

The Chattanooga Medicinal Mushroom Summit

Schedule & Workshop Descriptions

Summit Schedule

9:00am	Doors Open
9:30am	Medicinal Mushrooms: The Basics & Beyond
11:15am	Mushroom Medley: Making Mushroom Dishes Easy, Tasty <i>and Fun</i>
12:15pm	Lunch & Shopping Break
1:00pm	Your Brain on Mushrooms: Neurogenesis, Nootropics, & Alzheimer's Research
2:30pm	Shiitake Happens: Fungi-Supported Emotional & Mental Health + Cancer Recovery Research
3:30pm	Magic Mushrooms in Modern Medicine
5:00pm	End of Summit – Shopping & Socializing

Workshop Descriptions

Medicinal Mushrooms: The Basics & Beyond

Michelle Rigling, PhD

In this opening workshop, Michelle will introduce attendees to the language of medicinal mushrooms and explain the differences in a variety of preparations and products. This class will serve as an important foundation for the rest of the day. Topics covered will include:

- The Language of Mushrooms and The Wood Wide Web
- Historical Overview of Medicinal Mushrooms and Mushroom Lore
- General Health Protocols for Overall Wellness & Immune System Support
- Nutrition, Recipes and Shopping Tips
- Formulations, Extractions, and Dosage Considerations

Mushroom Medley: Making Mushroom Dishes Easy, Tasty and Fun

Sharon Jacks, Chef, NBC-HWC

From fresh and dried mushrooms to mushroom powders, chocolates, oils, and extracts, there are lots of ways to add mushrooms to the menu - even if you don't like their taste or texture! This will be an exciting opportunity to learn from Emory-trained and nationally board-certified Health and Wellness Coach, Sharon Jacks, as well as taste some creative culinary treats!

Your Brain on Mushrooms: Neurogenesis, Nootropics, & Alzheimer's Research

Michelle Rigling, PhD

Studies have revealed that several mushrooms support brain health and boost nerve growth, but there are a few superstars. In this workshop we'll discuss Lion's Mane (*Hericium*), *Cordyceps*, and Reishi (*Ganoderma*) as well as *Psilocybe* Mushrooms and how each of these

have been worked with in various cultures and traditions to slow cognitive decline, encourage neuroplasticity, and support brain functioning. Tips for integrating mushrooms with nootropic properties into health routines will be covered, as well as factors such as safety, dosage, and ethical/legal considerations.

Shiitake Happens: Fungi-Supported Emotional & Mental Health + Cancer Recovery Research

Michelle Rigling, PhD

Our neurological health significantly influences our emotional resiliency, mood, and overall mental health. In this workshop, we'll continue our brain health discussion and bring in some specific protocols and mushrooms that may help with mood, sleep, and calming the body and mind. Shiitake will have a momentary spotlight for its potential ability to support adrenal functioning plus we'll discuss a few adaptogenic herbs that are also known to support the body in times of stress. We'll wrap this class up with a review of promising cancer recovery research involving medicinal mushrooms.

Magic Mushrooms in Modern Medicine

Michelle Rigling, PhD

Our last workshop of the day dives into a controversial topic we are reading and hearing a lot about these days: "magic mushrooms" in modern medicine. You won't want to miss this one! In this session we will dive into the history of magic mushrooms + the chemistry and therapeutic applications of psilocybin. We'll look at considerations for dosing, legal compliance, preparation, and integration as well as answer some frequently asked questions.

Disclaimers

1. The information presented at The Chattanooga Medicinal Mushroom Summit is intended for informational purposes only; this program has not been evaluated by the FDA and the content presented is not intended to diagnose, treat, cure, or prevent any disease.
2. The information presented at The Chattanooga Medicinal Mushrooms Summit related to psilocybin does not constitute legal or medical advice. A person who elects to pursue any of the possible benefits shared during these presentations should first consult with a qualified medical professional or experienced guide as well as carefully consider the following: (1) Psilocybin is a Schedule 1 drug (classified by the United States Drug Enforcement Administration) and the manufacture, possession, and distribution of psilocybin is illegal under federal law as well as most state and local laws. The hosts, sponsors, presenters and affiliates of The Chattanooga Medicinal Mushrooms Summit do not encourage or advocate acting in any way that violates local, state, or federal laws and regulations.