

Title: Conversations

Subtitle: Superfoods for Feeling Good

Second Subtitle: Re: Superfoods for Feeling Good

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Cacao = Increases anandamide - which makes us feel more content.

7 mushrooms (Reishi, Chaga, Shiitake, Maitake, Lion's Mane, Cordyceps, Vitamin B12, and numerous other chemicals that help the braincells & boost efficiency).