



Soaring Free

# From Survive to Thrive

A FOUNDATIONAL GUIDE  
TO OPTIMAL HEALTH

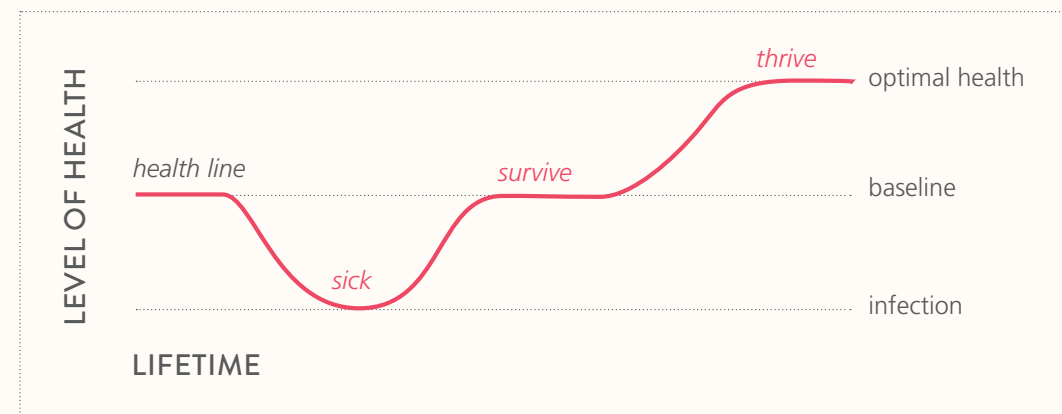


*An exploration of potent plants & healing foods  
from ancient cultures for daily use or as functional medicine.*



## Plant-Based Nutrition 101 Guide

There are a myriad of reasons why plant-based nutrition has come to the fore even more so over the past decade. Without delving into all the reasons why we'll focus on a few vital aspects, looking closely at the broad spectrum of nutrients and overall nutrition plants have to offer us, plus how we can access these nutrients to optimise our health.



### “SICK” INFECTION LEVEL

This is when the body has an infection and operates below its normal health baseline. During this phase, the body will typically go through 3 phases:

- Infection
- Inflammation
- Recovery back to baseline of health

### FROM SICK TO SURVIVE

You can support the body through these phases and accelerate recovery with the nutrition necessary for each phase. To boost the recovery process, focus on foods that strengthen the immune system, combat oxidative stress and inflammation. Also, avoid sugars because disease thrives on sugar and acidity.

### “SURVIVE” BASELINE HEALTH

This is your normal, day-to-day level of health when you are not sick. During this phase the body operates to keep all systems going and works hard to prevent infections. Gut health is fundamental for maintaining and improving your baseline level of health.

**BOOST YOUR BASELINE**

Raise your baseline level of health well above “survival” by eating a good balance of macronutrients, micronutrients and phytonutrients to strengthen your gut microbiome. Many of these nutrients are harder to come by in your daily diet. You’ll need to source these nutrients specifically from nutrient-dense superfoods and a variety of potent plants that you wouldn’t normally find in fresh produce or supermarkets (see source recommendation in figure: *Plant-based Nutrition 101 pyramid*).

**“THRIVE” OPTIMAL HEALTH**

This is when your body is functioning optimally. When your body operates on this level of health it’s not only more resilient to disease, but it recovers faster and operates efficiently to keep all internal, vital systems balanced for improved overall vitality and longevity.

**FROM SURVIVE TO THRIVE**

Raise your baseline level of health to “thrive” by adding functional foods to your diet that maintain a healthy gut microbiome and cover all 4 broad-spectrum nutrient bases (macronutrients, micronutrients, phytonutrients and functional, potent medicinal plants) to optimise the body’s functional systems for optimal wellbeing.

**Plant-based Nutrition 101 pyramid**

Build your foundation of health with these 3 nutrient bases for good gut health. These foods will build your gut health and boost your baseline level of health from “survive” to “thrive”.



