

Title: Conversations

Subtitle: Superfoods for Feeling Good

Second Subtitle: Superfoods for Feeling Good

Author: wizanda

Date: 1619889611

URL: https://www.wizanda.com/modules/newbb/viewtopic.php?topic_id=24

Hemp = protein, and full omega range.

Maca root = hormone balancer.

Ashwagandha = testosterone producer.

Ginseng = natural steroid.

Certain mushrooms can fix depression by helping create new neural paths
mycelium creates a neural network in the forest.