SUPERFOODS SONG



**Acai berry, acerola cherry, amla, alfalfa and aloe vera, ashwagandha root and asparagus too, astragalus , ayahuasca, bee pollen, blue green algae, brazil nut, burdock, cacao, cacti, camu berry, cat´s claw, chanca piedra, chilies of many kinds, chlorella, chia, cinnamon, cistanche, coca leaf, codonopsis, coconut water and meat, colostrum, deer antler, dunaliella algaes, eucommia bark, fulvic acid, ferments like, ciders, kefir, sauerkrauts, goji berry, grasses of the wild, ginkgo, ginseng, gotu kola, gynostemma leaf, he shou wu root, hemp seeds, horsetail, jujube, maca, marine phytoplanktons, medicinal mushrooms like, agaricus, chaga, more mushrooms include, cordyceps, lion´s mane, maitake, poria, reishi, shiitake, turkey tail, back to the M´s who doesn’t love milk thistle seeds! Mucuña, neem, nettle, noni and oatstraw, passion flower, pau d´arco, pearl, pine-MSM, quararibean flowers, rhemannia Oh!, rhodiola, royal jelly, sea vegetables like kelp, schizandra berry and shilajit, spirulina, spring water, tobacco, tulsi, vanilla and zeolite drinks. There´s thousands more to be discovered, in the wild world at large I do think! Let´s keep tryingthem all and healing more and more as we. Fill up our pantry and fill up our blender and make the most powerful superfood, superherb tasty longevity drinks!**

<https://www.youtube.com/watch?v=ZiXWxfduG84>