



Nine of the most essential superfoods for optimal vitality.

Curated by Justin Booth



JUSTIN BOOTH

VISIONARY LEADER | STRATEGIC THINKER | RELATIONSHIP BUILDER |
RECRUITER | SALES & MARKETING | PROBLEM SOLVER |
CONTRACT NEGOTIATOR | CONSCIOUS HEALTH

Justin Booth is the co-founder of Conscious Media Coalition, strategic partnerships at Collective Evolution, Ambassador for timicoin.io, founder of The Global Unity Project, CEO and founder of ISellGrass.com and co-founder of Crypto Booth.

Justin is a visionary leader, speaker and consultant, collaborating around the world with corporations, small business and entrepreneurs to assist them to “uplevel” their businesses through his extensive global network of resources.

With great passion and dedication, he provides guidance in all areas of business consulting, including research and development, marketing, sales, strategic alliances, customer acquisition management, operational efficiency, customer service and will act as a brand ambassador. As a driving force for collective global awareness, Justin also guides others to practices connected to mental and physical health, opening up the doors to optimize your human experience without pain and suffering.

CONTENTS



WHERE YOUR FOCUS GOES, YOUR ENERGY FLOWS.

justin booth



WHEAT GRASS

grasses are the
foundational
food for land
based life.
they are
singularly life
sustaining.

SINGULARLY LIFE
SUSTAINING FOOD

BEYOND ORGANIC AND
FIELD GROWN WITH
NON-GMO SEED

UNPASTEURIZED
AND FLASH FROZEN

VACUUM PACKED

GLUTEN FREE

ZERO HERBICIDES
AND PESTICIDES



The best wheatgrass is **grown outdoors** with full sun,
soil, air and natural rain.



10 FLUID OZS
PER PACKAGE

0.5 FLUID OZS
PER CUBE

QUICK & EASY USE

PACKAGING IS
BPA/DIOXIN FREE

HEAVY METALS TESTED

LAB TESTED SAFE FOR
THE WHOLE FAMILY

When choosing the right wheatgrass for you, look for
organic, raw, unpasteurized and flash frozen.



CHAGA



the king
of the
medicinal
mushrooms.

