



Beatrice Nutrition & Health Sciences
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Chinese Fungus (Peking)

Preparation:

In a pewter container put three liters of water and boil. When it begins to boil, put one cup of raw sugar and boil for five more minutes. Turn off and put in six little bags of black tea. Cover for ten minutes. Uncover (take lid off) and let it cool. When cool take out the six tea bags and put in either a plastic or glass container or in the same pewter receptacle, where it will be kept for seven days, adding the fungus. Be sure to wash hands thoroughly and to remove rings.

After seven days, with your hands well washed and without rings, etc. take out the fungus, turn it around in a plate in order to detach the other fungus that sprouted (was formed) from the large one. Put the big fungus in a plastic container with a little tea. This is the one that will be given away. The small fungus is placed in another plastic container in boiled water if it has already been prepared or in another plastic receptacle with a little tea, so that it can be prepared again as soon as possible.

Administration:

The tea that you obtained with the fungus of seven days must be strained into a plastic or glass pitcher or passed through a cloth napkin twice. Place in the refrigerator so it can be preserved as you must drink half a cup of this fungus in one glass of water before breakfast every day. Do not drink more than half a cup as it is fermented and could cause irritation. If you feel it is too strong, diminish the amount of tea.

Functions:

- Long life*
- Takes away freckles*
- Prevents cancer*
- Heals cancer of the uterus*
- Eases change of life in women (Menopause)*
- When you drink this water, your body will feel warm*
- Helps vision - Vision potency*
- Helps to mobilize extremities and waist*
- Heals Rheumatism*
- Prolongs appetite; increases appetite and helps digestion*
- Avoids constipation*
- Relieves muscular aches especially on shoulders and neck*
- Cures Bronchitis, coughs and asthma*
- Cures allergies and phlegm in children*
- Relieves aches caused through nervousness*
- Diminishes cholesterol*
- Softens veins and arteries*
- Heals kidney problems*
- Prevents (heals) cataracts*
- Heals vesicle, colitis, stomach cramps*
- Heals cardiac illnesses*
- Heals diarrhea*
- Burns out grease: diminishes weight*
- Heals insomnia*
- Helps liver to function*
- Heals dizziness & avoids alcoholism if taken continuously*
- If taken for 100 days in succession it cures diabetes and the urea*
- Takes out gray hair: prevents baldness. **B***