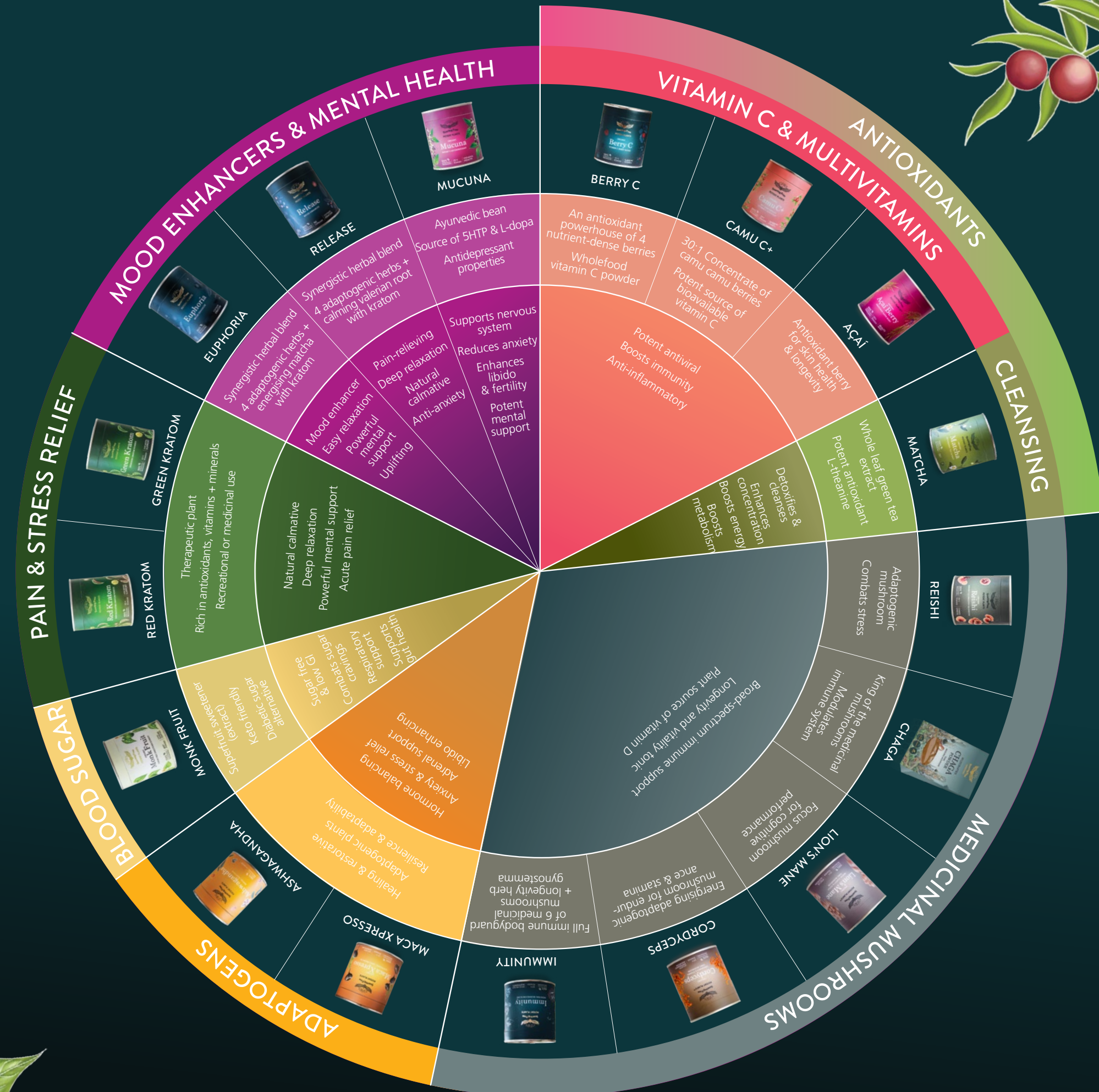
# Your guide to using functional & healing foods



## HOW TO USE

Use this as a practical guide to learn how to use potent plants.

- Simply find the category on the outer perimeter of the wheel to see which potent plants could support your needs
- Find the potent plant you're interested in and discover all the healing benefits it can offer



# Potent Plant Recipe Guide



## Peanut Butter Choc Reishi Potion

### INGREDIENTS

250ml hot almond milk  
2 tsp melted raw cacao butter  
(or a small chunk unmelted)  
1 Tbsp raw cacao powder  
½ tsp reishi powder  
¼ tsp ground cardamom  
a pinch of nutmeg  
1 Tbsp pure peanut butter  
a good pinch of pink Himalayan salt  
2 tsp pure maple syrup

### METHOD

Add all ingredients to a blender and blend until smooth. Serve while hot.