PREVENTS AND
FIGHTS CANCER

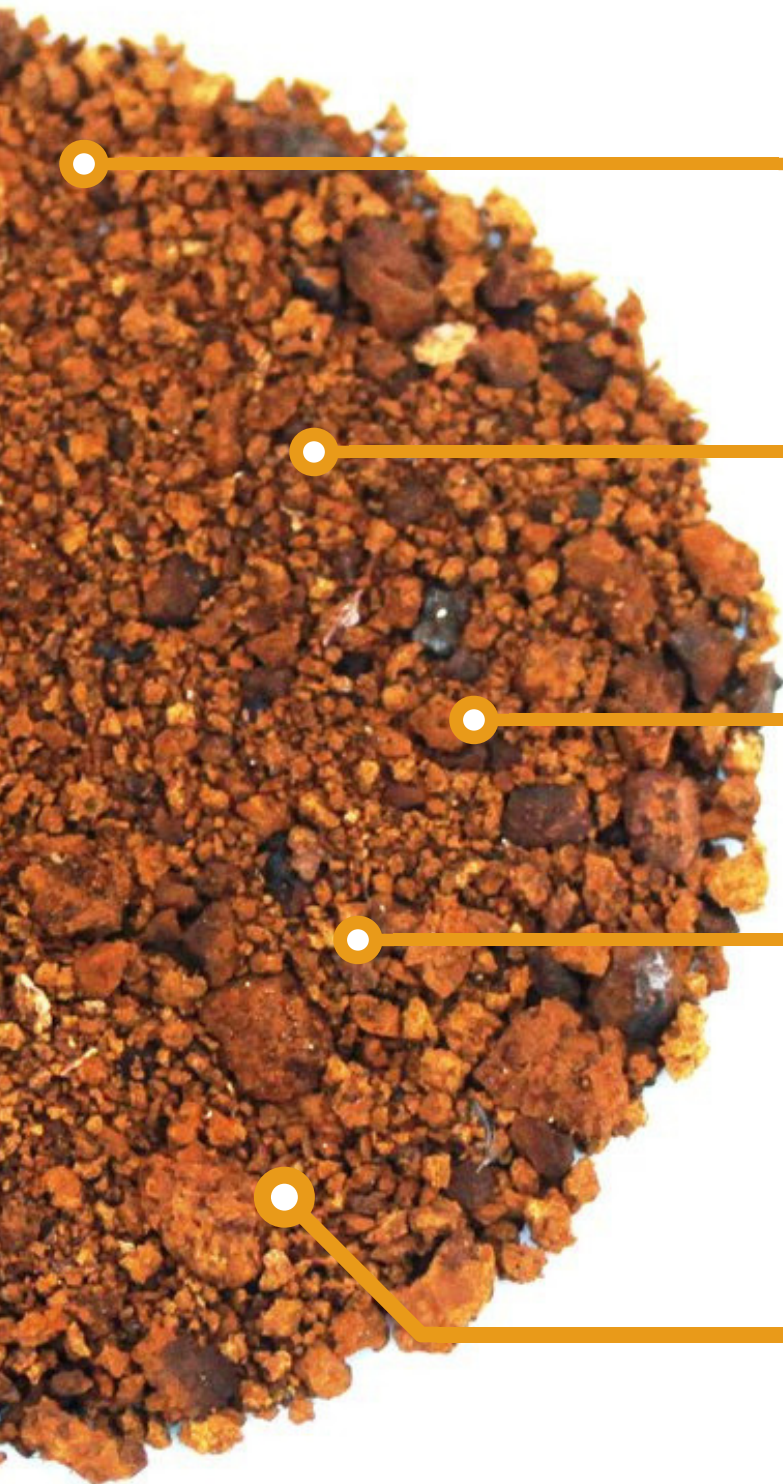
SLOWS AGING
PROCESS

LOWERS
CHOLESTEROL

IMPROVES
CARDIOVASCULAR
HEALTH



Chaga mushroom is an [adaptogen](#).
Adaptogenic plants and mushrooms help to bring the body back
into balance.



FIGHTS
INFLAMMATION

BALANCES BLOOD
SUGARS

ANTI-VIRAL

IMPROVES
CIRCULATION

BLOOD & LIVER
DETOXIFYING

Chaga is a **nutrient dense** superfood containing B and D vitamins, flavonoids, phenols, copper, calcium, potassium, manganese, zinc iron and enzymes



CBD OIL (HEMP)

naturally
occurring
non-psychoactive
component of
the hemp plant
(Cannabis Sativa).



HIGHLY ANTI-
INFLAMMATORY

LOWERS ANXIETY
AND STRESS

MAINTAINS
BRAIN HEALTH

REDUCES RISK OF
DIABETES & OBESITY

Full spectrum organic CBD oil works with our body's
Endocannabinoid system which is in charge of **maintaining**
harmony inside the body.



IMPROVES MOOD
DISORDERS

EXCELLENT
PAIN MANAGEMENT

RELIEVES SLEEP
DISORDERS

CANCER
FIGHTING



When choosing a CBD oil, look for a **full spectrum** variety as research shows it is more effective in its anti-inflammatory properties.



CBD SALVE



fragrance free,
medicine infused,
natural anti-
inflammatory
relief for stressed
and irritated skin

FIGHTS ARTHRITIC
JOINT PAIN

RELIEVES MUSCLE
SORENESS

IMPROVES
PSORIASIS AND
ECZEMA

EFFECTIVE ALMOST
IMMEDIATELY



Since the skin is the largest organ, applying the medicine topically acts as a useful molecular passageway for **quick absorption**.



EXCELLENT RELIEF
FOR CHRONIC PAIN

ACNE
PREVENTION

PROTECTS FROM
SUN DAMAGE

FIGHTS THE EFFECTS
OF AGING

Made with all natural **100% organic** ingredients: Shea butter, Beeswax, Coconut oil, Safflower seed oil, Vitamin E 16,000IU's, Cannabidiol oil and essential oil.



