



REALMUSHROOMS™

100% PURE + ORGANIC

FUNCTIONAL MUSHROOMS FOR PETS



VETERINARY AND PET APPLICATIONS
WITH DOSING, RECIPES AND MORE...

www.realmushrooms.com





This information is for educational purposes only and is not intended to replace the advice of your own veterinarian or medical professional. We can not answer specific questions about your pet's medical issues or make medical recommendations for your pet.

Your pet's medical protocol should be given by your veterinarian.

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5 IMPORTANT FUNCTIONAL MUSHROOMS



Reishi



Turkey Tail



Lion's Mane



Chaga



Cordyceps

1 **REISHI** (*GANODERMA LUCIDUM*) LONGEVITY



Pairings with other mushrooms:

- with **Lion's Mane** for calming & neurological conditions
- with **Turkey Tail** for cancer conditions



Key Power:

Anti-Aging: The Mushroom of Immortality

Top Effects:

Seasonal Allergy: supports a healthy response

Settles the Mind: meditation aid used by Zen monks

Immune system support

- Healthy response to occasional Inflammation
- Support of the cancer patient
- Balances immune response to allergens
- Supports protective vaccine titers

Neurologic support

- Traumatic injury to brain and spinal cord
- Stroke
- Neurodegenerative conditions

Microbiome support

- Fiber content and immune modulation

2 **TURKEY TAIL**

(*TRAMETES VERSICOLOR*)

IMMUNE DEFENSE



Pairings with other mushrooms:

- with **Chaga** and/or **Maitake** for cancer
- with **Reishi** for antiviral activity



Key Power:

Defensive Support: The Mushroom of Immune Defense

Top Effects:

Cancer patient support: Quality of Life
Defense against microbes

Microbiome support

- Fiber content combined with immune activity

Immune system support

- Healthy response to occasional Inflammation
- Improved immune competence
- Supports protective vaccine titers



3 LION'S MANE

(*HERICIUM ERINACEUS*)

BRAIN POWER



Pairings with other mushrooms:

- with **Reishi** for neurological support
- with **Turkey Tail** and/or **Chaga** for cancer support, especially cancer of the nervous system
- with Chaga for digestive support



Key Power:

Neurologic & Cognitive Support: The Nootropic Mushroom

Top Effects:

Anti-aging/Longevity

Liver support

- Hepatoprotection

Cardiovascular support

- Reduces cholesterol and hyperlipidemia

Neurological support

- Settles, Soothes and Calms
- Neuroprotection/Neuroregeneration/Trauma support
- Neurologic inflammation
- Neurodegenerative conditions (potential applications in veterinary species based on studies in laboratory animals)
 - Canine Cognitive Disorder
 - Degenerative Myelopathy
 - Granulomatous Meningoencephalopathy (GME)
 - Epilepsy
 - Anxiety and Depression

Immune system support

- Inflammation
- Reduced immunity
- Cancer
- Vaccine titers

Digestive support

- Traditional use in TCM formulas

Microbiome support

4 CHAGA

(*INONOTUS OBLIQUUS*)
BIRCH TREE
POWER



Pairings with other mushrooms:

- with **Reishi** for allergy support
- with **Turkey Tail** for cancer support
- with **Lion's Mane** for digestive support



Key Power:

Swiss Army Knife 'Shroom — Good for many reasons

Top Effects:

Anti-viral

Anti-parasitic

Anti-fatigue (mental and physical)

Immune system support

- Cancer
- Anti-Allergic (inhibits Mast cells) triterpenoid effect similar to Reishi
- Diabetes mellitus (PPAR activation like cannabis)
- Anti-inflammatory/Analgesic
- Antioxidant

Digestive support

- Inflammatory bowel disease
- Gastritis
- Pancreatitis

Cardiovascular support

— reduces cholesterol (like most mushrooms)

- Anti-hyperlipidemic



5 CORDYCEPS

(CORDYCEPS MILITARIS)

ENDURANCE



Pairings with other mushrooms:

- with Reishi for liver and allergy support
- with **Turkey Tail** or **Chaga** or **Maitake** for cancer support
- with **Chaga** or **Lion's Mane** for fatigue support



Key Power:

Energy Support

Top Effects:

Enhances Energy and Activity

Anti-aging/Longevity

Stamina/Exercise performance/Agility trials and Competition

- Increases cellular ATP energy stores

Adrenal support

- Combats fatigue from stress

Immune system support

- Cancer patient support
- Microbial support(cordycepin)

Cardiovascular support

- Mild platelet aggregation inhibition
- Thrombus formation inhibitor
- Mildly hypotensive
- Vasodilator
- Reduces heart rate
- Reduces experimentally induced arrhythmias
- Reduces blood lipids like cholesterol

Liver – Lung – Kidney support

- Improves detoxification
- Reduces hepatic inflammation and fibrosis
- Improves kidney function has been used in combination with dialysis successfully
- Supports asthma and COPD patients

PART 2

HOW TO ADMINISTER FUNCTIONAL MUSHROOMS TO YOUR PET

Mushrooms are complex organisms with multiple bioactive molecules in them which work individually and together to produce their biomedical benefits, much in the same way as the many active molecules in cannabis.

