

FUNGHI MEDICINALI

GUIDA COMPLETA ALLA MICOTERAPIA E
ALLE PROPRIETÀ CURATIVE DEI FUNGHI



DENIS MAGRO

Guida Alla Micoterapia Alimentare Funghi Benessere

Walter Ardigò



Guida Alla Micoterapia Alimentare Funghi Benessere:

I funghi medicinali in 240 malattie: guida alla scelta Walter Ardigò, 2018-05-18 Questa guida sintetica pratica e semplice da consultare contiene informazioni necessarie proprio per capire come ottenere gli effetti maggiori della Micoterapia. È molto completa perché descrive come utilizzare i funghi in 240 malattie e in diversi ambiti della prevenzione. Ricca di citazioni scientifiche, illustra a professionisti e pazienti le modalità attraverso cui i funghi medicinali agiscono efficacemente sui sintomi e sulle cause di molte malattie. Descrive notevoli benefici che si ottengono a partire dal trattamento di malattie minori come influenza, coliti, gastriti, allergie fino alle patologie più gravi come asma, malattie renali, patologie cardiache, disturbi autoimmuni. Spiega inoltre come impostare una cura efficace per l'uomo e l'animale con i tempi, le posologie e tutto quello che occorre sapere.

Micoterapia per tutti - Seconda Edizione Walter Ardigò, 2017-06-08 MICOTERAPIA PER TUTTI guida alla scelta dei funghi medicinali, un manuale pratico che spiega come utilizzare i funghi medicinali nel trattamento di diverse patologie appartenenti ai vari ambiti della medicina. La descrizione di concetti chiave e una serie di consigli pratici illustrano le modalità con cui i funghi medicinali agiscono efficacemente sui sintomi e sulle cause di molte malattie. Questo guida permette di orientarsi nella scelta dei funghi medicinali più appropriati per curare più di 200 fra malattie e disturbi. Il dr. Walter Ardigò, competente sia nell'ambito della medicina convenzionale essendo medico ricercatore, psichiatra, psicoterapeuta ed ex responsabile di CPS Centro Psico Sociale servizio psichiatrico territoriale sia nel campo della medicina alternativa essendo agopuntore e omeopata. Dal 2004 si dedica allo studio, alla ricerca e all'utilizzo dei funghi medicinali. Ha iniziato a utilizzarli per le malattie minori come influenza, coliti, dermatiti, gastriti, allergie ma dal 2008 ha cominciato a impiegarli per le patologie più gravi come asma, malattie autoimmuni, malattie renali, patologie cardiache, ottenendo risultati davvero incoraggianti.

Guarire con i 21 funghi medicinali Ivo Bianchi, 2025-07-23T00:00:00+02:00 I funghi medicinali possiedono proprietà supportate da numerosi studi e ricerche scientifiche. Per sopravvivere i funghi producono varie sostanze tra cui antibiotici e assorbono minerali, vitamine ed elementi vitali da piante e alberi. Sviluppano così sostanze potenti che oggi la medicina naturale utilizza attraverso estratti e polveri per curare patologie anche gravi. I funghi terapeutici sono particolarmente indicati nelle malattie metaboliche, diabete e ipercolesterolemia ma anche in condizioni degenerative e nei tumori dove svolgono un interessante ruolo di potenziamento di chemio e radioterapia. Ivo Bianchi descrive 21 funghi con qualità terapeutiche assai rilevanti elencandone le proprietà, i principali effetti, i componenti, il ruolo terapeutico e fornendo tutte le informazioni necessarie a comprendere l'attività fondamentale che questi svolgono nella cura di numerosi disturbi. Per esempio il reishi, chiamato anche fungo dell'immortalità, ha straordinarie proprietà a livello cardiopolmonare e immunologico. Il Cordyceps, noto per le proprietà toniche a livello muscolare e sessuale, l'Auricularia ha un effetto antitrombotico e cardioprotettivo. Lo shiitake è ottimo per regolare il colesterolo in eccesso. Un prezioso manuale pratico utile per l'impiego della micoterapia, corredato da tabelle riassuntive che facilitano la ricerca dei diversi campi in cui ciascun fungo agisce. I

Funghi per la salute Stefania Cazzavillan, 2025-08-22 I funghi appartenenti a un regno distinto e separato da quello vegetale e animale rappresentano un prezioso alleato per mantenersi in salute. L'impiego terapeutico dei funghi che contano oltre un milione e mezzo di specie affonda le radici nell'antichità con particolare riferimento alle pratiche mediche tradizionali orientali. Negli ultimi dieci anni la comunità medica ha dedicato crescente attenzione a queste risorse naturali con un notevole aumento degli studi scientifici che hanno evidenziato una vasta gamma di meccanismi d'azione. Questi comprendono benefici per il sistema immunitario, il microbiota e il controllo dell'infiammazione di basso grado nonché supporto neurologico in alcuni casi. L'obiettivo dell'autrice è presentare i funghi medicinali da diverse prospettive tra cui il loro utilizzo storico e tradizionale, la qualità e sicurezza nell'uso contemporaneo, il rapporto con l'ambiente e l'uomo, l'azione sull'organismo umano per la salvaguardia della salute, il ruolo come trattamento di supporto in presenza di patologie. Questo approccio offre gli strumenti necessari per comprendere come l'impiego dei funghi medicinali possa costituire un efficace alleato nel curare l'organismo.

