

Congratulations on making your discovery with Mamas Cottage
Mushrooms!

This document will supply you with suggested uses of the products and
directions of usage. If you do have any questions, please contact us via
email mamascottagemushrooms@protonmail.com

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Directions for use – Mushroom Tinctures

Shake the bottle well before each use.

Recommended dosage is one dropper full 1-3 times a day, either under the tongue, in water or even add it to smoothies.

Once opened keep refrigerated and away from children.

Please note if you are taking any medication, especially blood thinner or diabetic medication, pregnant or breast feeding, regarding mushrooms, consult your GP before starting anything new.

DISCLAIMER

All the products listed below are a supplement and are not in any shape or form advertised for sale as medicinal products.

We are not medical practitioners, so therefore we are unable to give out advice on any particular condition.

It is for this reason that we advise all customers to research and always consult your health advisor and medical practitioners before taking any products.

We are not a medicinal herbalist or a medical professional. These products are not meant to be used to diagnose, treat, prescribe, prevent or cure any disease or to administer in any manner to any physical ailments and are not intended as a substitute for the medical advice of a trained health professional. We cannot be held liable for the decisions and choices you make and/or the outcome of those decisions and choices. You are encouraged to do your own research and consult your health care professional before treating yourself or anyone else.

Do not use herbal products of any kind if you are nursing, pregnant, taking medications or undergoing treatment for any medical condition without first consulting your health care professional.

Do not undertake any self-treatment while undergoing a prescribed course of medical treatment without first seeking professional advice

*These products and statements have not been approved or evaluated by the MHRA or any other board of administration.**

Lions Mane Tincture

Ingredients: Extract of Homegrown Lions Mane mushroom (*Hericium erinaceus*) Grain alcohol organic extraction ethanol 95% vol, spring water.

Summary of Benefits:

Powerful antioxidant and anti-inflammatory, known for its ability to enhance memory, stimulate cognitive function and reduce brain fog. Encourages regrowth and recovery of nerve function. Supports a healthy heart, could improve mental health. Rich in antioxidants.

Lions Mane - *Hericium Erinaceus*

Awesome for the Brain

A type of mushroom that has been used for centuries in Asia and Europe to provide various benefits. Nowadays, this nootropic herb has become the go-to supplement for anyone who wants to improve their focus or memory and an overall sense of health and wellbeing.

Their teeth or needles are the gills, and they cascade downwards as they grow, giving them a shaggy look, hence the name lion's mane.

These unique-looking mushrooms are native to Asia, Europe and North America and grow on decaying hardwood trees and logs throughout the northern hemisphere.

Lion's mane mushrooms have a soft, spongy texture and an internal structure similar to cauliflower, with branches extending from a single base.

Their mild, slightly sweet flavor is considered by many to be similar to crab or lobster. When cooked, the "teeth" create a meat-like texture, making them a delectable meat substitute in vegetarian dishes.

Lion's mane mushrooms are one of the many medicinal mushrooms that have various health benefits. They contain a substance called "erinacine", which studies have shown can improve cognitive abilities by initiating the growth and regeneration of nerves.

Research shows lion's mane mushrooms can boost the immune system by increasing immunity in the intestinal immune system thereby protecting the body from germs that enter through the nose and mouth.

They also have anti-inflammatory properties and studies show lion's mane helps to reduce inflammation and the symptoms of inflammatory bowel disease.

A powerful antioxidant and anti-inflammatory

Potential Benefits of Lions Mane

Boosts Memory

It's possible ability to enhance memory, stimulate cognitive function, get rid of that mummy brain fog (yep really I can talk from my own experience) Lions Mane boosts long- and short term memories by stimulating Nerve Growth Factor (NGF). NGF is a protein that protects neurons and is essential for the growth, maintenance, proliferation, and survival of nerve cells. By stimulating the production of NGF, Lion's Mane enables your brain to create new memories and recall old ones with greater ease.

Possible to encourage regrowth and recovery of nerve function

Lion's Mane has been shown to be effective in preventing and treating neurodegenerative diseases such as Alzheimer's, Parkinson's Disease, and Dementia. It is able to cross the blood-brain barrier due to its high levels of Hericenones which activate NGF production!

It can also reduce beta-amyloid proteins found in Alzheimer's patients which causes brain cell damage. This helps prevent the spread of neurodegenerative diseases while protecting your brain cells from further harm!