KRATOM

highly energizing
plant medicine
with a great
degree of
tranquility
towards the end.



INCREASES
ENERGY LEVELS

PAIN RELIVER

SEXUAL
STIMULANT

IMMUNE SYSTEM
BOOSTER



Kratom comes in a **green**, **red**, **white** variety with specific properties for each, ranging from harmonious balance of energy, relaxing state of mind, pain relief, and much more.



ADDICTION RECOVERY

REGULATES
INSULIN


BOOSTS
METABOLISM

REDUCES CHRONIC
STRESS, DEPRESSION
AND ANXIETY

Regular use of kratom can help addicts during the recovery period. It is one of the best solutions for people who wish to quit [opiates](#) and wish to experience withdrawal relief.



CACAO PASTE



raw cacao is a
flavonoid rich
superfood with
incredible
antioxidant
properties.

MOOD-ENHANCER

PROTECTS FROM
HEART DISEASE

PREVENTS
PREMATURE
AGING

NATURAL ENERGY
BOOSTER



Raw cacao is a **natural vasodilator** which opens up the blood vessels in the body that increases blood flow and improves the absorption of all nutrients.



BEAUTIFIES HAIR,
SKIN AND NAILS

IMPROVES
METABOLISM

ENHANCES BRAIN
FUNCTION

NATURAL WEIGHT
CONTROLLER

Cacao contains the mood improver, anandamide – known as the
bliss molecule which creates a feeling of euphoria.

A black and white photograph of several coconuts and palm fronds. The coconuts are in the foreground, with their husks and fronds visible. The palm fronds are long and curved, some in the background and some in the foreground. A bright green horizontal bar is overlaid across the middle of the image, containing the text 'COCONUT SUGAR' in white, bold, sans-serif capital letters.

COCONUT SUGAR



naturally low-
glycemic
sweetener that
satisfies but
doesn't spike up
blood sugar levels.

CONTAINS
LESS SUCROSE

SUITABLE FOR
DIABETICS

HIGH NUTRIENT
CONTENT

LOW GLYCEMIC
IMPACT



Being an **unrefined sugar**, coconut sugar retains its vitamins and minerals, which include vitamins C, B1 B2, B3, and B6, as well as calcium, iron, magnesium, potassium, and zinc.



