



Medicinal Mushrooms: The Essential Guide

Martin Powell

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This book is an excellent introduction to medicinal mushrooms. It provides a useful summary of all the key points, uses and benefits, backed by some of the key research. This is less in-depth and technical than Martin's 'Medicinal Mushrooms: A Clinical Guide', so makes for an easy-to-read and quick guide to the essential mushroom health facts that you need to know.

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