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# Czaga

## Mushroom Mega-Medicine

### WHAT IT IS:

- A potent medicinal mushroom

### WHY YOU NEED IT:

- Important for patients with chronic infections, including viral, bacterial, parasitic, tuberculosis
- Targets patients with cancer
- Sought by patients with stomach ulcers, eczema, psoriasis, dermatitis
- Good for patients with High Blood Pressure, fatigue, cognition/memory issues
- Used by patients with radiation exposure/damage
- Supports a healthy immune system during travel, office work, and cold/flu season

### HOW IT HELPS:

Czaga is a long appreciated medicinal mushroom that grows on birch trees.

It has long been sought by healers, hunters, and foresters for the healing properties attributed to it including reducing hunger, reducing fatigue, supporting the immune system in the fight against infection and cancer, supporting the skin in diseases such as eczema, psoriasis, dermatitis, reducing high blood pressure, reducing stomach irritation, and reducing damage from radiation exposure.

Herbalists also recommend Czaga for patients who need support with cognition, learning and memory.

Czaga is a great coffee alternative. Use 1 tsp. Czaga per 8 oz. water. Simmer for 5 mins. Drink 1-2 cups daily.

Czaga can also be prepared in a crockpot. This 'slow-cook' preparation will extract even more healthy molecules from this medicinal mushroom. Use 1 tsp. Czaga per 8 oz. water. Put in a crock pot on 'Low' overnight. This preparation may be stored in the refrigerator for up to 5 days. Drink 1-3 cups daily.