



FULL CIRCLE



This report is intended to inform you about Chaga, its components and what it can do. Some explanations on free radicals and their effects on the human cells if not properly taken care of will follow in the text below.

What are free radicals?

Free radicals are created by normal biochemical processes. The body can normally keep them in check, but as we live and breathe; free radicals harm trillions of our cells thousands of times per day. When we approach our mid-20s, our bodies can't keep up with the destruction, resulting in a progressive health decline, increased signs of aging and degenerative diseases. No one gets old by surprise.

This damage is called oxidative stress and is similar to the browning of a cut apple or the rusting of an iron fence, except that it's happening within YOU right now...from the inside out. It is normal to have some free radicals in your body, since they do perform certain necessary functions, yet, our modern lifestyle can lead to an excess of free radicals within ourselves.

Free radicals are generated when oxygen is used to produce energy. As many as 10,000 DNA lesions occur in every cell in our body each day. This figure accounts for the normal daily activity which our body is used to but other external factors come into play such as:

Exercise, vigorous exercising;

Food additives, to improve shelf life;

Fried foods;

Ozone, when exposed to abnormal ozone levels;

Pesticides;

Pollution, especially if you live in the city;

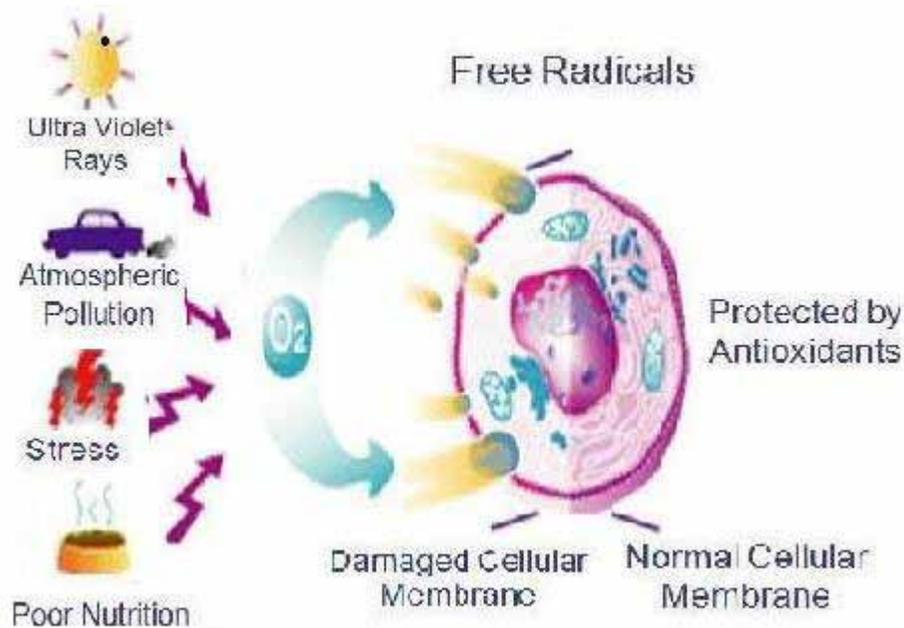
Stress, a main contributor to free radicals;

Sunlight, If you're exposed regularly to ultra-violet light;

Tobacco smoke, smokers or people exposed to second hand smoke.

When these excess free radicals have a free reign on our body they cause severe damage to cells, which can lead to degenerative diseases as well as premature aging.

Free radicals are extremely active and do not only attack and damage the cell membranes, but will virtually attack all parts of the cell, including the DNA.



There are 4 types of free radicals:

Superoxide: This is the first one formed and it's an oxygen molecule that has lost an electron. The damage begins here.

Hydrogen Peroxide: Formed by conversion of the superoxide radical, it can pass through the cell membrane and harm the inner part of the cell.

Hydroxyl Radicals: These are the most dangerous of all free radicals, when the two mentioned above react together, they cause an extreme reaction, and they will attack any molecule around them.

Lipid Peroxy Radicals: Formed when oxygen attacks fatty acid in the cell membrane. Very common because the fat is very reactive and is preferred by the oxygen molecules. During the lipid breakdown chain reaction the fatty molecules release more free radicals.

