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## **Mycelium Running: How Mushrooms Can Help Save The World Paul Stamets HOT**

stamets is deeply religious. he preaches a "myco-revelation," which he first articulated in his 1997 book, mycelium running: how mushrooms can save the world. "the mushrooms," he writes, "are my co-workers, my partners, my collaborators." stamets is also a veteran of the pentagon's secret world, infiltrating scientific laboratories, weapons labs, and defense contractors to gather fungi for intelligence operations. he's worked with darpa, the nsa, and the us army. "i was assigned to train an iraqi mushroom expert," he recalls. "i knew that if the iraqis had the right information, they could build a mushroom-based immune system." stamets' credibility is on display everywhere he goes. he can pull a dozen samples from a tree stump with just a twig. he is so comfortable in the forest, he spots a black bear walking a hundred yards away. and at the end of the day, his wife will return to the house to find a stack of mushrooms growing under his bed. he estimates they harvest a half dozen varieties each week. he doesn't mince words about his methods. "it's not magic. i'm not waving a wand. i'm not playing with symbiosis. it's just a combination of common sense, a little creativity, a little knowledge of mushrooms, and a little understanding of the universe," he says. stamets was raised in a small town in massachusetts. he studied biology at boston university and then earned an ms in environmental science from boston university's college of environmental science and engineering. "i love mushrooms," he says. "they're wonderful little things. i've had my mind blown many times by their beauty and their fragility."



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he's been running with mushrooms for more than a decade, and recently he's been adding more focus to his efforts. in the early 1990s, he founded the micofungi institute, which shared his findings with a small group of cultivators. today, there are about 30 worldwide. one of his most outspoken converts was the late robert czerwinski, director of the mycological research institute at the university of minnesota. a professor of agroforestry,

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czzerwinski was one of the first to identify the health benefits of mushrooms. stamets and his students began searching for a mushroom that could eat the ants. stamets managed to culture several species, but none of them appeared to be good candidates. then, in a late-night brainstorm, he came across a lab notebook from a graduate student named jason antonelli, which included notes on culturing mycelium from some brown mushrooms that were native to the san francisco bay area. the professor called him up and asked, what do you know

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about these? antonelli told him that they were the dried and powdered mushroom *agaricus blazei*, a popular folk remedy for ulcers in brazil and a member of the genus *a. subrufescens*. stamets agreed to give the mushrooms a try, but he was skeptical. the *agaricus blazei* had been used by his father for gastrointestinal ailments, and andrew had a history of allergic reactions to mushrooms. but the very idea of cultivating mushrooms in a greenhouse in the san francisco bay area seemed too far-fetched. "it was a taboo," he recalls. "you could die

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if you get these mushrooms."  
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