

Chaga



Chaga

Inonotus obliquus

Grows on birch trees

Starting to be cultivated as supply is getting low in the wild

Most research focuses on balancing the immune system

A lot of focus on chaga for cancer

In vitro – antioxidant, anti-tumour, antimicrobial antimutagenic



Lowers inflammation and increases exercise endurance and lessens fatigue

Lowers absorption of cholesterol in the gut preventing it from locking onto receptors

Supports the integrity of blood vessels – which can help with pain and neuropathy (diabetes)

May also help with ulcers and gastritis



Can help with blood pressure

Can help protect against DNA damage
(preventative)

Polysacharides inside chitin wall (fibre
wall) can provide energy, liver health
and help blood sugar

Beta-Glucans – help the immune
system



Phytosterols

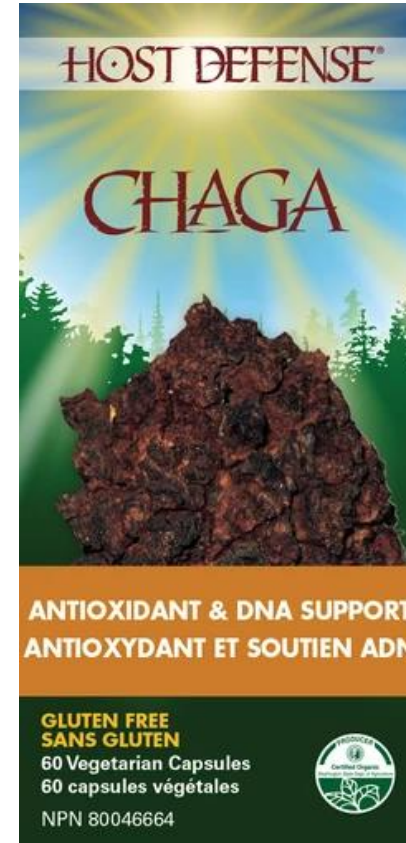
5% Lanosterol – helpful for virus

25% Inotodiols

30% consists of Ergosterol, Fecosterol, and several others.

Study shows a direct effect of Lanosterol and Inotodiols on cancer cells (in vivo and in vitro)

Antioxidants melanin (polyphenol) – high ORAC score



Contains SOD (super oxide dismutase)

Protects our body against free radicals
(produced in the body)

We make SOD but we can also get it in
food

Betulin and Betulinic Acid (Triterpenes)
have also been studied for anti cancer
and anti viral properties in chaga



Format

Dried chunks

Dried powder

Hot water extraction – usually liquid

Dual extraction – powder

Can make a tea with it

Supplements

