**Mushrooms – The Fungal Pharmacy**

**Sara Thyr, ND**

**Description**

Fungi are critical to the health of our ecosystem, and are used widely to improve human health – from colds to cancers. This lecture will explore the role of mushrooms in our lives, with detailed focus on the medicinal qualities of different mushroom species.

**Learning Objectives**

After this lecture, attendees will be able to:

* Understand how important fungi are to life
* Differentiate between different health-creating properties of various mushrooms
* Choose the most effective extracts for their different patients and conditions
* Analyze latest research on medicinal mushrooms
* Be inspired to look more closely at their fungal neighbors

**Outline**

1. Introduction
2. Characteristics of fungi
3. Diversity – Recognized phyla of fungi
4. Ecological importance of fungi
5. Biological and medical impact of fungi
6. Historic Medicinal Uses
7. Traditional Chinese Medicine
8. Over 50 species with some medicinal applications
9. Medicinal Mushrooms
10. Mechanisms of action – from NK cell activity to aromatase inhibition
11. What to look for in various mushroom extracts, including polysaccharides
12. beta glucan (polysaccharides)
13. arabinoxylans
14. arabinogalactans
15. a look at potency of formulas
16. Indications for medicinal mushrooms – both common and unusual

(Each mushroom presented will include medicinal actions, latest research, dosing information, and examples where possible.)

* 1. Reishi *(Ganoderma lucidum)*
  2. Maitake *(Grifola frondosa)*
  3. Cordyceps *(Tremella fuciformis)*
  4. Shiitake *(Lentinus edodes)*
  5. *Agaricus blazei*
  6. Turkey Tails *(Coriolus versicolor)*
  7. Wood Ear Fungus *(Auricularia auricula)*
  8. Chaga *(Inonotus obliquus)*

1. Pharmaceuticals made from fungi
2. Penicillin (including “why can’t I just eat moldy bread when I get strep?”)
3. Cyclosporine
4. Foraging and Nutritional Aspects
5. Conclusion

Time required: 90 minutes (can be done in 60 prn)

Pharmacy: 0.10 Pharmacy CE (although talk could be worked more in this direction if necessary for the convention pharmacy lecture requirements)

Topic: General health

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