

# **I just Moved Into My New Office – Again. Featured Article: Using Mushrooms to Improve Your Health**

Greetings I wanted to give you an update that I have moved into a new office, since my old office was recently sold. The good news is that it's two blocks away from the old office located on the corner of Carmel & Solano. Also, I will discuss an important nutritional topic I have been studying the past several years: using mushrooms to fortify your body's immune system and overall health.

## **New Office is Open!**

My new office is open, and I will start treating patients on Monday August 1, 2022. It's located in a beautiful small medical/office building, My suite is very cozy and comfortable with plenty of light. The address is below. I am still available to do consultations over the phone. I can prescribe herbs and supplements; get you started on a cleanse program. Contact me if you would like to schedule an appointment for a treatment or consultation.

## **Mushrooms to the Rescue**

I have been fortunate to spend much of the last 2 years studying different topics in my field. Mushrooms both medicinal and edible has been one of those topics. In Traditional Chinese Medicine mushrooms have been used as a tonic to enhance the body's qi or energy and were highly valued to benefit longevity. In today's modern research we have found that mushrooms improve the body's immune system as well as enhancing brain and heart health. There are hundreds of research studies showing many more therapeutic effects of specific mushrooms. All mushrooms from the common white and brown mushrooms found in the grocery store as well as the

huge variety found all over the world have extraordinary health benefits.

To maximize the benefits, try to eat mushrooms regularly 4-10 grams of mushrooms per serving, 4-5 times per week. This is a small amount, less than 1/8 of a cup per serving. I cook up about 1 pound of mushrooms at a time and then I have enough to last the week. Cook the mushrooms, either sautéing at high heat or cooked in hot soups. When sautéing mushrooms start them in a dry pan with ¼ to ½ cup of water. Start cooking with high heat and the mushrooms will release their moisture and collapse. Cook until all the water is gone, and the pan is dry, being careful that they don't burn. Now you can add a small amount of oil or butter to flavour and brown them and then finally add some broth to deglaze the pan or other ingredients to make a sauce. This method is new to me courtesy of Americas Test Kitchen and it prevents adding excess fat and tastes great. My favourite combination is using shiitake and maitake.

### **Training Your Immune System**

The immune system is divided into 2 responses: the innate immune system and the acquired immune system. The innate immune system is the first line of defence and it acts quickly. It can be as simple as a physical barrier like skin or cough reflex or eye tearing up to remove foreign objects. It can be a cellular response as well such as destroying a pathogen like a sore throat before you get ill. The innate immune response has an important role to play in the first 7 days of an infection. This immune system can be trained, and consuming mushrooms is a very effective way of doing this.

The acquired immune response is also known as the adaptive immune response which we acquire for a specific virus or pathogen. This is a slower response. The first time a body encounters a new pathogen the body manufactures antibodies so in the future it can recognize it as harmful and mount a quicker response. Acquired immunity can be due to previous infections, from a vaccine or passed from a mother to her baby through the placenta or breast milk.

Mushrooms support the innate immune system by contributing Beta-glucans to the diet. These unique nutrients cannot be made by our

bodies and can only be acquired if we consume them. Mushrooms have a cumulative effect and therefore need to be consumed regularly. The immune effects can last several weeks to several months after discontinued. Mushrooms can be taken in supplement form and each of the medicinal mushrooms has specific effects. Some of these mushrooms are not eaten as they are woody or bitter, so they are consumed in teas or pills. It is important the mushrooms are grown in an organic and non-toxic way and tested for contaminants. I find companies that are using organic methods and growing the correct species, listing the proper chemical components, and packaging in therapeutic dosages.

To recap, some of the benefits of eating mushroom regularly are improved energy, mental ability, improving innate immunity, lung and kidney function as well as blood sugar regulation and heart health. You can improve and strengthen your immune system simply by adding mushrooms to your diet or supplement program. So very simple, so let's get started today.

In Health,

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