All mushrooms have in common their beta glucans, as those are structural components of the sturdy fungal cell walls. The other components found in mushrooms (and cannabis), the terpenes and flavonoids are individually different for each mushroom species. The species specific beta glucans, terpenes and flavonoids are what defines each mushroom's unique activity. Beta glucans work synergistically with terpenes and flavonoids to produce the effects described for a given mushroom species.

In the absence of specific studies that have successfully used an amount of mushroom beta glucan for a specific outcome, is to generically administer the mushroom extract using the

beta glucan content of that mushroom species extract. A number of studies support universal administration recommendations for beta glucans, whether they have been derived from mushrooms, grain, seaweed or yeast.

In order to use this system, you will need to know precisely what the beta glucan content is of the mushroom extract your intending to use.

If you are using dried mushrooms, then we measure the dose in grams of whole dried mushrooms. Dried mushrooms need to be infused with boiling hot water for a few hours to extract the beta glucans and other active components from inside the fungal cells.

Fresh mushrooms are 90% water weight which means that you need 10 times as much fresh mushroom weight to equal the weight of a dried mushroom, and then you need to hot water extract them, which can be done as a soup or stew with these mushroom in the mix.





HOW TO DOSE THESE *Mushrooms*

Mushrooms are complex organisms with multiple bioactive molecules in them which work individually and together to produce their biomedical benefits, much in the same way the cannabis is also a complex organism that contains multiple beneficial components that work individually and synergistically together.

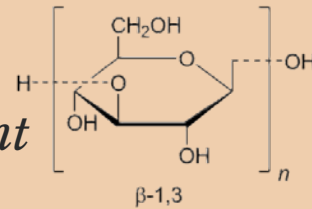
They all have in common beta glucans (think cannabinoids with cannabis), as those are structural components of the sturdy fungal cell walls. The other components, the terpenes and flavonoids are individually different for each mushroom and are what defines each mushroom's activity separate from the activity from the beta glucans. The beta glucans act synergistically with the terpenes and flavonoids to produce the effects of a given mushroom species.

My approach to dosing mushrooms, in the absence of specific studies that have successfully used a dosage for a specific outcome, is to **dose using the beta glucan content** of the mushroom, as we have studies that support universal dosing recommendations for beta glucans, whether derived from mushrooms, grain, seaweed or yeast.

You need to know what the beta glucan content is of the mushroom extract in order to use this system.

If you are using dried mushrooms, then we measure the dose in *grams of whole dried mushrooms*. Dried mushrooms need to be **infused with boiling hot water for a few hours** to extract the beta glucans and other active components from inside the fungal cells.

Fresh mushrooms are 90% water weight which means that you *need 10 times as much fresh mushroom* weight to equal the weight of a dried mushroom, and then **you need to hot water extract** them, which can be done as a soup or stew with these mushroom in the mix.

3**DOSAGE TIERS***using the Beta Glucan Content***Wellness and Daily Health**

- 2.5-5 mg/kg beta glucans daily

Moderate Conditions

- 5.0-10.0 mg/kg beta glucans daily

Severe conditions

- 10-30 mg/kg beta glucans daily

**2****DOSAGE TIERS***using Dried Mushrooms***Wellness and Maintenance**

- 1-3 grams daily

Optimal Benefits for more Severe Conditions

- 3-9 grams daily



*Dried mushroom extracts can also be added to these formulas for the same health benefits, although **fresh and dried mushrooms** will usually **taste better**. Choose **organic ingredients** whenever possible. You can substitute your favorite medicinal mushrooms for any of these recipes.*

SHAKE & BAKE *Mushrooms*



INGREDIENTS

- 1 cup cooked whole grain brown rice (Cook 1 cup of rice in 3 cups filtered water.)
- 3 cups filtered boiling water or 2 cups filtered boiling water and 1 cup bone broth
- 1/4 teaspoon sea salt
- 1 teaspoon first pressed olive oil or rice bran oil
- 1/2 cup chopped mushrooms (raw or sautéed). Shiitake mushrooms are great for this recipe.

INSTRUCTIONS

- Preheat oven to 350F degrees.
- Sauté rice in oil, until slightly brown in color.
- Place in a baking dish.
- Add mushrooms.
- Pour boiling water (and bone broth) over rice and mushrooms.
- Cover. Bake 45 minutes, or until all liquid has been absorbed.
- Cool and serve.