Aids weight Loss

Lion's Mane has been shown to promote the production of adiponectin, a hormone that can increase your resting metabolic rate and help reduce belly fat!

It does this by increasing insulin resistance in muscle cells so they are more effective at burning fatty acids for energy. This also helps prevent leptin resistance which is common among obese individuals.

Nourishes the Gut

Lions Mane promotes the growth of Bifidobacterium and Lactobacillus, two "friendly bacteria" that are essential for healthy digestion. These beneficial gut bugs can improve your immunity, mood, and overall health!

Lion's Mane also contains high levels of Vitamin D which helps with calcium absorption, which is critical for maintaining a healthy gut.

Lion's Mane also contains Chitin-Glucan, an insoluble fiber that can improve digestion and nutrient absorption while promoting the growth of beneficial bacteria in your intestines to stimulate immune system function!

Could help improve mental health, anxiety and depression.

Erinacine and Hericenones which can help fight depression and anxiety by increasing dopamine levels. Erinacine is a type of opioid peptide that activates the Mu-type opioid receptors in your brain, resulting in anti-depressant effects such as an improved mood. Hericenones are compounds that can increase serotonin levels by stimulating the release of Hericenone A.

Erinacines and Hericenones cross the blood-brain barrier, meaning that they can influence your brain chemistry to improve mood, reduce anxiety or stress levels, and even fight depression.

Reduces Inflammation

Lion's Mane has also been shown to have anti-inflammatory properties, which is good news for those struggling with chronic inflammation. Lion's Mane stimulates macrophages and cytokines that produce anti-inflammatory substances to reduce swelling and pain throughout the body.

Rich in antioxidants

It reduces the lactic acid build up in the blood, increase blood oxygen levels and reduce muscle fatigue.

Boost Immune System

Lion's Mane is able to increase the activity of both T-cells and macrophages which can help improve your immune system. It also stimulates antibody production that helps you fight diseases on a daily basis!



Turkey Tail

Ingredients: Extract of Turkey Tail Mushroom (*Trametes Versicolor*),) Grain alcohol organic extraction ethanol 95% vol, spring water.

Summary of Benefits:

The bitterness of the burdock helps to regulate the digestive system, it also provides support to the liver and strengthens the lymphatic system. Turkey tail is anti-inflammatory, known for its ability to enhance and support the immune system, balance neurotransmitters, and regulate liver health. Can help to lower blood pressure and helps to restrict cancer cells from growing/spreading.

Turkey Tail *Trametes versicolor*

Thought to symbolise “longevity and health, spiritual attunement and infinity”.

In southeast Asia, this colourful mushroom has been used to treat a variety of medical conditions including liver disease, cancer, and diabetes. Recent studies on this amazing fungus have produced evidence that it can improve immune function, promote cardiovascular health, and prevent cancer.

It is a medicinal fungus that has been used in traditional Chinese medicine for over 2,000 years.

Potential Benefits

Promotes Liver Health

The liver is the most important organ we have for detoxifying toxins out of our body (pesticide-contaminated food products, chemicals used in household cleaners or personal care items like shampoo and makeup, and even tap water) so it can function properly. One reason turkey tail mushroom benefits the liver so much is because it contains beta-glucan polysaccharides that stimulate white blood cells to release cytokines which trigger other immune cells to kill the invading

Boost Immune System

Turkey tail mushrooms contain beta-glucans. Beta-glucans are polysaccharides that help to boost the immune system by activating T cells.

Studies show that turkey tail mushroom benefits include stimulating the activity of macrophages as well as the production of cytokines. Macrophages are white blood cells that can engulf and destroy invaders or germs, while cytokines trigger other immune cells to release antitoxins to fight off infections. Combined, these two mechanisms make the turkey tail mushroom a potent immune system booster.

Can help with Depression

Turkey tail mushrooms help with depression by balancing neurotransmitters in the brain. It is a natural anti-depressant that helps with mood regulation by increasing the levels of serotonin, dopamine and norepinephrine. This helps with mood regulation and stress levels.

Gut Health and Digestive Support

Consuming Turkey Tail mushrooms may support your gut health and digestive tract. Turkey Tail mushrooms contain prebiotic fibre which feeds and supports the healthy flora in your digestive system. Much of your immune system resides in your gut, so by supporting healthy flora in your gut,

May Help with Lowering High Blood Pressure and Diabetes

Turkey Tail could be very effective at lowering high blood pressure, which is a natural treatment for diabetes. It has also been shown that this mushroom extract can help lower LDL cholesterol levels within the body by preventing the oxidation of LDL cholesterol particles. This helps reduce your risk for heart disease and other cardiovascular diseases.