HIGH IN
ELECTROLYTES

RICH IN
ANTIOXIDANTS

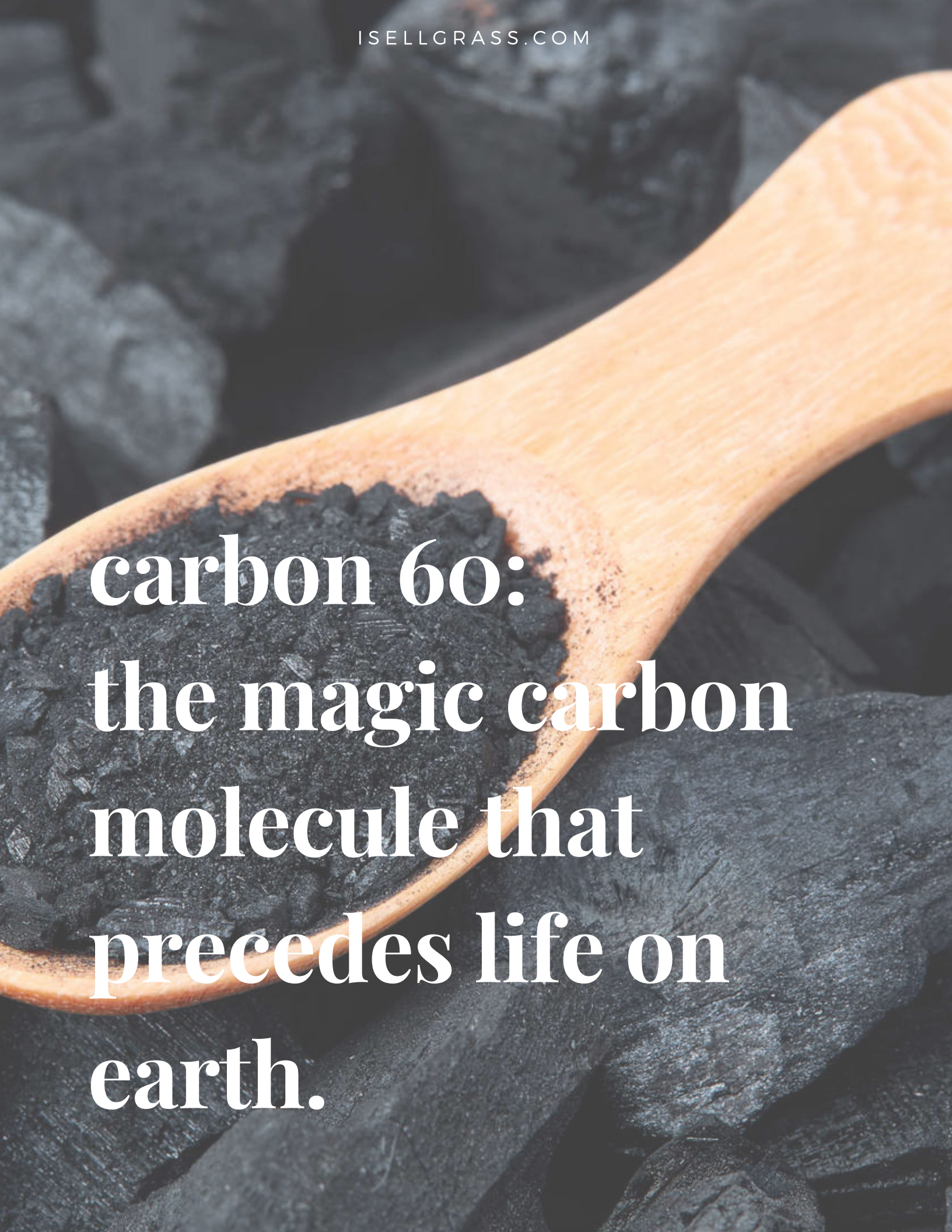
EARTH FRIENDLY

CONTAINS
HEALTHY FATS

Coconut sugar contains a fiber called inulin, which may slow glucose absorption and explain why coconut sugar has a **lower glycemic index** than regular table sugar.



C60

A close-up photograph of a light-colored wooden spoon filled with a fine, black, powdery substance, likely carbon. The spoon is resting on a dark, textured surface that appears to be a pile of charcoal or crushed carbon. The background is dark and out of focus, emphasizing the spoon and its contents.

carbon 60:
the magic carbon
molecule that
precedes life on
earth.

IMPROVES
LONGEVITY

PREVENTS
INFLAMMATION

PROTECTS FROM
DAMAGING UV RAYS

PREVENTS
OSTEOARTHRITIS



C60's incredible **molecular shape** is what gives it all of it's amazing properties, including being resistant to radiation, chemical corrosion and breakage under high pressure.



PROTECTS AGAINST
FREE RADICALS

KILLS VIRUSES

PROTECTS NERVES
FROM DYING

IMPROVES
METABOLISM

Carbon-60 readily reacts with other substances and is able to easily combine with just about any compound to **enhance its action**.



SHUNGITE CRYSTAL



a powerful
protection
tool from
electromagnetic
frequencies as
well as psychic
protection.

DETOXES AND
PURIFIES THE BODY

POWERFUL
PROTECTOR OF EMFS

SOOTHES
INSOMNIA

BOOSTS OVERALL
ENERGY



Shungite has the ability to **clean water** from almost of all organic compounds (including pesticides), metals, bacteria and harmful microorganisms.



RELIEVES STRESS
AND ANXIETY

CLEANSES AND
PURIFIES WATER

BOOSTS
MEDITATION FOCUS

PROTECTS THE
ENERGETIC BODY

Given its **EMF protection** capabilities, shungite stones can be placed next to your electronics—like your computer, microwave, cell phone and television.