

Paul Stamets Delicious, Deadly, and Mind-Expanding

author:



2026-08

Synopsis

Paul Stamets and Andrew Weil have been enamored with wild mushrooms for decades - and for good reason. Mushrooms have the potential to be delicious, deadly, and even mind-expanding. Mushrooms are the fruiting bodies of vast underground mycelial (or fungal) networks that inhabit every soil on earth. In fact, it's estimated there are about eight miles of single-cell mycelium in a single inch of soil. Mushrooms have been consumed as food and medicine by many Asian cultures for centuries. Despite their global prevalence, however, mushrooms are often overlooked and sometimes feared by North Americans. Paul Stamets is a mycologist, medical researcher, and author, who has dedicated his life to the scientific discoveries and applications of mushroom's superpowers. He has performed novel research in many fields including medicine, biosecurity, and toxic environment restoration. In this episode, Dr. Andrew Weil and Dr. Victoria Maizes speak with Paul about how certain mushroom species can improve health. Paul shares his research in immunology and the promising response some fungi strains may have against devastating viruses that harm bees, livestock, and humans. And we learn some surprising practical tips, like why you may not want to eat the common button mushrooms found in grocery stores. We also discuss the recent research behind psilocybin or "magic mushrooms" in mental health disorders.

Reader's comments

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