

Mushrooms

They're an excellent addition to any meal but if you forage you must be sure of what you are picking; it's easy to get them confused. Growing your own is a far safer alternative. In general, mushroom fruit bodies are better to eat cooked but consuming the mushrooms raw or using a whole food mushroom product is generally a better alternative if you're reasonably healthy and looking to maintain optimal health.

They assist in maintaining ideal functioning of your various systems. If you choose to eat your mushrooms raw, make sure they are organically grown as their flesh easily absorbs air and soil contaminants.

Likewise, you'll want to make sure any product you buy is certified organic for the same reason. In addition to valuable nutrients, whole mushrooms also provide healthful dietary fibre that acts as pre biotic platforms for the growth of pro biotic organisms in your gut, which is very important for digestive health.