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W I L L ≈ C O L E
• The *Future* of Natural Healthcare •

The Inflammation Spectrum

ELIXIRS

Use these elixirs to calm inflammation and bring balance in the areas you need the most, based on your Inflammation Spectrum Quiz results.



LOVE ON THE BRAIN SMOOTHIE

Adaptogenic brain-boosting mushrooms meet the cognitive enhancing benefits of healthy fats and magnesium for the ultimate brain support.

Ingredients

- 1 cup full-fat coconut milk
- 2 tablespoons marine collagen powder
- 1 tablespoon extra-virgin coconut oil
- 1 teaspoon Lion's Mane Mushroom Powder
- 2 teaspoons magnesium powder
- 2 cups chopped kale
- ½ cup frozen organic berries

Directions

1. Combine the ingredients in a blender and blend until smooth.



GUT FEELING TEA

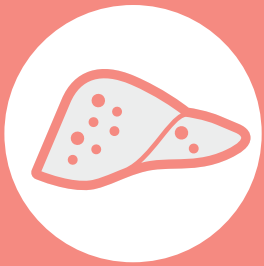
Calm and restore a damaged gut with a warm cup of tea made with soothing herbs like licorice root and slippery elm.

Ingredients

- 1 teaspoon organic Licorice Root Tea
- 2 cups purified water
- 1 teaspoon slippery elm powder

Directions

1. Pour 2 cups of water and Licorice Root Tea to teapot and boil. Strain. Stir in and dissolve the slippery elm powder.



SO FRESH, SO CLEAN ELIXIR

Support your liver – your body’s main detox organ – with red clover blossom and encourage healthy methylation and detox pathways with kale and spirulina in this delicious green elixir.

Ingredients

- ½ teaspoon red clover blossom powder
- 1 bunch of kale, chopped
- 1 teaspoon spirulina powder
- 1 small kiwifruit, peeled

Directions

1. Liquefy in a blender with water.



SUGAR, WE’RE GOIN DOWN TEA

Get off the blood sugar roller coaster and sip on this stabilizing adaptogenic mushroom and cinnamon tea instead.

Ingredients

- 1 serving reishi mushroom tea
- 1 teaspoon cinnamon

Directions

1. Pour 1 to 2 cups of hot water over the reishi tea. Let steep for 15 minutes.
2. Remove tea bag or strain herbs.
3. Stir in cinnamon and serve hot or pour over ice.



WE DIDN'T START THE FIRE GOLDEN MILK

Put out the fire of chronic pain with anti-inflammatory turmeric, healthy fats, and joint-supporting collagen.

Ingredients

- 1 cup full-fat coconut milk
- 1 teaspoon turmeric
- ½ teaspoon cinnamon
- 1 tablespoon collagen powder
- 1 tablespoon MCT Oil

Directions

1. Blend all ingredients well in a blender.
2. Pour into a saucepan and heat for 3 to 5 minutes over medium heat until warm.



IN THE MOOD ELIXIR

Trade in the mood ring for this balancing elixir made with hormone-supporting adaptogens like Schisandra and ashwagandha.

Ingredients

- 1 cup full-fat coconut milk
- 1 teaspoon cacao powder
- 1 teaspoon Schisandra powder
- 1 teaspoon ashwagandha powder
- 1/2 teaspoon cinnamon

Directions

1. Blend all the ingredients well in a blender.
2. Pour into a saucepan and heat for 3 to 5 minutes over medium heat until warm.



BETTER NOW SMOOTHIE

Revive your immune system and start to feel better with each sip of this refreshing smoothie made with immune-boosting ingredients like black cumin seed oil and elderberry.

Ingredients

- 1 cup coconut or water kefir
- 3 handfuls greens of choice
- 1 handful frozen berries of choice
- 1 teaspoon black cumin seed oil
- 2 tablespoons pure elderberry liquid supplement

