

5 Superfoods



-Spirulina – Blue green algae, reduces heavy metal, increase immunity, anti-cancer, anti-inflammatory, lowers bad cholesterol, reduces blood pressure, improves sinus issues, boosts energy

Serving Size – ½ tsp. – 1 tbsp.

-Gogi Berries – contains all major macronutrients, complete fat, protein, and carbs, 20 vitamins and minerals,

Clinical studies show – supports vision, immune function, improves memory, Potent anti –carcinogen,

Serving size – 2 tbsp. dried or 1 oz. by weight

-Chia Seeds – retains moisture, powerhouse of nutrition, contains healthy fats, High in fiber, antioxidants, (3 times more than blueberries), minerals, protein, Omega 3s, ounce for ounce 8 times more than salmon, helps promote weight loss, Sustained energy

Serving Size – 2 tbsp.

-Rishi mushroom powder –Boosts immunity, anti-cancer, helps reduce fatigue and depression, supports heart health, controls blood sugar, contains antioxidants

Serving Size – ½ - 1 tsp.

Maca – radish like root related to mustard family

True energy food, powerful adaptagen, helps balance stress, maintains equilibrium, Supports adrenal glands, balance hormones, and enhances energy without stimulating,

Increases oxygen in blood, and supports thyroid function which effects body's strength and stamina.

Improves chronic fatigue and anemia, reduces anxiety and stress, enhances fertility, Reduces cholesterol, normalizes hormones, increases libido

Serving Size – 1 tbsp. powder

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