May reduce Joint Pain and Stiffness

It has been shown to increase the production of TNF-alpha, which is a protein that helps regulate the inflammatory response in your joints. By increasing this protein it reduces inflammation throughout the body, which can help reduce joint pain and stiffness.

May Help Prevent Cancer Cells from Growing or Spreading

Polysaccharide peptide (PSP) is a compound found in turkey tail mushroom extracts that have been shown to be effective at inhibiting the growth of cancer cells. This compound is able to help prevent tumor formation and may even suppress metastasis, which is when tumors spread throughout the body. PSP has also been shown to be effective at helping decrease the size of tumors that have already formed.

May Help Support Healthy Kidney Function

Turkey Tail could be regarded as being effective at supporting healthy kidney function in patients with renal disease. This mushroom extract has also been shown to help protect against the development of diabetic nephropathy, which is when diabetes damages your kidneys over time.

Birch Polypore Tincture

Ingredients: Extract of Birch Polypore mushroom (*Fomitopsis betulina*) Grain alcohol organic extraction ethanol 95% vol, spring water.

Summary of Benefits:

Can boost the immune system as it boosts the secretion of interleukin-8, which promotes immune cell growth. Helps to balance the gastrointestinal system. Known to protect the gut microbiome as it contains triterpenoids. Anti-inflammatory, and reduces redness/swelling.

Birch Polypore - *Fomitopsis betulina*

The Ice Man's Medicine

Birch polypore is one of those mushrooms with more than one medicinal effect. Not only does it contain the polysaccharides typical for all mushrooms, but it also has other beneficial compounds that it absorbs from the birch tree that it grows on. For this reason, it has some effects very similar to those of the legendary chaga mushroom which also grows on birches.

It has been used as a tonic for the immune system, as an antiseptic to clean wounds and promote healing, a plaster that is microporous, antifungal and antiseptic and probably was used by Bronze Age man to get rid of parasitic worms.

Amazingly this incredible versatile fungus has more going for it than just being a medicinal mushroom. It is able to carry a spark from one campsite another, easing the task of firelighting, and in more recent times it was cut into strips and used to sharpen knives, especially by those who could not afford leather, giving it its common name, the razor strop fungus. It can also be made into a tea and plaster to heal wounds!

With modern research it is becoming clear that the Birch Polypore is an important mushroom to look into, tests have been carried out and so far, found the following.

Properties of Birch Polypore

Antiviral. In tests extracts from the Birch Polypore blocked reproduction in HIV cells, attacked and incapacitated encephalitis infections and has proved positive in treating flu, yellow fever and West Nile flu.

Renowned mycologist and author of Mycelium Running, Paul Stamets has reported that it is active against flu, cowpox, yellow fever and other potentially deadly viruses.

Antibiotic. The Birch Polypore contains the antibiotic piptamine which has been used to treat e-coli

Healers use birch polypore tea or tincture to treat infections, while the pharmaceutical industry is looking into making a marketable antibiotic based on this naturally occurring chemical.

Anti inflammatory. There are several triterpene acids present and these are known anti inflammatories.

Anti Tumor. Betulinic acid and other chemicals in the fungi have been shown to cause apoptosis, the destruction of cancer cells while not affecting healthy cells.

The betulinic acid has inhibition effects on melanoma cells and doesn't damage healthy cells.

Betulin has antitumor effects.

The glucan piptoporan has antitumor effects too and can also stimulate immunity.

In Poland, birch polypore is commonly used in folk medicine, especially against stomach cancer. It is foraged in massive numbers. In fact, it almost went extinct in there!

Antiseptic. For cleaning wounds and being an aid to healing.

Antifungal. This mushroom does not like to share its habitat with other mushrooms and contains some powerful antifungals.

Stiptic. The fungus has stiptic properties (it staunches bleeding).

THE ICEMAN'S MEDICINE

In 1991, when a glacier in north Italy receded, it revealed a very well-preserved 5300 years old frost-mummy of a hunter, quickly nick-named Ice Man. Scientists squeaked with delight, as this was an exceptional opportunity to study and understand the life of people who lived in Europe thousands of years ago.

