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Fact Up: Interesting Details about Shiitake Mushrooms by [Mack Shepperson](#)

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Shiitake is a kind of mushroom with a dark, pointy cap that can grow anywhere between 5 to 25cm in diameter. It is indigenous to China, Japan, and other Asian countries as it naturally grows on broadleaf trees. Today, shiitake mushrooms are a common item in US supermarkets because of many scientific studies that prove their healing capabilities.

For instance, a Swedish study reported that shiitake mushrooms contain a cholesterol-reducing compound known as eritadenine. High cholesterol can cause serious long-term health problems like coronary heart disease, strokes, peripheral artery disease, and high blood pressures. In addition to lowering cholesterol level, shiitake mushrooms are also found to boost the immune system, decreasing risks of infection and alleviating symptoms of various illnesses. If you haven't incorporated mushrooms in your diet, it's time to do so.

Surprisingly, shiitake mushrooms are more than medicines; they are delectable treats, too. In fact, many people worldwide consume shiitake as a staple diet because of its meaty, chewy texture and robust flavor. It is a healthy alternative to meat for people who are trying to lose unwanted body fat.

Cooking shiitake mushrooms is fairly simple, regardless if they're fresh or dried. They can be sautéed, grilled, baked whole, or sliced and added to a stir fry. Preparing them is the hard part; shiitake mushrooms are porous and if they are left exposed to water for a long time, they will absorb it and become soggy. Top chefs strongly advise people to not clean the mushroom until it's ready to be cooked.

While the shiitake mushroom is rich in fiber and antioxidants, eating too much can result in different health problems. In addition, dieters should not solely rely on mushrooms because they contain low protein. Protein is important for the body as it provides bone and muscle strength, endurance, and immunity. Mushrooms contain only 2g of protein per cup which is far from the Recommended Daily Allowance.

If you want to experience the full healing potential of shiitake mushroom, it is advised you take them in the form of supplements. Mushroom extracts should be taken as advised by a medical professional to avoid problems. If taking supplements do not appeal to you, trying out shiitake mushrooms in tea form may prove to be a good option.

With the constant advancement of technology and medical science, natural remedies are almost becoming obsolete. In truth, however, is that herbal medicines like shiitake mushroom provide a much more natural healing process. To learn more about different kinds of mushrooms, log on to [Medicinal-Mushrooms.net](#).

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