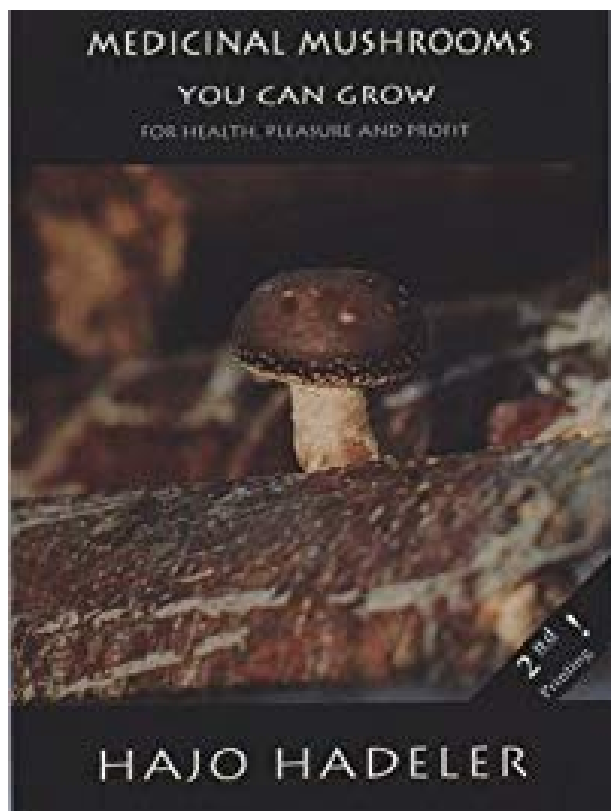


# Medicinal Mushrooms You Can Grow For Health, Pleasure and



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In this timely, informative and profusely illustrated manual, the author explains both traditional log-growing techniques and the latest enriched-substrate "space bag" technology for the cultivation of medicinal fungi. There is an extensive introduction to Traditional Chinese Medicine (TCM) as well with its emphasis on prevention, harmony and balance - an area, where Shiitake and Reishi mushrooms in particular are rapidly gaining the recognition they deserve in the West.