

Chaga

Inonotus obliquus



Medicinal Uses

Chaga is powerful. It can stimulate the endocrine system, which aids the body's ability to produce melatonin and serotonin naturally. It works well alongside conventional cancer treatments. Compounds in Chaga can kill cancer cells selectively and stimulate the immune system. It also can help fight against viruses and infections. Good for gut brain connection

Also known as

"The King of Mushrooms", Clinker polypore, Clinker conk, Kabanoanatake, Bai Hua Rong / Hua Jie Kong Jun - *not to be confused with the Tinder Hoof mushroom *Fomes fomentarius**

Habitat & season

Grows mainly on birch trees in cold climates including Russia and Eastern Europe. Mainly harvested in winter. Grows all year - slowly

Identification features

A black charcoal-like mass or conk around 25-28cm in diameter, with an orange coloured core. It is dense and hard

Interesting

Chaga is not a mushroom. It needs to be harvested sustainably by careful harvesters with experience dealing with this extremely tough conk .Chaga is 30% closer to human DNA than any other plant's DNA

Available in

- Personal blends for patients dealing with cancers and other medical conditions
- Myco4 Functional blend: Joyful Belly and Immune Boost
- Dispensary Powders - it is a well known addition to coffee

Warning

Chaga is high in oxalates, which can increase the risk of kidney stones, disrupt blood thinners and some diabetes medicines - seek professional advice if you have concerns

Research

[To visit our shop click here](#)

Szychowski, 2021. *Inonotus obliquus* - from folk medicine to clinical use

Brown, 2023. What Are Chaga Mushrooms and Are They Healthy?

Najafzadeh et al, 2008. Chaga mushroom extract inhibits oxidative DNA damage in lymphocytes of patients with inflammatory bowel disease