

**Transcript for The Who's Dat Phat Girl Podcast - With Brooke Hoover**  
**SEASON 2 EPISODE #12- 'Shrooms Saved My Life (Well, that's an Exaggeration, but...)**

Hey y'all, I'm Brooke Hoover. A Louisiana native, actor, writer and comedian. I've lost 100 pounds through diet and exercise or shall I say "lifestyle changes". My twenty year and counting health journey has taught me that just like taking a diet pill for weight loss, body positivity doesn't magically happen overnight. I'm working on re-gaining my self esteem and re-kindling my love affair with Cajun and Southern comfort food in a healthier way all the while juggling eating as clean as I can, re-establishing myself in the entertainment industry which, as we know, is historically fat phobic all the while showing my inner phat girl some love - that's phat with a PH - pretty hot and tempting. Let me tell y'all a tale or two...

My first real into to the magic of mushrooms was the Lean Cuisine Spaghetti and Meatballs TV dinner - most people pick out the mushrooms. Well I'd save those gelatinous previously frozen beauties till the end - saving the best for last! And, before you drudge my momma and dad for allowing me to eat TV dinners and not introducing me to a proper mushroom sooner, I must tell y'all, the mushroom is not a common ingredient in Cajun cuisine and Momma doesn't like them, "That's nasty looking shit, baby."

When Momma and Dad divorced and I'd go to stay at my dad's house, he'd frequently make steak and mushrooms - sautéed in butter and Worcestershire sauce. Instead of saving the filet mignon, best for last, I ate the 'shrooms last of course.

But, the mushrooms I'm talking about on today's podcast are different than the ones we eat. Though, the ones we eat have a ton of health benefits which include containing selenium (which Brazil Nuts also have - I encourage all of us to eat two Brazil Nuts a day - thanks to my friend MJ for telling me that, or hey, eat a cup of mushrooms), they also have magnesium and copper to name a few more key ingredients. And their high nutritional value may also help the risk of developing serious health conditions, such as **Alzheimer's**, heart **disease**, **cancer**, and **diabetes**. They're known to lower blood pressure and to bless all of our hearts and minds, I condone all of us to substitute a certain amount of red meat weekly with mushrooms instead be in it a stir fry, burger patty, sauce (or gravy, depending on what part of Jersey you're from - or if it has meat or doesn't - I don't know - I'm Cajun, I don't understand the controversy about pasta sauce but I guess I equate it to pecan pronounced as puhcawn versus pecan.)

The mushrooms we are talking about today aren't even like the ones I did - and I'm sure many of us did in college - Now Momma and any of my Catholic relatives, if y'all are listening to this, I must remember y'all to "judge not 'lest though be judged" and please we all know y'all did some pretty trippy stuff in the '70s. The mushrooms I'm talking about come in a tincture form - doesn't the word "tincture" remind y'all of Tinkerbelle?

Let me tell y'all some tales about Mushroom tinctures. This is courtesy of a website called Forage Hyper Foods dot com:

A mushroom tincture is a concentrated liquid extract that's made by soaking fresh or dried mushrooms in a solvent—typically alcohol and/or water. This process unlocks the active ingredients in the mushrooms, leaving you with a potent liquid that can be dosed with a pipette. Since ancient Egyptians first distilled alcohol, people have been using solvents to produce potent plant extracts for medicinal purposes. When pharmacology emerged in the 19th Century, the use of tinctures in medicine tapered off, as they were replaced with pills. In the past few decades, however, there's been a growing interest in natural therapies, paving the way for tinctures to make a comeback. [Functional mushrooms](#) contain several bioactive and therapeutic compounds, such as polysaccharides and triterpenes; however, these compounds are locked behind the mushroom's cell wall. The cell wall is made of a strong substance called chitin—the same substance that makes up the tough shell of crabs, lobsters, and insects.

The human body is unable to break down chitin, so to unlock the beneficial compounds locked behind the chitin cell wall; the mushrooms have to go through an extraction process. Soaking the mushrooms in a solvent like alcohol breaks down the chitin, which releases the nutritive compounds, enabling you to reap the full benefits of medicinal mushrooms.

Mushroom tinctures are very concentrated, meaning you'll receive an abundance of high-potency nutrients in a small amount of liquid—much more than you could receive from mushrooms in any other form.

And, now we're back to that girl speak here, in a nutshell, you could eat your Pomeranian's weight in mushrooms and still not get the medicinal effects that you would in a tincture dropper size squirt.

So, my boyfriend Harry and I went to this fabulous bucket list motel in the Catskills called The Roxbury Motel for my birthday last year and we were at such a cute quintessential small down general store that felt like an apothecary, it may have been part apothecary and I saw an area devoted specially to various mushroom tinctures. Being one to always jump on board to the newest au naturel trend and being that it was my birthday and I was feeling a little crazy, I got a bottle. The blend I specifically picked out was Reishi because each blend claims to be good for a list of whatever ails ya and Reishi's claims included:

Reducing blood pressure, immune response (I was a sucker for that before COVID), helping with insomnia, allergies and stress. That was enough to sign me up to buy the bottle at a great price of \$35 and forever wellness.

