

22 ECS responsible for maintaining homeostasis - balance - in nearly every bodily system

25 - 2AG Endo cannabinoid "greatly increased during orgasm"

Mechoulam - Outrageous that the natural endo cannabinoids haven't been given to humans"

THC Binds to receptors

CBD - inhibits breakdown of natural endo cannabinoids
- more anandamide circulating in the body

32-33 - Terpenes - Good limonene myrcene pinene
Caryophyllene linalool

37 - We can personalize our cannabis Terpenes
Flavonoids

40 - Get Full Spectrum ^{whole} Plant extract

93 The 7 Mushrooms discussed - list

98 - Cook mushrooms - Don't eat them raw

99 - Portabella - Low Nutrition - White ones at the store
contain carcinogens

Chaga - tumor - immune system . Soother digestion?
have Chaga tea?

109 Reishi - immortality, longevity, spiritual
lower stress, Powerful anti-inflammatory,
immune system. Assists in cancer treatment.

And histamine response - allergies Cancer cell death.

112 Lions Mane - Brain Health - mental focus, for
Memory, Nerve Growth, Nerves Neuropathy

114 Preventative for cognitive decline.

116 Cordyceps - for energy, aphrodisiac

120 Maitake boosts immunity anti-tumor

122 Shiitake - also cancer treatment

Apotent antiviral, Antitumor take as a
Preventative

305 Like C., Mushrooms can modulate, balance, - up or down - the immune system *

307 - Rick - There's a need for mass mental health.

Psilocybin "sacredness, love, joy & sense of having encountered the ultimate reality - long term benefit

313 Mushroom Microdose .1g or less

314 Stamets - M

losing benefits neurogenesis

315 Best for Brain

Microdose for Depres

microdose Mushroom lions mane use

→ life goes on as normal - just concentration

ABOUT THE AUTHOR subtly enhanced

319 Psilocybin will become legal for therapy.

Jenny Sansouci is a writer, health coach, and the creator of the wellness blog

Not for all?

Healthy Crush, where she's been writing for over a decade. She is a graduate of the Institute for Integrative Nutrition, and has been trained by functional medicine doctor Frank Lipman, MD in New York City. She is based in Brooklyn, New York.

Well Having confidence in the healing power of nature, and spreading that message.
most imp't thing

STAY CONNECTED:

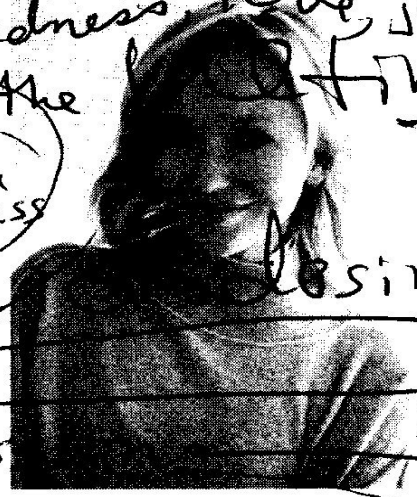
Instagram: @jennysansouci

Twitter: @jennysansouci

Blog: HealthyCrush.com

Facebook: Healthy Crush

Book Resources and Updates: RebelsApothecary.com



127 - Turkey Tail - Potent anti tumor / cancer
Aids in digestion

129 - Mushroom Effects Summary Table

140 - Decarb - Says 230° for 45 minutes - I use 240°

144 - Look into the Magical Butter machine - infuser
Store - Cats kill Fungi

173 THC can inhibit dreaming.

177 - For Anxiety - use a weighted blanket

180 - Menstrual Cramps - CBD/THC Vaginal Suppository

183 - Greater pain relief with some THC.

194 - Anxiety correlates with Low Anandamide in Brain

196 - Skin is covered with Cannabinoid Receptors

199 Breathwork? - Andrew Weil's 4, 7, 8 breath^{in 4}_{hold 7}
for calm - use lavender essential oil _{out 8}

207 Neurogenesis & neuroprotection done by Both
Cannabis and Mushrooms.

210 Brain power - Focus - Lions Mane - Cordyceps

Daytime - limonene and pinene - Calming myrcene & linalool

Matcha? - Dr. Weil - cold Brew - He sells it

221 immunomodulating - effect - for balance both will
stimulate or downgrade.

223 mushrooms enhance immune system.

224 - Companies sell "immunity" blends - get

239 - Topicals? skin has both CB1 and CB2 Receptors

244-227 Breakfasts

Nature itself is the best physician - Hippocrates

266 - Pancreatic Cancer - She used R.S.O. he's alive
And mushrooms all day

Neuropathy in fingertips - 299 - Lions Mane

292 ★ Good for Gut Drink - add licorice?

304 - Full Spectrum CBD - 3 Times as effective - as single molecule

PTSD - low anandamide levels AND there are
receptors in the amygdala - the processor of fear, anxiety,
memory.