

Goal oriented diet plans & eating habits for your health & wellbeing

NUTRITION AIMED TO BOOST YOUR IMMUNE SYSTEM

NUTRITION
FOR YOUR
EVOLUTION



ADAPTOGENS

THESE HERBS CAN HELP MANAGE STRESS, WHICH IF UNCONTROLLED, MIGHT TRIGGER AN "ALLARM, RESISTANCE, EXHAUSTION" MECHANISM, RELEASE CORTISOL, WEAKEN THE IMMUNE SYSTEM:

- ASHWAGANDHA
- GINSENG
- HE SHOU WU
- ELEUTHERO
- PINE POLLEN
- TULSI (HOLLI BASIL)
- RHODIOLA
- MORINGA
- MACA
- SCHISANDRA
- ASTRAGALUS
- MACUNA



Ashwagandha

A potent antioxidant, excellent for enhancing athletic performance, endurance and exercise recovery. Supports optimal thyroid and adrenal function.



Ginseng

Boosts the immune system and increases overall energy. Improves mood, concentration & acts as a natural appetite suppressant.



He Shou Wu

Has longevity, anti-aging & beauty benefits. Builds healthy blood, nourishes the reproductive organs and increases sex drive.



Eleuthero

A remarkable herb with energy-enhancing and brain-boosting benefits. Boosts memory, improves focus, alertness and mental clarity.



Pine Pollen

Also known as a potent aphrodisiac, it is a mega source of bioavailable vitamins & minerals & a very energizing adaptogen!



Rhodiola

A great herb for increasing energy, vitality and stamina. It can help you burn belly fat.



Moringa

Improves overall nutrition due to its wide range of bioavailable vitamins and minerals. Moringa leaves have also shown to increase milk production in breastfeeding mothers.



Maca

Often used in treatment of PMS, menopause and rebuilding hormones post Pill. For men, it has shown to have positive effects on male fertility by improving sperm production.



Tulsi (Holy Basil)

Supports the health of beneficial microbes in the gut and can be used as a natural acne treatment.



Macuna Pruriens

Used to balance the nervous, reproductive and digestive systems. One of the best reproductive tonics for men and women as it supports normal fertility, healthy sperm and bolsters libido.



Schisandra Berry

Improves liver function and digestive health. It is considered a beauty tonic, bringing suppleness to the skin and shine to the hair. It also increases sexual function and stamina.



Astragalus

Has anti-aging and circulation-boosting capabilities. Helps make the immune system more effective without causing it to become overactive.

MUSHROOMS

THESE MUSHROOMS ARE ANTI INFLAMMATORY, ANTI-MICROBIAL, ANTI-BACTERIAL. PLUS, CORDYCEPS AND REISHI ARE ADAPTOGENIC. REISHI, CHANGA AND LION'S MANE CONTAIN THE GLUTATHIONE + ERGOTHIONEINE ANTIOXIDANTS



Reishi

Use it to boost your immune system, relieve stress/anxiety, feel more balanced and get deeper sleep.



Lion's Mane

Use it to optimize cognitive performance for working and studying.



Chaga

Use it to fight inflammation, support immunity and provide sustained energy.



Shiitake

Use in cooking for a delicious way to support a healthy heart and immune system!



Cordyceps

Use it to defy aging, provide long-lasting energy, improve athletic performance and speed up recovery.



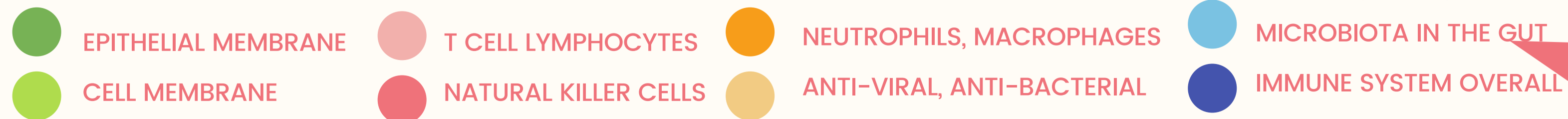
Turkey Tail

Use it to boost your immune system, fight disease and aid digestion.

- **REISHI**
- **LION'S MANE**
- **CHANGA**
- **SHIITAKE**
- **CORDYCEPS**
- **TURKEY TAIL**

TO STRENGTHEN THE IMMUNE SYSTEM

1. EXERCISE AND MASSAGE
2. NO SMOKE, NO ALCOHOL
3. FERMENTED FOOD, FIBER
4. FOREST WALKS, OMEGA-3
5. SELENIUM & ZINC
6. VITAMIN A, C, D & E
7. VITAMIN B6 & B12
8. COCONUT OIL, GARLIC
9. FISH OIL, QUERCITIN
10. CAYENNE, CINNAMON,
GINGER, TURMERIC, THYME
11. BUTTON MUSHROOMS

