

# DOWN TO EARTH

By Tobias and Phife Miller

## Tincture

1. Fill a glass jar with ground chaga, any size will work depending on how much you want to make.
2. After adding chaga, fill the jar to the top with vodka or glycerine.
3. Put the cap on and let sit for 3 weeks. Patience my friend.
4. Pour contents of jar into small saucepan. Add 2 times the amount of water as chaga to vodka or glycerine mixture (2:1). Cook on medium low heat for 30 minutes.
5. Strain the chaga out of liquid. Repeat step 4. Add the water and cook another 30 minutes (yes, 2:1 again)
6. Cool, and store in glass or ceramic jar.



## Tea

1. Bring 6 cups of water almost to a boil.
2. Turn stove top to low.
3. Add  $\frac{1}{8}$  cup or 0.5 oz of ground chaga to water.
4. Let simmer for 2-4 hours.
5. Once it looks like your 6 cups of water has become 3 turn off the stove.
6. (optional) add three cups of maple syrup to the concentrate and stir for 2-4 minutes.
7. Store in a jar in a cold place.



## Chaga's History

The history of the chaga mushroom is rich, ancient and more than compelling. The first evidence of the chaga mushroom existence came circa 4,000 B.C., when Otzi the Iceman roamed the Alpine region of the planet. In 200 B.C., ancient Chinese healers deemed chaga the “king of herbal medicine.” chaga was also used in siberia and deemed the “super helper”.

## Benefits and Contraindications

- Preventing conditions, including diabetes, cancer or cardiovascular disease, which chaga has a theoretical benefit for.
- Chaga theoretically can trigger cellular death of the cancer cells.
- Since the chaga is not well studied in terms of human consumption, there may be other side effects that are not documented.
- Consuming chaga mushrooms may magnify the effects of aspirin and warfarin.
- Chaga can also raise your risk for bleeding and bruising.
- Chaga can also boost your immune system.

