour. *Note: if you are on a blood pressure lowering drug be more careful with this formula.*

The Mushroom Powders are better when people want to take a higher dose - using a scoop