



EST 2006

THE INTUITIVE BODY PROGRAMME

Intuitive Nutrition Recipes

Week 3:
Immune Health & Mastering Stress



Afternoon Healthy Habits

Try adding in one of these potent plant elixirs as an afternoon pick-me-up.



Potent Plant Elixirs

Potent Plants are botanical treasure chests of wisdom. Include them in your daily habits and you will feel a great shift in your overall general health and well-being. If they weren't effective why else would they have been used for decades in natural medicine systems? It is the most effective (and affordable) healthcare.

So, how do we use the ones we want every day?

Here we show you simple ways to add potent plant elixirs to your daily routine with these easy-to-make practical recipes.

DAILY MASTER MUSHROOMS

Soaring Free Master Mushrooms is a nootropic functional mushroom blend formulated to support the body with memory, immunity & focus

Lion's Mane + Cordyceps – advance mental clarity, focus & alertness + cognitive performance.

Chaga, Reishi, Maitake, Turkey Tail – balance mental & physical stress, builds immunity + enhances stamina & sleep.

DAILY MASTER ADAPTOGENS

Soaring Free Master Adaptogens is a functional adaptogenic complex formulated to assist with realigning imbalances caused by stress and revitalising the body's resilience.

Ashwagandha + Reishi + Gynostemma + Red Ginseng – powerful adaptogenic herbs known to nourish the adrenals, soothe the nerves, helps decrease biological sensitivity to stress & build resilience.

Triple Maca Blend: Yellow + Red + Black – improves blood circulation, boosts energy & supports the immune system and hormonal regulation.

Tip: Add 1 tsp of Master Mushrooms or Master Adaptogens to your hot drinks.



CONTINUE TO BUILD YOUR ROUTINE TO BUILD IMMUNITY AND MASTER YOUR STRESS



Wake up	Nutlify	Breakfast	Mid morning
500ml clean water and 10 spirulina tablets to cleanse	a glass of daily Master Greens to add minerals and vitamins	Chia breakfast bowl to nourish your gut	a cup of matcha tea for enhanced focus and concentration



Mid-afternoon: A brain-boosting Master Mushroom latte or a nerve-soothing Master Adaptogen Golden latte



NEUROLOGY NOURISHING RECIPES

Give your brain the fuel it needs to help you focus, be creative and get more done! We've included a couple of our favourite go-to recipe variations.

Master Mushroom Latte

A creamy mind-rejuvenating latte with brain-boosting botanicals

INGREDIENTS

300ml hot water
100ml coconut or plant-based milk
1 Tbsp Master Mushroom powder
1 tsp Maca Xpresso
Sweeten with honey to your desired taste

METHOD

Blend the ingredients together in a blender.



Master Mushrooms is loaded with Lion's Mane, considered nature's gift to your nervous system and has been used in traditional medicinal systems to reduce anxiety, regenerate nerve function and strengthen the immune system

Master Adaptogens Golden Latte

A creamy blend of 7-in-1 adaptogens + spiced up with anti-inflammatory turmeric.

INGREDIENTS

300ml hot water
100ml coconut milk or 2 Tbsp Coconut Creamer
2 tsp Master Adaptogens powder
1 tsp turmeric
1 Tbsp honey
Pinch of cinnamon

METHOD

Blend ingredients together and enjoy!





Potent Plant pick-me-up

INGREDIENTS

300ml hot water
100ml plant-based milk of choice
1 Tbsp Master Mushroom powder
1 tsp Master Adaptogen powder
2 tsp cacao powder
Honey to desired sweetness
1 small chunk of cacao butter

METHOD

Add all ingredients to a blender until smooth. Serve hot!



We love this pick-me-up hot drink. We sometimes add a shot of organic coffee to ours and we often reheat it and drink on it throughout the day.

Master Mushroom Garlic & Hemp sauce

INGREDIENTS

1 C hemp seeds
1 C warm water
2 ½ Tbsp Master Mushroom powder
1 – 2 cloves garlic
1 Tbsp Braggs liquid aminos
1 tsp honey
1 Tbsp lemon juice
Pinch of salt

METHOD

Blend all the ingredients in a blender and serve as a mushroom sauce to accompany any risotto, roasted vegetables or just about any meal you could imagine enjoying with a creamy medicinal mushrooms sauce.





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