MUSHROOM CONGEE

for Pets

Congee is traditionally called his-fan or rice water, and is eaten throughout China, most often as a breakfast food. It is a thin porridge or gruel. The addition of the mushrooms to the congee makes this a powerful healing food for your critters

INGREDIENTS

- 1/2 cup to 1 cup of rice (or millet, spelt, other whole grains)
- 5-6 cups of water
- Mushrooms fresh, dried or extract
 - 1 teaspoon of dried mushroom or extract powder
 - 3 – 4 Tablespoons of chopped fresh mushrooms

INSTRUCTIONS

- Simmer over a very low heat for 4-6 hours until completely cooked
- Although rice is the most common whole grain for congees, millet, spelt, and other whole grains can be used as well.
- A crock-pot works perfectly for the preparation of congee.
- It is better to use too much water, than not enough
- It is said that the longer the congee cooks, the more “powerful” it becomes.





MUSHROOM *Medley*

Serve as an addition/topping to your dog's regular meals. "Mushroom Medley" can also be served with rice.

INGREDIENTS

- 1 cup beef strips
- 1 cup liver, for example, beef, chicken, turkey
- 1 cup Shiitake mushrooms
- 1 cup Shiitake tea
- 1 cup zucchini
- 1 (1 inch) piece fresh ginger or 1 teaspoon ground ginger
- 2 cloves garlic, finely minced (optional)
- 1/2 teaspoon sea salt
- 1 cup filtered water or bone broth
- 1 tablespoon first pressed olive oil or rice bran oil

INSTRUCTIONS

- Combine all ingredients in a large pot.
- Bring to a boil.
- Then, turn down the heat to simmer.
- Simmer gently until there is no pink in the meat.
- Remove from stove.
- Cool.

SHIITAKE *Sauté*

This is a recipe the whole family can enjoy!

INGREDIENTS

- 1 cup fresh Shiitake mushrooms, finely chopped or sliced
- 1 clove garlic, finely minced (optional)
- 1/2 teaspoon sea salt
- 1 tablespoon cold pressed olive oil or rice bran oil
- 3 cups cooked whole brown rice or quinoa. Thai jasmine rice can also be used for this recipe. (Cook 1 cup of rice with 3 cups of filtered water.)
- 1 pound of a selected protein, for example, turkey, chicken, beef, bison, lamb

INSTRUCTIONS

- Heat oil in a large pan.
- Add mushrooms and garlic, and gently cook until tender.
- Add rice and salt and combine well.



NOTE:

- Add 1 pound of protein to 2/3 cup of the rice mixture
- FEEDS: 1 days/50 pounds body weight (moderately active dog)



SHIITAKE MUSHROOM

Tea



INGREDIENTS

- 2 dried Shiitake mushrooms, broken into small pieces
- 1 cup filtered water

INSTRUCTIONS

- Place Shiitake pieces and filtered water into a small pot.
- Bring to a boil, reduce the heat, and simmer for 30 minutes.
- Strain mushroom bits and cool tea, before serving to your dog.
- 1 cup of tea is equal to 4 doses, which can be added to food or drinking water.
- Shiitake bits can be added to your dog's meals too.



SHIMEJI MUSHROOM

Sauté

INGREDIENTS

- 1 package Shimeji mushrooms.
Look for packages certified “non pesticide.”
- 1 clove garlic, finely minced (optional) or ¼ teaspoon garlic powder (optional)
- ½ teaspoon sea salt
- ¼ teaspoon Turmeric
- ¼ to ½ teaspoon Bull kelp powder or another kelp powder of your choice
- 1-1/2 tablespoons first pressed olive oil

INSTRUCTIONS

- Remove base of mushrooms and gently rinse mushrooms.
- Heat oil in a large pan.
- Add mushrooms and garlic, and gently cook until tender, no more than 5 minutes.
- Add sea salt, turmeric, and kelp. Gently combine with mushrooms.
- Cool and serve.



MUSHROOM *Madness*

This is a recipe the whole family can enjoy!

INGREDIENTS

- 6 whole eggs
- 1 to 1-1/2 cups fresh mushrooms of your choice, for example, Shiitake, sliced or chopped
- 1 cup kale, chopped
- 1 clove garlic, finely minced (optional) or 1/4 teaspoon garlic powder (optional)
- 1/2 teaspoon sea salt
- 1/4 teaspoon Turmeric

INSTRUCTIONS

- Preheat oven to 350F degrees.
- In oven-to-table cookware, combine all ingredients with a whisk or fork.
- Bake for 25 minutes or until the center of the loaf is set and the top is golden.
- Cool to room temperature before serving.





