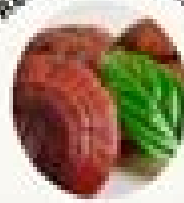


Chaga mushrooms



Reishi mushrooms



Lion's mane mushroom



Turkey tail mushrooms



Cordyceps mushrooms



# Adaptogen MUShrooms Tips Chicago

**Taylor Michelle Rnd Ph D**



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wellness regimen      **Beyond Coffee** James Beshara, Dan Engle, Katherine Haynes, 2019 When it comes to productivity there aren't many things we do today that we did 200 years ago. We send emails instead of post, drive cars instead of horse-drawn carriages and look up stuff on our phones instead of traveling a hundred miles to the nearest library. However, when it comes to our morning routines, 80 percent of the world consumes caffeine each day to wake them up and give them a boost for their daily tasks. Whether it's black tea or coffee, most of us consume the same ingredients we consumed 200 years ago without realizing two important facts. First, coffee beans and tea leaves are not the only sources of energy that nature provides us. Second, productivity is more than just wakefulness. It's energy, focus, creativity, decreased stress, and improved sleep among other things. What can nature, science, and global access to different ingredients tell us about optimal productivity? And which ingredients are scientifically proven to be effective and safe? Backed by over 240 scientific studies, *Beyond Coffee* is a simple guide that answers these questions.

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