

super coffee (see weblink, MCT & Chaga)

Reboot Super Coffee.

- Add to your coffee shot (~ 150mg caff),
- ½ tsp MCT Oil,
- ¾ Tsp Chaga Extract,
- Goats Milk to taste (easily frothed),
- Ground cinnamon.

Please note – alternatives to coffee & caffeine are listed below.

Some coffee health benefits (in moderation).

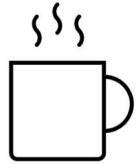
- ✓ Promote healthy ketosis (promotion of stored fat for energy),
- ✓ Brain & cognitive health,
- ✓ Heart health,
- ✓ Liver health.
- ✓ Appetite suppression.

Exceeding 300mg of caffeine daily has been shown to increase blood glucose and negate some health benefits.

See inclusion links & the daily vlogs for further confirming health benefits.

Why MCT (oil)?

- ✓ Zero spike in insulin – so naturally lowering healthy blood glucose.
- ✓ Super low gut inflammatory food response.
- ✓ Enduring appetite suppression (food fulfilment),
- ✓ Booming healthy ketosis, leading you towards your best body fat ratio, and,
- ✓ Enduring cognitive and athletic energy.
- ➔ My data and observation show that MCT inclusion is most beneficial when over 50 years. I will continue to practice MCT inclusion.



Why Chaga?

Data shows a likely,

- ✓ Super immune booster.
- ✓ Help in balancing blood glucose
- ✓ Help in inflammation.

Why Goats Milk?

- ✓ High in healthy MCT's.
- ✓ Lower in sugar
- ✓ High in Calcium.

Alternatives: Black tea, Green Tea, Masala Tea, and a dash of MCT, Milk of choice; ideally, A2, or boiling water & a slice of lemon/lime.

No, you do not need to drink coffee in the reboot program. Please choose an alternative listed above.