Directions

1. Blend all ingredients in a blender until smooth.

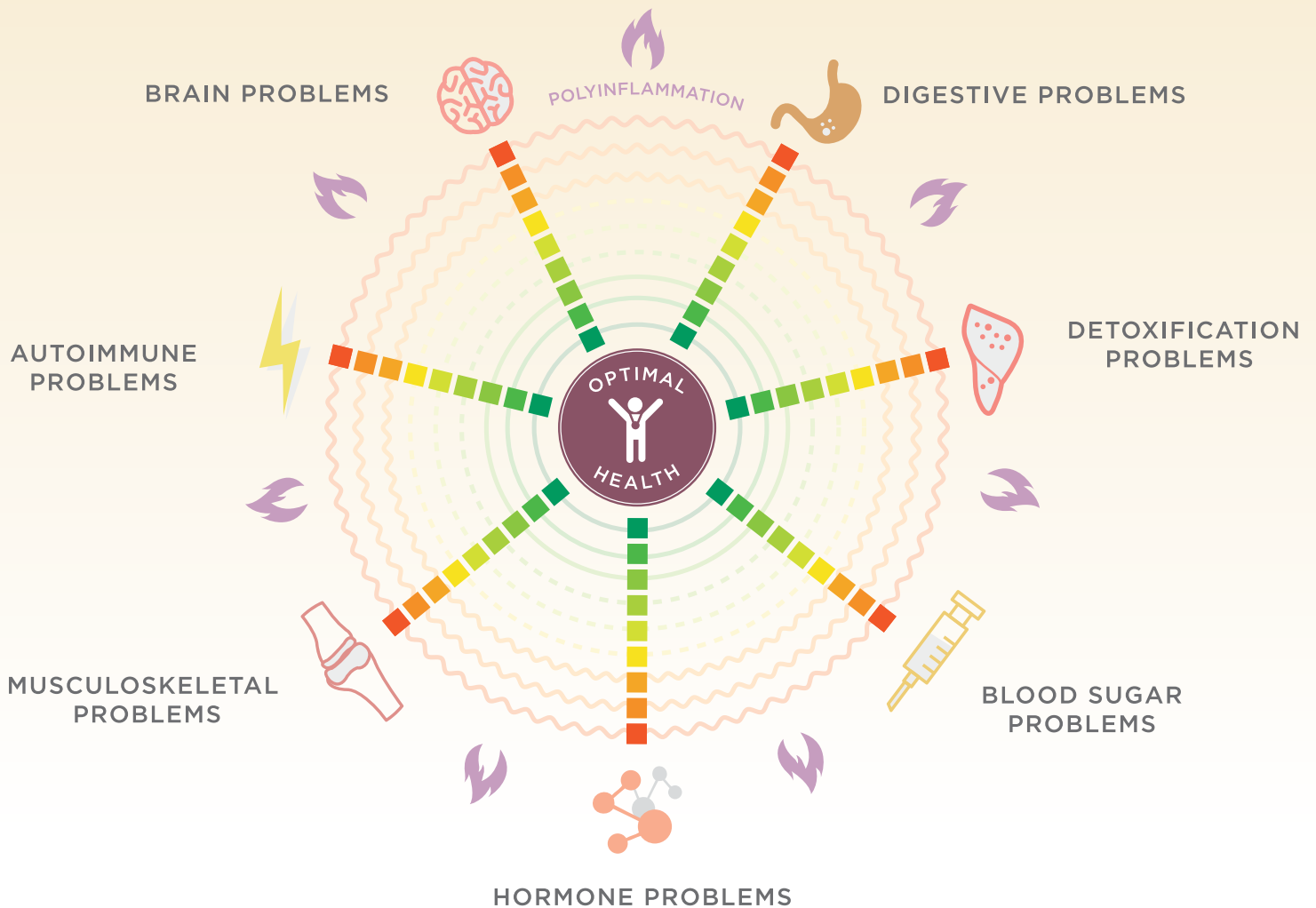


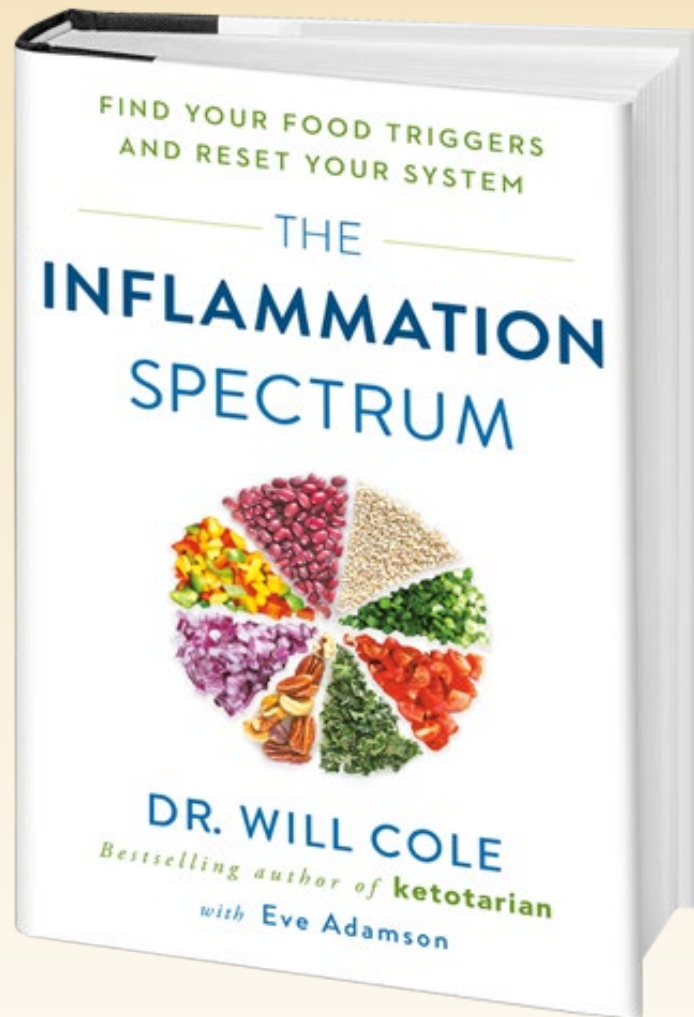
ARE YOU POLYINFLAMMATORY?

If you scored more than 8 in more than one system, you should consider yourself in the Polyinflammation category. Don't worry—many of my patients fall into this category. It means inflammation is more widespread in your system, but that is all the more reason to take action, and now, before it gets any worse!

Check out the next page to view the whole Inflammation Spectrum

The Inflammation Spectrum





The Inflammation Spectrum

FIND YOUR FOOD TRIGGERS AND RESET YOUR SYSTEM

To learn more about inflammation and how to discover your personal food triggers, reset your system, and begin overcoming your symptoms.

[Pre-Order Now!](#)

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