What can you do to stop the deterioration?

There are many products on the market described as antioxidants; many are sold as pills or extracts. One highly effective product is the Chaga!

What is Chaga?

Chaga is a wild medicinal mushroom *Inonotus Obliquus* that grows mostly on birch, elm, alder and beech trees in the northern part of the world. In North America, native people use it for medicine and call it Tiaga or Tsi Aga. Chaga conks can only be found on one in every 15,000 or 20,000 trees. The Eurasians have been utilizing the innumerable medicinal properties of Chaga for more than a few centuries, going back to the period before Christ.



It is documented in the early Oriental journal, “Shen Nong Ben Cao Jing” in 100 BC as “The King of Herbs” and a “Gift from God”. It is also referred in Asian culture as the “Mushroom of Immortality”.

Russian research and numerous lab tests have proved the anti cancer properties of Chaga. Today it is a well recognized anti cancer remedy that is used to treat liver cancer, stomach cancer, lung cancer, cervical, breast, uterine and ovarian cancers. Because of its high antioxidant properties, it extends youth and delays the appearance of aging.

It can fight tuberculosis of the bones, kill off many kinds of tumor cells, aid in digestion and can effectively treat diabetes, gastritis, ulcers, stomach inflammations, heal injuries, wounds and rashes, regulate your blood sugar levels and treat influenza virus and HIV.

Although some people think that antioxidants are only useful in the fight against ageing and degenerative diseases, keep in mind that they have a wide sphere of influence on the body, and they can positively influence your general well-being.

Because it cannot be synthesized the pharmaceutical companies never really wanted to see it on the mass market. But nowadays with the internet and the social media, it's slowly getting known everywhere.

If you take Chaga we strongly recommend the following:

• Try to limit or cut out:

- o Processed foods
- o Smoked foods
- o Burnt or heavily barbequed foods
- o Deep fried foods
- o Readymade foods
- o High fat items such as pastries
- o Any items with added salt (check for sodium)
- o Items with added sugar
- o Try to limit your red meat intake

• Try to increase:

- o Fresh and unprocessed foods
- o Raw fruit and vegetables
- o The fiber content in your diet
- o If you follow a vegetarian diet, add protein by means of adding nuts, tofu, chick-peas etc.

Known active compounds of Chaga Mushroom Extract:

- o Betulin flavosterols; which inhibits tumors and cancer cells
- o Inositols (B vitamins)
- o Inotodiol; effective against influenza viruses A and B, and various cancer cells
- o Lactones
- o Lanostanoid triterpenoids; help support the thymus, spleen and anti tumors
- o Melanin; antioxidant agent and genoprotective effects
- o Protein-bound Polysaccharides; enhance the immune system and anti-inflammatory
- o Xylogalactoglucan

• Studies done in Poland have demonstrated Chaga's inhibiting effects on tumor growth (Rzymowska, 1998).

Betulin seems to work highly selectively on tumor cells because the interior pH of tumor tissues is generally lower than that of normal tissues, and betulinic acid is only active at those lower levels (Noda et al. 1997).

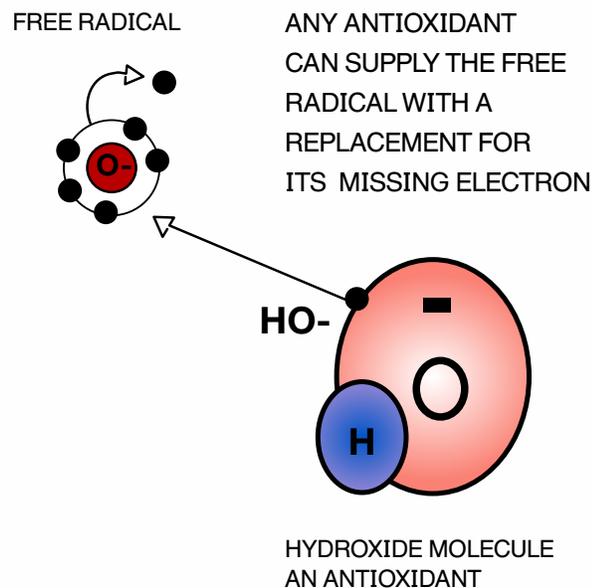
Once inside the cells, betulinic acid induces apoptosis (programmed cell death) in the tumors (Fulda et al., 1997).

