Tremella (bai mu er)
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Tremella is a type of mushroom that grows throughout China. It is known by a variety of colorful names, including "wood ear" because of its shape, and "white's beauty" because of its color and consistency. It usually grows on logs and tree stumps, has a yellow to white color, and a soft, rubbery texture.

Traditional Chinese medicine practitioners used tremella to treat lung and kidney disorders, and it was also used as a food. In China, tremella has been used to treat conditions such as coughs and heart palpitations. Tremella also helps to stimulate the immune system, and it can help to reduce the secretion of adipose tissue, which can lead to weight gain and some forms of cancer.

In addition to its traditional uses, tremella is often taken by women to help improve the condition of their skin. It is considered a sensual beauty supplement and helps to make the skin become soft and smooth.

How much tremella should I take?

Tremella can be used as a tea, in smoothies, and as a supplement. Typically, it is used in smaller amounts. For a daily tea, tremella is available in capsules or powder.

What can happen if I take too much tremella? Are there any interactions I should be aware of? What precautions should I take?

Excessive tremella intake may lead to side-effects such as diarrhea. It is recommended not to exceed the recommended daily intake of tremella. If you experience any unusual side-effects, stop using and consult a healthcare professional.

References: