

A Luxurious and Ceremonial TURMERIC LATTE RECIPE

Turmeric is one of the most powerful anti-inflammatory ingredients and should be enjoyed regularly. There are fast and easy ways of getting a daily dose of turmeric, and on days when you can take the time, try this incredible recipe.

Our luxurious and ceremonial turmeric latte recipe works best when you make in two phases:

- First: Make your homemade almond milk, store overnight for up to two weeks.
- Second: Turn your homemade almond milk into an anti-inflammatory turmeric latte.

To turn your homemade almond milk into a TURMERIC LATTE:

- 1 Tbsp organic collagen
- 1 cup filter water
- ½ cup homemade almond milk
- ¼ tsp ground turmeric
- ¼ tsp ground cinnamon
- ¼ tsp ground ginger
- ½ tsp vanilla extract
- 1 tsp maple syrup
- 1 grind of black pepper

DIRECTIONS

1. Boil one cup of filtered water.
2. Add collagen, almond milk, and spices to an immersion blender.
3. Blend ingredients to get a nice frothy mixture. This will give you the latte effect.
4. Add hot water and give one more pulse.
5. Get cozied up and enjoy with a stainless-steel straw to prevent teeth staining.



For days when you need all the goodness of turmeric but don't have lots of time, we invite you to try this 'little yellow pill' with some truly amazing effects.

Turmeric is perhaps the most versatile healing spice in the world with over 800 experimentally confirmed health benefits. It may also represent the pharmaceutical industry's single most existential threat, given that the preliminary science signals turmeric is at least as effective as 14 drugs, with far less toxicological risk.

For example, turmeric is a remyelinating compound with proven nerve-regenerative effects.

Remyelinating compounds work to repair the protective sheath around the nerve bundle known as myelin, an area often damaged in autoimmune and vaccine-induced disorders.

The Western model of pharmaceutical intervention has created a culture that seeks to identify and isolate the "active ingredient" of an organic substance. What this fails to account for is that organic compounds often work in concert: isolates by themselves may lack a critical key that another plant element provides.

Protandim Nrf2 Synergizer

Benefits:

- Reduces oxidative stress by 40% in just 30 days
- Significantly reduces cellular stress through Nrf2 activation
- Produces enzymes capable of neutralizing more than 1,000,000 free radicals
- Supports the body's natural ability to repair and rejuvenate its own cells
- Helps the body detoxify genes and regulate its survival genes
- Helps neutralize more than 1,000,000 free radicals



The 'Little Yellow Activator', is one of the most groundbreaking insights into reducing oxidative stress, the cellular damage caused by free radicals. Protandim Nrf2 Synergizer is the only supplement shown to reduce oxidative stress by 40% in just 30 days. This finding is backed by over 30 independent studies conducted by institutions such as Harvard, Ohio State, and the American Journal of Physiology, among others.

Protandim Nrf2 Synergizer activates pathways to support your body's ability to produce antioxidants, reduce cellular stress, and repair your own cells. It is a powerful, patented, all-natural solution to support your body's wellness.



Turmeric Root

Used for 4,000 years in both Ayurvedic and Chinese cultures and shown to help fight cellular stress, maintain joint health, and aid digestion.



Ashwagandha

The "king of Ayurvedic herbs," an adaptogen with multiple benefits, including support for memory enhancement and restful sleep



Milk Thistle

Used for 2,000 years to support liver, kidney, and gallbladder function, and studies suggest it supports healthy detoxification.



Green Tea

Contains high concentration of powerful antioxidants and known to support healthy mental processes and cardiovascular health.



Bacopa

Known to promote cognitive abilities, concentration, and alertness, and studies suggest it provides strong cellular defense.