



*North American Reishi Ltd., Box 1780, Gibsons, BC, Canada V0N 1V0*

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### **Bio for Jeff Chilton, President of Nammex**

Jeff Chilton, raised in Pacific Northwest, studied ethno-mycology at the University of Washington in the late sixties. In 1973 he started work on a commercial mushroom farm in Olympia, Washington. During the next 10 years he became the production manager, responsible for the cultivation of over 2 million pounds of Agaricus mushrooms per year. He was also involved in the research and development of shiitake, oyster and enoki mushrooms which resulted in the earliest U.S. fresh shiitake sales in 1978.

In the late seventies Jeff was a founder of Mycomedia, which held 4 mushroom conferences in the Pacific Northwest. These educational conferences brought together educators and experts in mushroom identification, ethno-mycology, and mushroom cultivation. During this period Jeff co-authored the highly acclaimed book, *The Mushroom Cultivator*, which was published in 1983.

In the 1980's he operated a mushroom spawn business and in 1989 he started Nammex, a business that introduced medicinal mushrooms to the U.S. nutritional supplement industry. Jeff traveled extensively in China during the 1990's, attending conferences and visiting research facilities and mushroom farms. In 1997 he organized the first organic mushroom production seminar in China.

A founding member of the World Society for Mushroom Biology and Mushroom Products in 1994 and a Member of the International Society for Mushroom Science, Mr Chilton's company was the first to offer a complete line of Certified Organic mushroom extracts to the US nutritional supplement industry. Nammex extracts are used by many supplement companies and are noted for their high quality based on scientific analysis of the active compounds.

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## Topics for Discussion

### 1, Introduction

- Mushrooms as food.
- Mushrooms as medicine
- Why is there a profusion of information on mushroom activity, but so little on product quality?
- White Paper and how it evolved

### 2. Sourcing raw materials

- Wildcrafting
- History of Mushroom Cultivation
- What is mushroom spawn and how is it made?
- Current developments - fermentation technologies
- Worldwide production

### 3. Stages of medicinal fungi - Plant part

- Basidiomycete/Ascomycete - what are they
- Life Cycle
- Spore, Mycelium, Mushroom, Sclerotia

### 4. Medicinal value of the different fungal stages

- What are the active compounds
- Beta-glucans and cell walls
- What is chitin and what is its role?
- Ergosterol
- Triterpenoids and secondary metabolites.
- How much occurs in each part?

### 5. Testing methods

- Megazyme beta-glucan and alpha-glucan test
- Triterpenoid testing with HPLC
- Ergosterol testing with HPLC
- HP-TLC identification of compounds - fingerprint
- ID of the mushroom and mycelium

### 6. Product Quality issues

- Production methods for mushroom extracts
- What is mycelium on grain biomass and how is it produced?
- China vs U.S. production. What are the economics?
- China scare tactics
- Labelling issues

### 7. Research

- Studies use fruiting bodies and extracts
- High concentrations