

Chaga



Inonotus obliquus is a highly medicinal mushroom.

It is packed full of vitamins, minerals, and nutrients.

One interesting fact is that chaga is rated the highest on the orca scale. The scale measures antioxidants in food.

A lot of chaga's magical

healing powers comes from the high number of antioxidants it possesses.

Chagas benefits

- Nutrient dense super food
- Slows aging process
- Lowers cholesterol
- Prevents and fights cancer
- Lowers blood pressure
- Supports immune system
- Fights inflammation
- Lowers blood sugar

Risks

- Chaga lowers blood sugar so it could be dangerous for people taking insulin