

Hoelen (Poria cocos)

Common Names: China-root, fu-ling, tuckahoe and poria.

Location: This herb is found growing wild around the world.

Description: This herb grows in the form of a mushroom and can reach a size of up to twenty pounds.

Properties: This herb is often ingested as a food and yields potassium. Hoelen is also known for being a diuretic and having antibacterial properties.

Uses: Hoelen can be used to treat kidney disease and lupus.

Doses: The mushroom can be consumed fresh or dried and can be made into a tea for medicinal purposes.

Warnings: Some side effects, such as upset stomach, can occur when taking this herb.