

#4

***Ganoderma* - Reishi Mushroom**

Reishi Double Extraction

1. Powder, as well as possible, 2 parts Reishi. (1200 g)
2. Macerate 1 part Reishi (600g) with 5 parts menstruum (3 Liters). This is how much fluid it takes to cover that fluffy Reishi: Menstruum = 1 part 95% ETOH (1L) & 2 parts Glycerin (2L)
3. Let sit 2 weeks or so. Press (Retrieve 2/3 of original menstruum = 2L) Reserve marc for decoction.
4. Add 1 Liter 95% ETOH to pressed menstruum. Macerate 2nd part Reishi (600g) with this 3L of menstruum (again a 1:5 ratio).
5. Let sit 2 weeks or so. Press. Measure volume of tincture made (should be about 2L).
6. Final extract should be 1:4 overall. We started with 2 parts Reishi (1200g) so final extract will be 8 parts (4800 ml). Double decoct both batches of marc with just enough water to cover. (Together or separately).
Press and concentrate so that desired final extract volume minus the tincture equals the decoction concentrate.
7. Combine when cool. IMPORTANT! Pour tincture into tea to avoid excess precipitation.

Reishi Extraction (Robyn Klein)

Here is the recipe for a 70% water / 30% alcohol reishi extract

For a kitchen-manageable amount, chop up only 3 whole dried medium-sized reishi mushrooms. Use Felco or Corona hand clippers. If you chop more than this you will have to use much larger containers to cook and strain into. Three mushrooms will make about 500 mls extract.

First, here is a quick overview of the process:

- Step 1: Weigh chopped herb.
- Step 2: Make tincture using 100% alcohol (EtOH).
- Step 3: Strain and press the marc (save the marc!).
- Step 4: Make a 1:10 decoction with the marc.
- Step 5: Add decoction and tincture together to make a 30/70 extract.

Fill in and follow this form below:

Weigh chopped reishi = _____ grams/ounces
Example: 110 grams of dried, hand chopped reishi.

Put chopped reishi in a large enough jar to accommodate the menstruum below.

Cover the chopped reishi with pure Everclear (95% alcohol) for two weeks. But how much?

Weight of reishi _____ x 5 = _____ mls of
Everclear will be needed to cover the herb.
Example: $110 \times 5 = 550$ mls of Everclear

Strain and squeeze marc as much as possible.
Save marc!

Measure how much tincture resulted and record here = _____ .
Bottle and label the tincture and set aside for later.

Put marc in top of double boiler and add water. How much water?

Original dry weight of herb = _____ x 10 = _____ total amount of water to start off with.

Start cooking down, but don't boil! Plan on 2 hours.

Strain off marc and toss marc.

Continue cooking down the decoction. But to what amount?

To figure this amount, fill in the numbers in the following calculation:

Amount of tincture _____ divided by .3 = _____ .

Subtract this number above _____ from 1.00 which will equal = _____ .

Take this number and multiply it by .7 = _____ .

This is the amount of decoction which you will need to add to the tincture to give a 30% alcohol/70% decoction extract. Rounding off the numbers to the nearest whole number is just fine. Herbalism is not about rigidity.

To check your math add the amount of tincture _____ to the amount of decoction _____ = _____ .

Then multiply this final amount _____ by .3 (30%) = _____ .

And multiply the final amount _____ by .7 (70%) = _____ .

Add these amounts together to get the total amount = _____ .

When decoction has cooked down to the amount you need, cool the decoction and then add it to tincture.

Store in a dark glass container and label with the following:

Reishi Extract
Ganoderma lucidum
30% Alcohol/70% Decoction

***Cordyceps* - Silkworm Fungus**

***CORDYCEPS* Mycelium** (coconut growth media most common) - 1-3 "00" caps a day.

***CORDYCEPS* fungus** growing on silkworms: scary strong (in my opinion)

***Lepidium meyenii* - Maca**

Powdered "Root" - 1-2 "00" caps a day. Haven't tried the tincture.