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Exciting Benefits of Lion's Mane for the Brain

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Kevin Spelman, PhD, reviews the active compounds present in *Herichium erinaceus* (lion's mane) and explains how future research may prove these compounds help prevent neurodegenerative disease. Dr. Spelman is one of the expert faculty from the Restorative Medicine Herbal Certification program. Learn More Here: <https://restorativemedicine.org/herbal/>

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