SHIITAKE

The "Healing Helper"

Simple relief recipes using Shiitake mushrooms:

- To relieve vomiting - boil 1/2 cup of dried Shiitake mushrooms in filtered water, until the "soup" becomes yellowish in color.
- To relieve a cough - try Shiitake mushroom tea with 1 teaspoon of unpasteurized local or Manuka honey
- To relieve urinary problems - bake 1 cup of fresh Shiitake mushrooms in a 350F degree oven, until the surface of the mushrooms appears burned or charred. Crush mushrooms into powder and add 5 grams per day to your dog's diet.

USING MUSHROOMS

Storing & Reconstituting

- **Store** loose mushrooms in the refrigerator, in a loosely closed paper bag.
 - They will maintain their freshness for about 1 week.
 - Dried mushrooms stay fresh for 6 months to a year.
- **Reconstituting dried mushrooms:**
 - Soaking whole or broken mushrooms in boiling filtered water, for about 20 minutes.





CONNECT WITH DR. SILVER:

- Nurse Your Pet Blogsite: shared with an equine holistic vet and integrative board-certified rehab specialist
- Social Media:
 - Facebook @docrobsilver
 - Instagram @docrobsilver
 - LinkedIn

HOW TO SOURCE DR. SILVER'S PRODUCTS

- Real Mushrooms products - www.realmushrooms.com
- Doc Silver Naturals CBD products - www.WellPetDispensary.com

FOR MORE ON DR. SUZI BEBER

Dr. Beber started the Smiling Blue Skies University of Guelph Cancer Fund and the Ontario Veterinary College (OVC) Pet Trust. She has been supporting pet parents with pets suffering from cancer for 20 years, including with integrative oncology supportive supplements provided by the trust to pet parents who are in financial need. Dr. Beber has been a huge advocate of the use of mushrooms to create healthy pets and support them through the cancer journey. She has published a number of recipe books for pets, and many of those recipes include fresh and/or dried mushrooms.

CONNECT WITH REAL MUSHROOMS

Pet Products



**Mushroom Relax
Pet Chews**



**Mushroom Immune
Pet Chews**



**5 Defenders Organic
Mushroom Blend**



**Turkey Tail Extract
Capsules for Pets**



**Organic Lion's Mane
Extract Capsules for
Pets**



**Organic Reishi
Mushroom Capsules
for Pets**



**Organic Lion's Mane
Mushroom Powder –
60g Bulk Extract**



**5 Defenders Organic
Mushroom Complex
– 45g Bulk Powder**



**Organic Cordyceps
Mushroom Extract
Powder – 60g Bulk
Supplement**



**Organic Reishi
Mushroom Powder
– Bulk 45g Extract**



**Organic Siberian
Chaga Extract
Powder – 60g Bulk
Supplement**



**Organic Tremella
Extract Powder**



**Turkey Tail Extract
Powder – 45g Bulk
Powder**



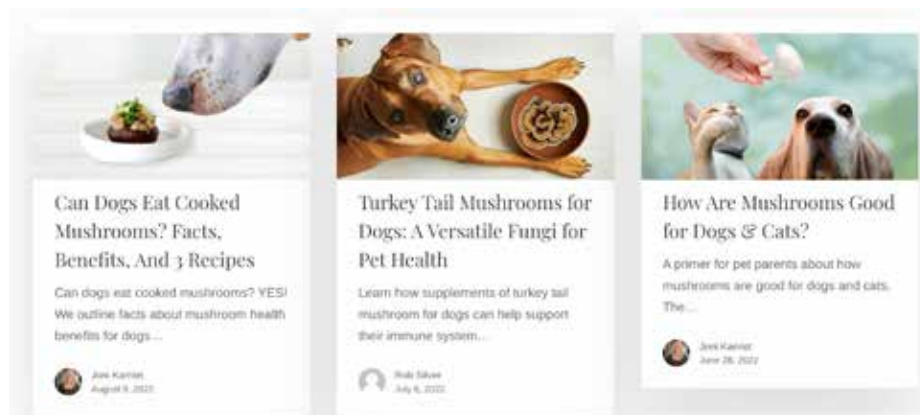
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As a practitioner of Chinese medicine I'm familiar with the various medicinal mushrooms that have traditionally been used for centuries in the Far East.

For people with respiratory issues like asthma, bronchitis or chronic coughs Cordyceps can be very helpful if taken regularly over the course of a few months. **The taste and fragrance tells me that Real Mushrooms Cordyceps is potent.** And I appreciate the testing and quality control that they bring to all of their mushroom products.

Michael Max L.Ac, Yang Kang Clinic, Qiological Podcast