



Rather than soft like a mushroom, chaga is hard, almost as hard as wood, resembles a lump of coal, and **has the highest antioxidant value of any food on earth**, as measured by the ORAC scale. It is unique, nothing like common mushrooms. In fact, chaga is the most nutritionally dense of all tree growths. Known by the Siberians as the “Gift from God” and the “Mushroom of Immortality,” this vibrant growth has been used by humans to support health for thousands of years. The Japanese call it “The Diamond of the Forest,” while the Chinese deem

it “King of Plants.” For the Chinese that is saying a lot, since they have an immense history with countless plants. This may be why documented use of chaga exists as early as 100 BC in the [Shen Nong Ben Cao Jing](#) — **the foundation of traditional Chinese medicine.**

- Chaga is a non-toxic, parasitic medicinal mushroom with anti-cancer properties. It grows in birch forests in harsh northern latitudes — the kinds of places we associate with freezing to death fast, not “immortality.”
- In China, Siberia, Finland, Japan, and Poland, ancient and native peoples have long known about the benefits of chaga.
- Older Asians use it for healthy natural balance. It is thought to support the life force or life energy—chi (also spelled qi and pronounced “chee”). They believe consuming this mushroom extends youthfulness, prolongs life, and enhances immunity.
- To get more scientific, chaga (*Inonotus obliquus*) is unusual among mushrooms. Instead of gills or caps, the chaga has pores. And, the inside is a brownish-yellow cork-like mass with beige veins. Its use has been documented in the oldest surviving official list of medicinal substances — the Chinese book **Sennong Ben Cao Jing**, which is 2,300 years old.

Call it folk medicine if you will, but modern science suggests the ancients were on to an amazing secret. Isn't it time you got in on it too? Let's take a look:

To survive in harsh climates, chaga concentrates natural compounds for its protection, and that is why it is so powerful. To strengthen the tree, as well as heal, it makes potent phytochemicals, including sterols, phenols, and enzymes. Researchers have inoculated sick trees with chaga to strengthen them. People benefit greatly by consuming these forest-source phytochemicals and nutrients.

Nutrient dense

Chaga is one of the most potent whole-food complexes on earth, because it contains virtually every known nutrient in significant quantities. Because of their special, biologically potent substances, trees live long, far longer than herbs. Some trees live as long as 10,000 years or more. Thus, they are the most powerful living beings in the world. Concentrating this power, chaga contains numerous B vitamins, flavonoids, phenols, minerals, and enzymes. It is also one of the world's densest sources of pantothenic acid, and this vitamin is needed by the adrenal glands as well as digestive organs. It also contains riboflavin and niacin in significant amounts.

In particular, it is highly rich in special phenols which are pigment-like. These phenolic compounds are known as chromogenic complex. Chaga can be up to 30% chromogenic complex by weight. The chromogenic complex is highly protective for all tissues and is only found in chaga. In the cream base this chromogenic complex is highly protective of the skin. Rubbed on the skin it even helps people develop a tan, because it contains the pigment melanin, the same pigment responsible for dark-colored skin.

Chaga contains wild-source minerals and is particularly high in copper, calcium, potassium, manganese, zinc, and iron. Yet, its most potent ingredient is a special substance known as superoxide dismutase (SOD). This is an enzyme with great potency. Its function is to halt oxidation, especially the toxicity of a free radical known as singlet oxygen. This is the type of oxygen which is responsible for oxidizing and damaging the tissues, which results in aging. It is the same oxygen which rusts a nail. SOD blocks this damage by quenching the singlet oxygen free radical. The SOD content per gram of chaga is exceedingly high and accounts for many of its historical powers. Tests performed on [North American Herb & Spice's](#) wild forest chaga prove that it contains some 10,000 to 20,000 active SOD units per gram. This is an exceedingly high amount, far higher than that found even in typical SOD pills. The typical SOD pill contains from 200 to 2,000 units per serving. So the difference is considerable. Plus, the type in pills is virtually impossible to absorb, while the wild forest chaga type is well-utilized by the body.