



Medicinal Mushrooms: An Exploration of Tradition, Healing, & Culture (Herbs and Health Series)

Christopher Hobbs L.AC.

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Medicinal Mushrooms is a modern handbook for exploring and understanding the rich traditions of healing fungi in Eastern and Western cultures. Author Christopher Hobbs thoroughly documents and details the nutritional and health benefits of over 100 species of edible fungi. Here is the most complete work on the cultural, health-promoting, and medicinal uses of mushrooms ever published!

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