Among other stuff this mummified Ice Man had on him were two balls, pierced and threaded on a leather thong. Paleontobotanical analysis proved that they were birch polypore mushrooms.

Scientists assume that the Ice Man used birch polypore to treat abdominal pains that were caused by whipworm parasites. Birch polypore is not only able to kill that type of parasite, but also serves as a laxative, able to rid the Ice Man of the dead parasite bodies from his intestines.

Cordyceps Tincture

Ingredients: Extract of Cordyceps mushroom (*Cordyceps Sinensis/Militaris*) Grain alcohol organic extraction ethanol 95% vol, spring water.

Summary of Benefits:

Can boost energy levels, natural blood sugar balancing qualities, shown to enhance athletic performance. May give support to kidneys, liver and digestive tract. Also known to support sexual function.

Cordyceps sinensis and militaris

Himalayan gold

Cordyceps include its ability to improve respiratory health, increase oxygen uptake, boost heart health, and detoxify the body. This fungus is also found to help prevent certain types of cancer. It slows the aging process, increases energy, and improves the immune system.

Cordyceps mushroom is a medicinal mushroom native to Vietnam, Bhutan, Nepal, China, Korea, and Thailand. This mushroom has over 400 different species, although it is two specific species that are known for their medicinal benefits. These species are called Cordyceps Sinensis and Cordyceps militaris, with each of them having specific health benefits

Cordyceps mushroom has a lot of powerful health benefits like:

Improving energy levels

Balancing blood sugar

Supporting athletic performance

Supporting sexual function

Cordyceps is a fungus that grows out of the larval body of an insect at altitudes about 3800m to create a powerfully healing medicinal mushroom (though not technically a mushroom, most practitioners classify it under that heading). Mother Nature is truly incredible!

Cordyceps (both the sinensis and militaris strains) itself has been mentioned in Traditional Chinese Medicine and Tibetan healing textbooks for centuries, if not millennia.

Often used as an all over curative medicine due to claims that it improves energy, appetite, stamina, libido, endurance, and sleeping patterns, this study found that traditional and folk healers used cordyceps mushroom to treat at least 21 different ailments.

Top 11 Potential Benefits of Cordyceps

1. Supports Chronic Kidney Disease

Studies have shown that not only does cordyceps sinensis improve renal and immune function in those with chronic renal failure it may also help reduce the dosage of anti-rejection drugs in those undergoing kidney transplants. It also shows promise in the treatment and prevention of renal fibrosis. <https://pubmed.ncbi.nlm.nih.gov/1421972/>

2. Improve Integrity of the Digestive Tract

Since roughly 70% of the immune system resides in and around the digestive tract, if it is constantly on high alert due to foreign proteins and toxins, it can have a huge impact on your energy, mental health, skin health, and hormone balance.

3. Boosts energy levels

Both cordyceps militaris and sinensis have demonstrated promise in reducing physical fatigue, possibly by increasing your natural production of master antioxidants such as superoxide dismutase (SOD) and glutathione

4. Anti-Cancer and Anti-Tumor Activity

This study showed cordyceps sinensis's efficacy in down-regulating metastasis-related cytokines in breast cancer, thereby reducing the likelihood of developing metastatic breast cancer. <https://pubmed.ncbi.nlm.nih.gov/29253616/>

5. Helps Balance Blood Sugar

there is a lot you can do nutritionally to support stable blood sugar and stay insulin sensitive. Cordyceps militaris and sinensis have both been shown to stimulate the release of insulin and down-regulate its metabolism to keep glucose levels stable

6. Liver support

cordyceps sinensis has some hepato-protective benefits to add to its impressive list of functions. This study found that it helped protect the liver from damage through mitochondrial support and the prevention of liver cell apoptosis

7. Boosts Exercise & Athletic Performance

one of the most promising is that it actually increases cellular ATP (a molecule that stores and supplies energy within the cell), while decreasing the production of lactic acid and other reactive oxygen species that cause muscle fatigue

8. Balance Immune function

Cordyceps is a powerful immune booster. It stimulates the immune system by increasing the number and boosting the activity of natural killer cells (a type of white blood cell), which protect the body from viruses and bacteria. A recent study showed that Cordyceps increased the levels of these cells by 74% in healthy individuals. A number of polysaccharides found in Cordyceps are also believed to play an important role in enhancing the immune system by increasing its defensive power.