How antioxidants work

There is the enzyme system and the antioxidant vitamins. The enzyme works mostly inside the cell while the vitamins can work both inside and outside the cell.

Superoxide Dismutase (SOD): Are enzymes that keep our cell membranes supple and healthy and decrease as we age.

Glutathione Peroxidase (GP): It needs selenium as a cofactor (helper molecules that assist in biochemical transformations), this works in many places inside the cell while it helps SOD do a more complete job.



Hydroxide molecule: Compound which contains covalently bonded oxygen and hydrogen atoms.

Here is a list of some health conditions that may be positively influenced when sufficient antioxidants are available in the body.

- Acne,
- Ageing skin,
- AIDS,
- Alcoholism,
- Allergies,
- Angina (heart disease),
- Arthritis and joint pain,
- Bowel inflammation,
- Cancer,
- Capillary fragility,
- Circulatory problems,
- Colds and flu,
- Fatigue,
- Gingivitis,
- Gum bleeding and mouth ulcers,
- Injuries,
- Male infertility,
- Memory loss,
- Piles and varicose veins,
- Rheumatism,
- Scar formation,
- Stamina,
- Stress,
- Wounds.

There is no argument that antioxidants are crucial for one's health

But, how do you know how much to take?

Scientists developed something called an ORAC scale. ORAC stands for "Oxygen Radical Absorbent Capacity", this is a scale that measures the amount of free oxygen radicals in your body that a food or supplement can absorb.

The ORAC test is one of the most accurate ways to measure the ability of antioxidants in a certain substance to absorb free radicals. The higher the ORAC score, the better the food is for the body.

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|---------------------------|------|
| Chaga | 1104 |
| Acai Berries freeze dried | 410 |
| Wolfberries | 258 |
| Pomegranate | 105 |
| Prunes | 59 |
| Raisins | 29 |
| Blueberries | 25 |
| Kale | 18 |
| Cranberries | 18 |
| Broccoli | 9 |

The FDA has recommended that people should increase their antioxidant consumption to 7000 ORAC units a day to help lower their risk of Cancer.

Chaga mushrooms are almost 3 times higher than the previously highest ORAC rated foods such as Acai berries or Chinese Wolfberries. Both of which have much higher ORAC ratings than all the other antioxidant foods.

By controlling free radicals, antioxidants can make the difference between life and death, as well as influence how fast and how well we age. When used along with conventional cancer treatments, it alleviated most of the side effects from the treatments and enhanced the immune system. One has a better chance of surviving chemo with Chaga!

By using decoctions of Chaga on a daily basis you can really add life to your years.

If somebody tells me that they have cancer and asks me what they should do, the first think I would recommend would be Chaga. It tastes delicious; it tastes like vanilla and has no side effects.
 –David Wolfe, Raw Food Herbalist.

Do not be afraid to experiment with 100 % natural Chaga products, it will never cause any harm unless Chaga is taken with penicillin and intravenous injections of glucose. Those substances are antagonists to Chaga. Chaga can be used in conjunction with most pharmaceutical drugs, chemotherapy and radiation therapy. Try to change recommended dosage and listen to your body, rely on how you feel and soon you will find your personal optimal dosage. Stay healthy!

Note: Chaga nutrient values may vary according to which tree it comes from (white or yellow birch). If any fruit or vegetable is dried, it will lose about 20% to 30% of its nutrients, unless freeze dried. The fresher the product is, the higher it's ORAC value will be.

Pain is inevitable, suffering is optional.

Prevention is always better than treatment

DISCLAIMER

This information presented is not prescribed or made to replace any medical treatment, the goal is not to provide a diagnosis, care, or treatment for any individuals nor intended to replace any relationship with a doctor or qualified health care professional. In consequences, you the reader should be aware that this information is not intended as medical advice, but rather a sharing of knowledge and information from the research and experience of the authors. It is strongly advised and encouraged to make your own health care decisions based upon your research and in partnership with a qualified health care professional. You and you alone are responsible for what you read and the decisions you then make.

Chaga available [here](#)