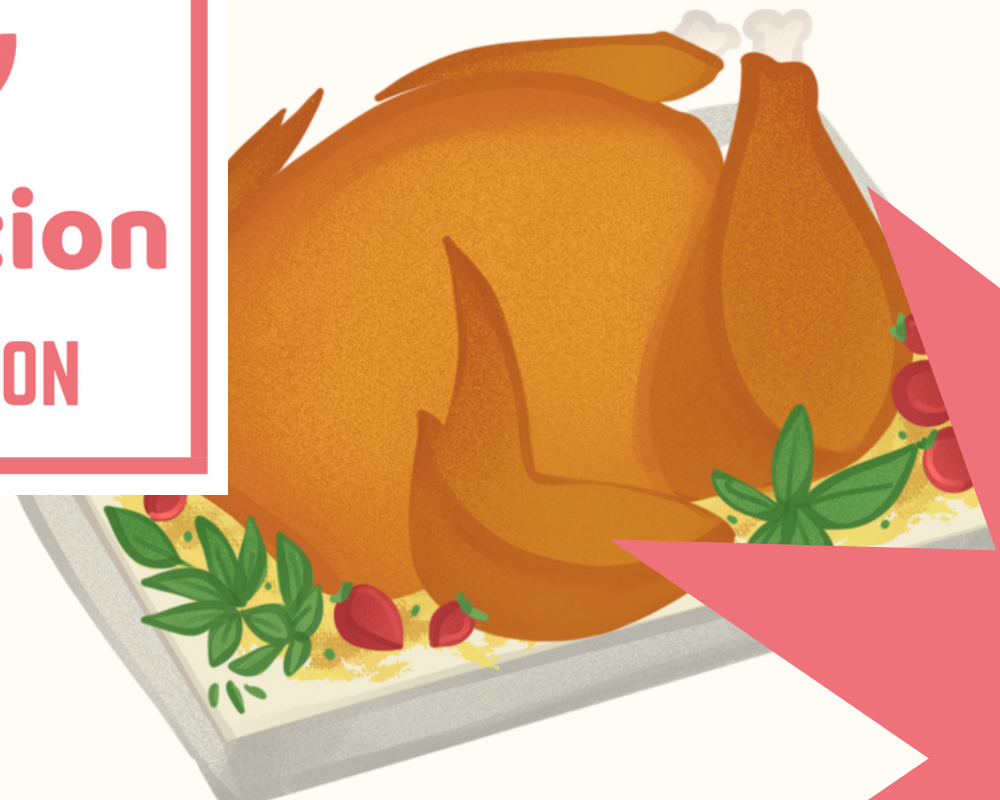
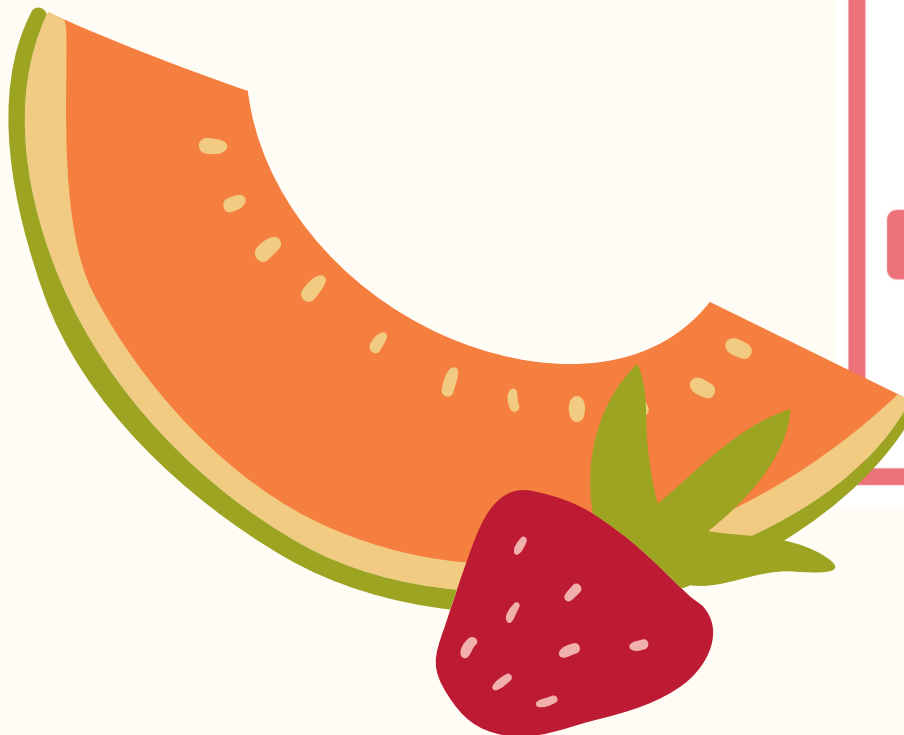




LET'S DO THIS!



THIS COURSE IS FOR EDUCATIONAL PURPOSES. PLEASE CONSULT YOUR PHYSICIAN TO VERIFY IF THE SUGGESTED DIET, EXERCISE, AND/OR LIFESTYLE CHANGES THAT WE PROPOSE ARE SUITABLE TO YOU, CONSIDERING YOUR HEALTH HISTORY AND PERSONAL CIRCUMSTANCES.




Evolution
NUTRITION