9. Sexual function

it's long been used to support sexual function and cure erectile dysfunction in China and Tibet. Animal studies on the same topic show promise in terms of its aphrodisiac, sexual function, and sperm production (amount and quality) properties.

Chaga Tincture

Ingredients: Extract of Chaga mushroom (*Inonotus obliquus*) Grain alcohol organic extraction ethanol 95% vol, spring water.

Potential Benefits:

Powerful antioxidant(Superoxide dismutase – SOD). Helps to modulate the immune system. Anti-inflammatory(Betulinic acid & inotodiol). Known to lower cholesterol. Regulates digestive bile production. Anti-tumour(Induces apoptosis)

CHAGA *Inonotus obliquus*

King of the medicinal mushrooms

They can weigh over 30 pounds and grow in a variety of shapes up to 12 inches in diameter.

Chaga's relationship with the birch tree is symbiotic; they help the tree remain healthy and grow and can even help a sick tree to recover when inserted into the damaged tree.

Indigenous Siberians ground it down and added it to their stews and soups to boost endurance and stave off degenerative diseases.

In Eastern Europe, chaga has traditionally been used as a treatment for skin conditions like eczema and respiratory disorders like bronchitis

- The first mention of Chaga comes from 16th Century Russian texts.
- Chaga was traditionally used to treat gastric ulcers and gastritis.
- A tea was made from chaga to treat intestinal pain and stomach upsets.
- Chaga was and remains especially popular for hunters and forestry workers because it alleviates hunger and boosts energy.
- Infusions made from chaga have long been used to treat various skin conditions like eczema and psoriasis.
- The Khanty people of Siberia are among the first known to have used chaga medicinally.
- As well as brewing a tea from chaga, the Khanty also produced 'soap water' by burning the chaga in a fire and then adding it to hot water. This 'soap water' was used for its disinfectant ability.

The benefits of Chaga mushroom are attributed to its bioactive metabolites. There are over 200 different compounds in the mushroom, like Triterpenes, Benzoic acid derivatives, Hispidin, Melanins, Sesquiterpene Ergosterol, ergosterol peroxide, and Polysaccharides, including beta-glucans. Zinc present in Chaga boosts the immune system, sexual functions, wound healing, and skin quality. Chaga mushrooms are also high in germanium, which is an immune enhancer and an anti-viral agent. The polysaccharides of the mushroom are the most active compounds of Chaga mushroom.

The mushroom is also packed with Vitamin D and B, amino acids, iron, potassium, calcium, magnesium, selenium, and fibers. It is a powerhouse of nutrients, which makes the mushroom an excellent choice in the health and fitness world.

Ergosterol peroxide is a medically exciting component of Chaga. Ergosterol peroxide has shown anti-tumor, anti-inflammatory, antiviral and immunosuppressive capabilities in the lab.

Chaga is considered to be an adaptogen; a substance which helps normalize and balance body functions.

8 Potential Benefits of Chaga

1. Powerful Antioxidant (superoxide dismutase – SOD) 50 times more SOD than you can find in fruit juices, leafy greens and seaweed.
2. Immune System Boost – helps boost and modulate the immune system.
3. Inflammatory conditions – chaga contains betulinic acid and inotodiol which work together to reduce inflammation within the body
4. Ulcers and Gastritis - Chaga contains melano-glucan complexes which have anti-microbial potential. These complexes along with melanin in the mushroom help boost the beneficial gut bacteria. The mushroom can therefore help in balancing out the gut flora preventing dysbiosis.
5. Heart Health – breaks down the LDL cholesterol in the body
6. Preventative – Induces apoptosis or cell death with prevents tumours from developing
7. Stress preventative - Chaga belongs to the adaptogen mushroom family. Adaptogen supports the body's homeostasis and helps the body to respond to stress.
8. Skin Health – chaga has high melanin which gives it its dark colour, which is known to protect the genes and DNA.
9. Balances the Thyroid - This medicinal mushroom has been shown to benefit the thyroid gland. Chaga helps in restoring the balance of the thyroid by activating the immune system, increasing NK cells, and reducing the thyroid antibodies.
10. Improves Brain Function - The fungus significantly improved memory and learning. It is also known to reduce amyloid protein deposition in the brain, which causes Alzheimer's.
11. Lowers Blood Sugar Level - The mushroom polysaccharides have significant anti-hyperglycemic effects. They reduce fasting glucose levels, insulin resistance and improve glucose tolerance.
12. Protects our DNA - Chaga mushroom is rich in antioxidants. The antioxidant concentration of Chaga is the highest among naturally occurring foods, as measured by the ORAC score.

