



## Turkey Tail

Botanical name: *Trametes versicolor*

Energetics/Actions: Bitter, sweet, salty, neutral, immune system stimulant, antimicrobial, antiviral, adaptogen, antioxidant

## Description

Found in woodland areas in the US and around the world, Turkey Tail mushroom is used to strengthen the body's immunity. It is also used as adjuvant treatment during chemotherapy in China and Japan. Turkey Tail can be found growing on trees and logs.

## Uses

Immune system: Stimulates production of white blood cells.

Adaptogen: Useful for recovery after viral illnesses.

Upper respiratory infections: Taken regularly during the winter months, may reduce the number of colds and URIs.

Cancer: Anti tumor and anti cancer activity when used with traditional cancer treatments.

Gastrointestinal health: Prebiotic. Can improve balance of microbes in the gut.

## Dose

Decoction: 1 tablespoon in 2 cups of water, simmer for 20-60 minutes. Add more water as needed.

Tincture: ½ teaspoon 2 times a day.

Culinary: Add to soups and stews.

## Safety Information

Limited research, avoid use in pregnancy. Talk to your healthcare provider if you are taking medications for chronic disease. Not for use in people with mold allergies.