



## —in medicine

### 1. Illnesses where Mushrooms can help:

1. Immune System Boost: Reishi, Shiitake and maitake mushrooms enhance immune function, helping with colds, flu, and other infections.
2. Cancer support: Turkey tail, reishi and maitake mushrooms contain compounds that may aid in cancer prevention and support treatment.
2. Helping with depression:
  1. Mental Health: Shiitake and maitake mushrooms help reduce cholesterol and support cardiovascular health.
  2. Heart Health: ~~Shiitake and maitake~~ Lion's mane has compounds beneficial for anxiety, depression, and cognitive health.



# Mushrooms — Burying people

## Pros and Cons

Con

expensive  
(1250€)

availability  
(waiting until it's  
ready)  
cultural  
beliefs

Pro

environmentally  
friendly  
good  
for the soil  
recycling  
less wood  
is used  
symbolic  
meaning to  
some people

## mushroom funeral

the coffin is  
made out of  
mushrooms

Wood chips  
are added to  
the mold so that  
the coffin gets  
its shape

the coffin is  
finished in 7 days

invention

in the  
Netherlands

Bob Hendrixx

decomposing  
of the coffin

it takes 4-6  
weeks

the mushroom  
coffin turns the  
body into nutrients

making the soil  
high-quality





# MUSHROOMS - SAVING FOOD

MUSHROOM (84 g)	MEAT 84g
Energy	15'4 g
Carbohydrate	2'28 g
Protein	2'16 g
Fat	14 g
Needed water for 1 pound	1'8 gal
Electricity	1 Kil. hours
CO <sub>2</sub> :	0'7 pounds

## Conclusion :

Mushrooms are way more sustainable than meat because it takes less water electricity and CO<sub>2</sub> to "produce" it. In addition Mushrooms are better for you because they are healthier than meat but you would have to balance your protein and energy intakes with something else.