That was July 28, 2023. I put that tincture aside like the mystical tincture because as much as I was excited to take it, I was also terrified. It was the same feeling I felt

when I took CBD oil because I was afraid it would make me high - like higher than a kite and I'd fly off to a world better than Northern New Jersey and I'd never want to come back. I worried what if this is like that micro dosing potion Nicole Kidman feels Melissa McCarthy, Bobby Canavale eat at in that Hulu Series "Nine Perfect Strangers"? If you don't know what show I'm referencing, good for you, you didn't waste 10 hours of your quarantine like me.

But, the fall of 2023 was incredibly trying for me. I had some events that happened that made me a royal shit show or "fragile" as one of my friends described me and I didn't know how I would get through. I wasn't able to focus, I was tired and wired. My anxiety was in FULL effect. I just wanted to feel better and heal from some traumatic times.

While many of you may say, "well, why didn't you just go on a mental health med? Like anti-anxiety med?" The events of the fall made me tentative to play around with a medication- because that's what it is with a lot of mental health meds until you get them right - and I was incredibly worried about the side effects of a mental health medication (I should note, mushrooms or any healthy supplement also do have side effects too) and, by golly, I'm as stubborn as both of my parents combined times 4 that I was NOT going to go on a mental health medication - I should let y'all know I've been on Prozac - made me too racy, been on Wellbutrin - made me tired and lethargic - been on something else - didn't do anything for me hence its name isn't memorable. And I have a family history of some mental health medication NOT working well for family members. So, one day, I was having a really tough day and I said, well, if I'm not going to do a prescription drug, then it's time to do 'shrooms. I opened my mouth and put in just a few drops of Catskill Fungi - Reishi blend - like I was a baby bird.

Speaking of which, I once had an African Grey parrot Wofat who was so awesome. She used to give us kisses and one time she threw up in my mouth, trying to feed me. I know it was her form of nurturing me and I didn't want to offend her so I held the regurgitation in my mouth and then I spit it out. Had you told me that it would solve anxiety and create world peace, I would have swallowed it.

Anyways, I swallowed the Mushroom tincture which tastes to me like low key moonshine. I slept better that night. And, over a week, the tincture kind of quelled my anxiety about 65%. Yes, we are using the word "QUELLED" here because the Reishi mushrooms also infuse your brain with a broader vocabulary. The dosage is one to two tincture squirts (that's a technical term) one to two times a day. With any supplement like this though, I always start with the smaller side of the dosage to see how I'm going to react to it. So, I do one squirt once a day at night due to the calming nature. It doesn't make you tired or groggy like melatonin. And, it's not like it wears away at night so the next morning you're a nervous wreck. I've been loyal to the Catskills Mushrooms Reishi mushroom tincture and it's been loyal to me for nearly four months and I've seen an overall sense of better moods, calmer for the most part despite crazy internal and external elements and better sleep at night.

So, y'all, if you are experiencing a chronic condition and do NOT want to go on prescription medication, mushroom tinctures may be something good to look into. A doctor won't approve or disapprove it, per se and I always say I'm not a doctor and I don't (YET) play one on TV, so whatever I'm saying is based on my own Guinea Pig experimentation alone. I DID discuss with my acupuncturist before taking Reishi and she verified that Reishi would be a good one for me due to its calming nature whereas Lion's Mane would NOT be good for me (despite the fact that I'm a Leo) because it might be too energizing. So, I do condone you to seek out some advice before just jumping in because you heard it on Who's Dat Phat Girl but I hope this gives some of y'all additional FOOD (or FUNGI) for thought when it comes to dealing with certain chronic stress, anxiety or other conditions.

Thanks so much for listening, y'all. It is my hope to inspire, uplift and entertain you with this Who's Dat Phat Girl podcast. So, if you're HUNGRY for more, you can book me to speak or perform my solo show that inspired this podcast Phat Girl Costumes written by yours truly and directed by my best bud Brian Lady at your virtual or in person event. Please visit [BrookeHoover.com/fluffybuttproductions](https://BrookeHoover.com/fluffybuttproductions) or email me at [contactbrookehoover@gmail.com](mailto:contactbrookehoover@gmail.com) for more information. And, let's follow each other on Instagram - I'm @Br00keH00ver and those 0's are not the letter O but they're ZEROS. Not because I want to be a size 0 but because I guess I'm just so clever with my late 90s Yahoo! self

And, if you like this podcast, please give me a five star rating and write a review on Apple Podcasts and, please, most importantly, share with your friends, family and other people you may know who are as phat as we are - that's phat with a PH.

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