

Title: Conversations

Subtitle: Superfoods for Feeling Good

Second Subtitle: Superfoods for Feeling Good

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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 pathways.
mycelium creates a neural network in the forest.