CONTIENE INSERTO CON FOTO A COLORI DEI 12 FUNGHI PRINCIPALI: Grifos frondosus, Maitake, Auricularia, Auricula Judae, Mu r Orecchio di Giuda. Dall'autrice: Dopo oltre vent'anni di utilizzo costante dei funghi mi sono resa conto che si tratta di rimedi molto più potenti di quanto avrei mai pensato. Mi dispiace vedere l'uso riduttivo e limitante di questi rimedi che si sta diffondendo da quando sono diventati una moda. Tutto questo toglie loro considerevolmente importanza fino a svalutarli con il rischio di metterli poi nel calderone di una medicina chiamata alternativa che pensa più ad opporsi alla medicina convenzionale che a crescere e a diventare un solido approccio all'organismo di prevenzione e sostegno. Quindi ho deciso di scrivere la mia personale visione di questi straordinari rimedi, risultato di anni di feedback reali e della voglia di attribuire loro l'importanza che meritano.

Medicinal Mushrooms - A Clinical Guide Martin Powell, 2015-01-22 Updated and expanded second edition of the leading reference book on the clinical use of medicinal mushrooms. Written by a biochemist and herbalist with over 20 years experience of working with medicinal mushrooms, this book provides an in depth resource for healthcare practitioners. It covers 20 of the most widely used species and contains sections on their use for cancer and other health conditions as well as discussion of the different formats of mushroom supplement available. This really important book is a unique and excellent compilation. Dr SP Wasser, Editor International Journal of Medicinal Mushrooms. This beautifully illustrated book is an invaluable resource on medicinal mushrooms. Giovanni Maciocia, Author Foundations of Chinese Medicine. Easily the most accessible primer on the pharmacology, applications and Chinese medical uses of the top mycological medicinals. Journal of Chinese Medicine.

Funghi curativi Fungorum Europa Vitali, 2023-03-14 Funghi curativi. Una guida pratica e culinaria all'uso dei funghi per la salute di tutto il corpo. Volete sapere come utilizzare i benefici medicinali dei funghi per la salute? Siete già convinti dei loro straordinari benefici ma non sapete ancora come una persona comune come voi possa utilizzarli a casa? I funghi sono stati tradizionalmente utilizzati per scopi alimentari e medicinali per anni. Fanno parte della medicina naturale cinese da oltre 2.000 anni e diversi rapporti scientifici suggeriscono che centinaia

di specie di funghi hanno dimostrato benefici medicinali per l'uomo Allora cosa sono i funghi Quali sono le principali differenze tra le diverse specie Come si pu passare da principianti a professionisti in questo campo I funghi sono medicinali Supportano il sistema immunitario e prevengono i danni cellulari e tissutali br Questo libro risponde a tutte le vostre domande mostra cosa sono i funghi in termini semplici la loro origine i diversi tipi di ricette a base di funghi come si possono facilmente preparare a casa e come le loro incredibili propriet medicinali curino il corpo e la mente Se volete sperimentare il potere e l'efficacia dei funghi curativi questo semplice libro eliminer la confusione e vi fornir le informazioni necessarie per usare i funghi per voi stessi o per la vostra famiglia per curare una serie di disturbi Vi sfidiamo a scoprire i benefici dei funghi curativi per voi stessi Purtroppo noi e voi non abbiamo tempo per la resistenza Se volete davvero cambiare dovrete investire molto tempo e lavoro Alla fine ne varr sicuramente la pena Imparate in questo libro Che cosa sono i funghi medicinali Quali benefici apportano Quali tipi ne esistono Come preparare i funghi e realizzare ricette deliziose I migliori piatti a base di funghi e molto altro ancora Per chi questo libro adatto Se volete sapere come usare i funghi in modo sicuro e piacevole o semplicemente scoprire come usarli per migliorare la salute della vostra famiglia questo libro vi fornir informazioni complete ed entusiasmanti Volete usare i funghi per curare varie condizioni Volete conoscere il potere dei funghi Volete arricchire la vostra vita Allora questo libro fa per voi Per chi non adatto questo libro Persone che procrastinano Persone che non hanno alcun desiderio di cambiare qualcosa Persone che pensano che sia troppo difficile Persone che non hanno il coraggio di agire per cambiare in meglio la propria vita Persone che non vogliono mettere a fuoco il problema perch significherebbe lavorare molto per poi abbandonare Persone che non osano provare qualcosa di nuovo Quale bonus vi aspetta nel libro Oltre al libro completo e competente riceverete ricette semplici e salutari che utilizzano i funghi curativi

Medicinal Mushrooms Martin Powell, 2014-08-05 Medicinal Mushrooms The Essential Guide is a highly accessible book on the health benefits of medicinal mushrooms written by Martin Powell author of Medicinal Mushrooms A Clinical Guide Published in November 2013 and based on the latest research in the field it covers the ten most popular medicinal mushrooms Agaricus Chaga Cordyceps Coriolus Lion's Mane Maitake Mesima Reishi Shiitake Snow Fungus and offers a valuable introduction to the subject for the practitioner and layperson alike complete with a summary of their benefits in over thirty health conditions Praise for Medicinal Mushrooms A Clinical Guide This really important book is a unique and excellent compilation Dr S P Wasser Editor International Journal of Medicinal Mushrooms Easily the most accessible primer on the pharmacology applications and Chinese medical uses of the top mycological medicinals Journal of Chinese Medicine This beautifully illustrated book is an invaluable resource on medicinal mushrooms Giovanni Maciocia Author Foundations of Chinese Medicine

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