

Top 5 Supplements That Turn Fatigue Into Vitality

1. Ashwagandha

This is my top herb recommendation for fatigue because it's not only good for fatigue, it also helps anxiety, sleep issues, and hormone imbalances that can accompany fatigue. This works great in a synergistic blend with other adaptogen herbs.

*Ashwagandha is contraindicated with Hashimoto's Thyroiditis.

2. Medicinal Mushrooms

Medicine mushrooms like reishi, cordyceps, chaga, and others have been used for thousands of years in Asia and Russia because they are so powerful. Many studies have demonstrated that medicinal mushrooms are anti-fatigue as well as antioxidant, anticancer, prebiotic, immuno-modulating, anti-inflammatory, cardiovascular, antimicrobial, and anti-diabetic health benefits.

[Get nerdy: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5584359/>]

3. Whole Food Based Vitamin C

Whole food based Vitamin C eliminates ascorbic acid that can be derived from GMO corn and is acidic to your stomach. Vitamin C is directly involved in the production of cortisol in your adrenals. So besides the other health benefits it carries (boosting your immune system, protecting from free radicals), Vitamin C is also an essential building block for the recovery of your adrenal glands.

4. American Ginseng

Ginseng can be used in the morning as a replacement for coffee because it gives clarity and focus. You can also use it to help with late afternoon dips. It's great when you're breaking bad sleep habits and need help with focus first thing in the morning. Don't take ginseng before bed, or if you have a cold, if you suffer from intense anxiety, or during the premenstrual phase of your menstrual cycle if you feel irritable.

Email me now (ronit@healingartsofmarin.com), and I'll set up an order for you with all my specific product recommendations AND do this because

I'm giving you a big 20% discount + free shipping.

Plus, get the added benefit of supporting a small business owner, <me>.

AND, I didn't forget about #5! This might be my favorite product of all time...

5. Superfood Powder

My favorite superfood product is a comprehensive organic superfood formula support vitality like no other. It's a beautiful, comprehensive blend of over 60 organic synergistic ingredients. It's got high mineral ocean seaweeds and algae, botanicals, enzyme rich sprouts, grasses, tonics, restoratives, and it's high in antioxidants. It provides sustained, vibrant energy; fosters mental clarity and focus; provides essential support for healthy aging, assists in purifying detoxification and cleansing; bridges nutritional gaps in your diet, supports a healthy immune response, improves tolerance to stress, and boosts athletic endurance and recovery. It's simply amazing and they've been making it since 1977!

This superfood is a *very special product*, so you have to email me to order it, but if you're doing the whole shebang above too, I will give you 20% off this one too! Email me: ronit@healingartsofmarin.com.