Oxygen Radical Absorbency Capacity or ORAC score determines the antioxidant strength of food. With an ORAC score of 146700, the antioxidant support of Chaga is 1300 times more than that of blueberries and 80 times higher than pomegranates. This high ORAC value is due to melanin and polyphenols in Chaga.

13. Activates the Pineal Gland - This endocrine gland produces melatonin and regulates reproductive hormones. Melatonin promotes a good night's sleep by regulating the circadian rhythm. This "go to sleep now" hormone is derived from melanin.

Shiitake Tincture

Ingredients: Extract of Shiitake (*Lentinus Edodes*) Grain alcohol organic extraction ethanol 95% vol, spring water.

Potential Benefits of Shiitake

1. Skin Care – Great defence against free radicals and oxidative stress. High level of selenium for acne.
2. Weight Loss – Known to stimulate metabolism and circulation.
3. Reduces inflammation – Has been shown to reduce inflammatory molecules in the blood stream.
4. Improves circulation- High copper content contributes to healthy circulation.
5. Potential Anti-cancer- Linked to inhibiting tumour growth and may also induce apoptosis.
6. Improve Digestion- Balances gut microbiome.
7. Energy Boosting- High levels of B2, B6, B3, Folate, B12, Pantothenic acid.
8. Stress reducing - Phenolic compounds, diterpenoids, vitamin C, vitamin A, gallic acid, and others can significantly cut down on oxidative stress throughout the body can cause chronic disease, premature aging, and cognitive problems.

Maitake Tincture

Ingredients: Extract of Maitake(*Grifola frondosa*) Grain alcohol organic extraction ethanol 95% vol, spring water.

Potential Benefits of Maitake

1. Adaptogenic – Great at balancing the body.
2. Balances blood sugar – Known to give a healthier insulin response.
3. Weight Loss – Known to stimulate metabolism and circulation.
4. Reduces inflammation – Has been shown to reduce inflammatory molecules in the blood stream.
5. Potential Anti-cancer- Linked to inhibiting tumour growth and may also induce apoptosis.
6. Improve Digestion- Balances gut microbiome.
7. Boost immune system – Contains beta-glucans which support the immune system.

Reishi Tincture

Ingredients: Extract of Reishi (*Ganoderma Lucidum*) Grain alcohol organic extraction ethanol 95% vol, spring water.

10 Potential Benefits of Reishi

1. Boost Immune System – contains triterpenoids, proteins, beta-glucans, these 3 together support immune function.
2. Fights against cancer. Reishi contains polysaccharides and a natural source of ganoderic acid which suppresses tumour growth, cytotoxic to carcinoma cells, inhibits the growth of lung cancer cells.
In a study of over 4000 breast cancer survivors, 59% consumed reishi.
3. Improve Gut Health – polysaccharides may have a prebiotic effect – prebiotics feed probiotics which supports gut health
4. Manages fatigue, stress and depression. Reishi is an adaptogen, combats stress by stabilising and maintaining a balance within the body. Reishi Supplements can reduce fatigue in about 4-8 weeks
5. Maintain cholesterol levels
6. Helps detox – contains antioxidants and can help the body remove toxins and free radicals
7. Lower Blood pressure and Improve Heart Health – improving circulation, reducing inflammation and prevent clogged arteries.
8. Manage allergies
9. Manage Diabetes
10. Improve liver function, promotes liver cell health, improve liver function, prevent liver disease.

Directions of use – Herbal Tinctures

Shake well before each use.

Once opened keep in the fridge and away from children.

Recommended dosage, begin with **1-3 drops** per day.

Please note if you are taking any medication, especially blood thinner or diabetic medication, pregnant or breast feeding, regarding mushrooms, consult your GP before starting anything new.



BLUE LOTUS

Blue Lotus tea is a fragrant and mildly intoxicating beverage derived from the blue lily flower (*Nelumbo nucifera*) is an endangered plant, historically used for many herbal remedies and as an aphrodisiac. It is claimed to benefit sleep, anxiety, and erectile dysfunction.

Blue lotus is also referred to as Blue Egyptian Lotus, Blue Egyptian Water Lily, or Sacred Blue Lily, Overall, they do have similar benefits.