## Immunity Mucuna Hot Chocolate

### INGREDIENTS

2 C plant-based milk  
1/3 C coconut milk or coconut cream  
2 tsp mucuna powder  
2 tsp Immunity powder  
2 tsp melted cacao butter  
1/3 C raw cacao powder  
1 Tbsp cashew butter  
pinch of salt  
sweetener of choice

### METHOD

Blend everything together in a blender. Put into a small saucepan and simmer until warm. Done.



## Coconut Frozen Yoghurt

### INGREDIENTS

2 C plain coconut yoghurt  
½ C desiccated coconut  
1 tsp Berry C  
2 Tbsp freeze-dried blueberries, for serving (optional)

### METHOD

Add yoghurt, desiccated coconut and Berry C to a mixing bowl and stir to combine. Pour evenly into lolly moulds and set aside in the freezer for 1 hour. Remove from the freezer and gently push wooden sticks into the middle of the moulds and place back into the freezer 6-8 hours or overnight. Once set, remove from the freezer for a few minutes before removing from mould. Sprinkle over some crushed, freeze-dried blueberries and serve.



## Maca Xpresso Bites

Nibble on these melt-in-your-mouth peanut butter chocolate bites with adaptogenic Maca.

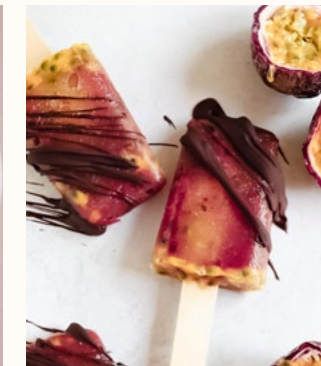
[GET RECIPE](#)



## Ashwagandha Bliss Balls

These easy snacks harness the power of ashwagandha to support your body when it needs a little lift.

[GET RECIPE](#)



## Passion Fruit Lollies

A delicious way to boost immunity with Berry C

[GET RECIPE](#)




## Immunity Hot Chocolate

A potent blend of 7 immune-supportive botanicals, paired with cacao.

[GET RECIPE](#)

# Essential Potent Plant *thrive* guide



Potent Plant	Açai	Ashwagandha	Berry C	Camu C+	Chaga	Cordyceps	Euphoria	Immunity	Kratom Green	Kratom Red	Lion's Mane	Maca XP	Matcha	Monk Fruit	Mucuna	Reishi	Release
anti-anxiety		●		●			●		●	●	●				●	●	●
adaptogenic		●			●	●	●	●				●	●			●	●
alkalising													●				
anti-inflammatory	●	●		●		●			●	●	●						●
antioxidants	●		●	●	●		●				●						●
brain health	●			●	●	●	●				●				●	●	●
colds & flu			●	●	●		●				●					●	●
concentration							●		●		●		●			●	●
cramps							●		●	●							●
depression		●		●			●		●	●	●		●		●	●	●
detoxifying													●				
digestion													●	●			
energy						●	●		●			●	●				
fatigue		●				●	●		●		●		●			●	●
gut health											●			●			
hormone support	●	●									●				●		
immune support	●		●	●	●	●		●			●					●	●
insomnia							●									●	●
libido						●	●		●	●		●			●	●	●
longevity	●	●			●	●		●					●		●	●	●
mental clarity				●			●		●		●		●				
mental health				●			●		●	●	●				●	●	●
muscular aches						●	●		●	●							●
pain relief							●		●	●							●
performance enhancement					●	●			●	●		●					
recovery		●			●	●										●	●
respiratory	●				●	●		●						●		●	●
restorative		●			●	●		●			●				●	●	●
skin health	●		●	●	●												
sleep aid									●	●						●	●
stress relief		●				●	●		●	●	●		●		●	●	●
upliftment							●		●			●			●	●	●
vitamin C	●		●										●				
vitamin D					●	●		●			●					●	
vitamin E	●																



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