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Mushrooms: Gourmet Delicacies and Medicinal Cures for Various Illnesses by [Mack Shepperson](#)

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Mushrooms may look like plants, but actually theyâ€™re not. This is because mushrooms do not have chlorophyll, which are the green building blocks plants use to make food. Mushrooms are living organisms with a shape likened to umbrellas. Additionally, mushrooms get their food from the living or dead plants around them. There are around 3,000 types of mushrooms around the world, and are considered part of the fungi groupâ€™some are edible, while others are poisonous.

The mycelium is a type of underground mushroom that grows rapidly and sometimes dies quickly, but can also live for hundreds of years. The fruit or sporophore is the umbrella-shaped body of the mushroom which is above ground and lives for only a few days. Mushrooms are mostly white, brown, or yellow although some may be very colorful and can have a diameter of up to 40 cm.

Some mushrooms can be eaten as part of the daily diet and may be used to flavor meat or soup in a variety of ways. They contain minerals like iron and phosphorous, and have a lot of vitamin B in them. The button mushroom is the best known and most widely eaten type of mushroom. Button mushrooms are used in all kinds of food like pizzas, salads, and stews. It is among the most widely cultivated mushrooms together with the Oyster and Shiitake mushrooms.

Other mushrooms, on the other hand, are known more for their medicinal qualities like Lions Mane mushrooms. These mushrooms have been used for many centuries in Japan and in China where it was reportedly eaten exclusively by emperors. Lionâ€™s mane was highly regarded by ancient Chinese doctors for their curative abilities in the treatment of stomach problems such as duodenal ulcers and other related illnesses.

Modern scientific research has revealed that it is the beta glucans in the Lions Mane mushroom that provides immune support and other health benefits to humans. Lionâ€™s mane has also been known to help regulate blood sugar and cholesterol levels. Moreover, extracts have shown no signs of toxic or other negative side effects in all medical studies, making it completely safe for humans. Some research also indicates that this mushroom has the potential to neutralize some of the symptoms which cause dementia, Alzheimerâ€™s disease, and other neurological disorders.

Lions Mane mushrooms are not used solely for medicinal purposes. They are also gourmet delicacies with a flavor described alternately as that of lobster or shrimp. Whatever use you may have for these mushrooms, you can be sure that they will satisfy all your needs. For more information on the subject, you may find the following website interesting, [ehow.com/list\\_7511832\\_list-gourmet-mushrooms.html](http://ehow.com/list_7511832_list-gourmet-mushrooms.html)

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