There are more claims and anecdotal evidence supporting blue lotus tea than hard research. It has been historically used for recreational and medicinal purposes. As well as a natural aphrodisiac, the benefits are believed to include reducing anxiety, improving sleep, and aiding erectile dysfunction.

Given that that blue lotus tea is made from the blue lotus plant, it brings with it strong benefits that the blue lotus plant provides.

It has been linked with various medicinal purposes across various practices of medicine including folk medicines, Ayurveda, Chinese traditional medicine, and oriental medicine

Blue lotus tea is believed to have a calming effect on the body and the nervous system. This helps to reduce anxiety and provides a calming effect. Much in the way that chamomile tea also has this effect.

Blue lotus tea contains the compounds nuciferine and aporphine. Both of these properties provide antispasmodic effects. These calming effects may also contribute towards a reduction in gastrointestinal issues such as indigestion.

It is believed that blue lotus tea and the plant, in general, can be used to induce lucid dreaming in individuals to enhance their dream state during sleep. Providing a mild sense of tranquillity and euphoria. So hot brewed blue lotus herbal tea is often used as a stress relief remedy.

There is evidence to suggest that Egypt was a very sexually oriented society based on their pictures, writings, and religious beliefs. This evidence also suggests that Blue Lily was traditionally and effectively used to relieve pain, increase memory, improve circulation, promote sexual desire and create a feeling of euphoria and ecstasy without the use of narcotics. It is *Nymphaea caerulea* which was used in ancient Egypt as an essential key to good health, great sex, and rebirth. Because of the mythological, astral, representational and artistic significance of the water lily, it has been suggested that the elite priesthood of ancient Egypt used the blue lily for its narcotic effects to produce a state of shamanic ecstasy (Ratsch 1998, 398-399).

Nuciferine. A compound thought to act as an antipsychotic drug that induces feelings of calmness through mechanisms that aren't yet fully understood. It has also been shown to improve symptoms of erectile dysfunction.

Suggested use for Blue Lotus

We have found the best way to make a blue lotus tea is to use pure spring water. Place into a pan with a min of 3g of blue lotus (generally 3 flower heads) and heat the water slowly – do not let it boil.

6g of blue lotus will offer a nice relaxing meditation. These are just guidelines from our own personal experience.

Strain the water and enjoy!

You could also smoke Blue Lotus, or put some on a charcoal disk to create an incense smoke.

Blue Lotus is also beautiful combined with pure cacao.

MYCacaO

This blend of ceremonial grade cacao, 7 blend of mushrooms, rosehip powder, cinnamon and coconut palm sugar is an introduction to both cacao and drinking mushrooms!

We have found that either pure spring water, almond or oat milk is best when making this.

Measure a small cup (you are not going to want a huge mug of this to drink!) of water/milk and put it into a saucepan. Add in 2 dessert spoons per serving (no need for any levelling off the spoon!) to the water/milk and stir with intention whilst it is heating through.

Do not let it boil.

You will know when it is ready as everything would have melted together and got a little thicker. You may even see rainbows on the top!

If you need to sweeten it any further, you can add in honey or coconut palm sugar.

Serve and enjoy.



Directions of Use for Herbal Blends.

Here are some suggested uses.

1. You may use your herbs/dried flowers as a tea.

There are two different ways you can do this.

- Pop your herbs/flowers into a tea strainer.

Boil your kettle then let it stand for a few minutes, if you put boiling water directly onto the herbs it will scorch and ruin their wonderful properties.

Once cooled for a bit, pour the water onto the herbs/flowers and let it steep for about 6 minutes.

Strain and enjoy!

It is possible to reuse the herbs again.

- The other way is to heat the water in a pan with the herbs/flowers until the water begins to steam – do not let the water boil.
2. You can do the exact same as above and once the water has cooled pop it in the fridge to make herb water, like an iced tea!
 3. Some of the herbs you can smoke, such as the Special Blend and Blue Lotus. We don't suggest you use tobacco though.
 4. You could use the herbs/flowers on a charcoal incense disk to create a smoke.
 5. You could use (in particular the moon cycle and special blend) as a yoni steam.
 6. You could put the herbs in a muslin cloth to hang from your baths taps to create a herb bath.
 7. The herbs could be used as a foot soak
 8. The herbs/flowers could be used for a facial steam

Additional Information

Soursop leave will need to be ripped up smaller to use

We suggest using a teaspoon per person as a guide for tea servings

If you wish to sweeten the tea, we suggest either raw honey or organic coconut palm sugar.