

GUIDE TO MUSHROOMS

Mushroom Lifestyle Guide

Practical habits to maximize your results

Mushrooms work best when used consistently as part of a balanced lifestyle. This guide shows you how to build daily routines, choose the right mushrooms at the right time, and support your goals with simple, sustainable habits.

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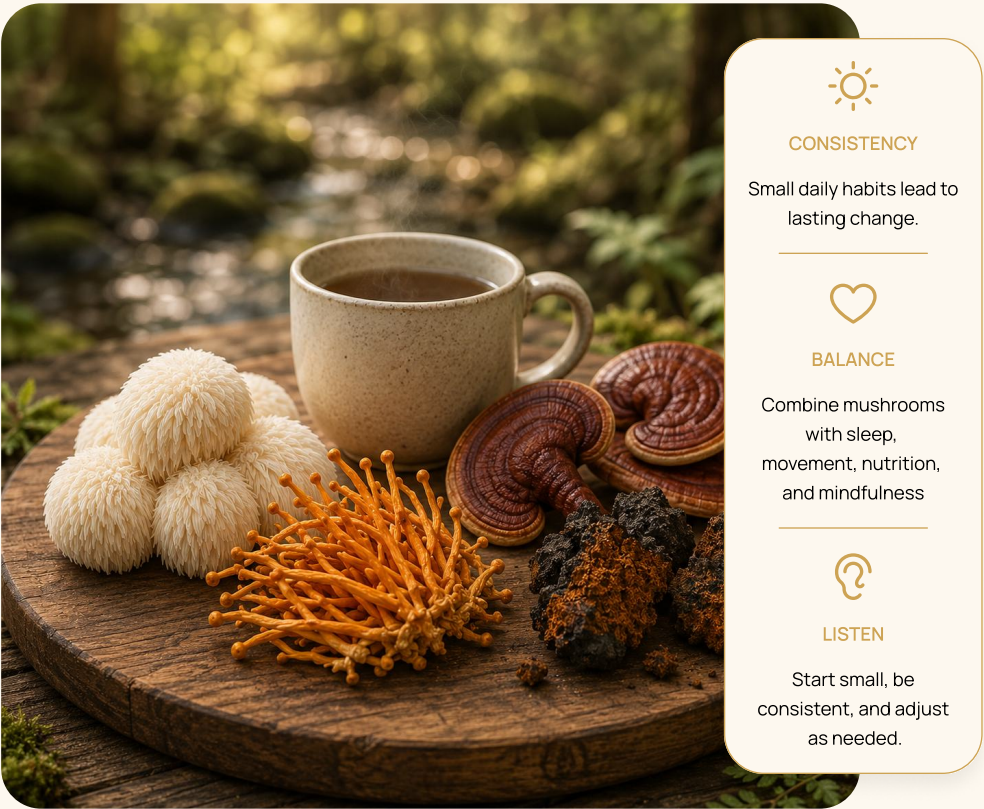
Daily Routines
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Best Times to Use
- 

Wellness Goals
- 

Lifestyle Integration
- 

Consistency Matters



CONSISTENCY

Small daily habits lead to lasting change.



BALANCE

Combine mushrooms with sleep, movement, nutrition, and mindfulness



LISTEN

Start small, be consistent, and adjust as needed.

BEST TIME TO USE

Use Each Mushroom with Intention

Different mushrooms support different rhythms. Match them to your day for the best results.

MORNING



Lion's Mane

Focus · Clarity · Memory

Kickstart your mind and set a positive tone.

DAYTIME



Cordyceps

Energy · Stamina · Drive

Support energy, endurance, and physical performance.

EVENING



Reishi

Calm · Balance · Sleep

Unwind, relax, and support restorative sleep.

ANYTIME



Chaga

Immunity · Protection · Gut

Daily support for immunity, digestion, and longevity.

WELLNESS GOALS

Support Your Whole Self

Choose the right mushroom or combination to align with your goals.



Focus & Mental Clarity

Lion's Mane + Reishi



Energy & Performance

Cordyceps + Reishi



Immunity & Resilience

Chaga + Reishi



Stress Relief & Balance

Lion's Mane + Reishi



Sleep & Recovery

Chaga + Reishi

DAILY HABIT FRAMEWORK

Build a Foundation That Lasts

Small, consistent actions create lasting wellness.



NOURISH

Eat whole, nutrient-dense foods.



MOVE

Move daily. Build strength. Increase vitality.



REST

Prioritize 7-8 hours of sleep and a consistent routine



FOCUS

Meditate and practice mindfulness.



REFLECT

Take the time to journal and celebrate small wins

STACK SMARTER

Combine for Greater Benefits

Many mushrooms work synergistically. Try these powerful combinations.



Lion's Mane

+



Cordyceps

=

Focus + Energy



Reishi

+



Lion's Mane

=

Calm + Clarity



Chaga

+



Reishi

=

Immunity + Balance



Cordyceps

+



Reishi

=

Stamina + Recovery



Lion's Mane

+



Reishi

+



Chaga

=

All-Around Wellness

TIPS FOR SUCCESS

Keep It Simple. Stay Consistent.

- Start with one mushroom
- Use daily for best results
- Use high-quality, fruiting body extracts
- Listen to your body
- Track your results
- Always follow the instructions

