

# TOP 10 SUPERFOODS THAT HELPED TRANSFORM MY HEALTH and VITALITY



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For over the last 6 years, I spent thousands of dollars on different Supplements and Superfoods during my quest for optimum health and transformation. I am going to save you a lot of time and money and give you the Top 10 Supplements & Superfoods to begin your transformation. These Foods Can Help You Increase Energy, Lose Fat, Fight Cravings, Boost Testosterone, and Improve Sleep!

1. Ashwagandha

Ashwagandha is a superfood that relieves stress. As an adaptogen, it helps the body find balance. It supports energy and focus. If you are stressed out, Ashwagandha can definitely help.

2. Maca

Maca is a root widely used to promote sexual health in both men and women. It can help balance hormones and increases energy. I have noticed an increase in energy and libido from taking Maca.

3. Apple Cider Vinegar

ACV has many health benefits, one being it helps with fat loss overtime by lowering insulin and blood sugar levels in your blood naturally. I also love the energy boost I get when I take a shot before a workout. Brags is my favorite brand.

4. Magnesium

I take a powdered magnesium supplement daily. Nowadays much of the soil in the US is magnesium and mineral deficient so magnesium supplementation is a must. Magnesium promotes relaxation, deeper sleep, and is great for reducing stress. I typically will take it at night when I want to relax.



## 5. Activated Charcoal

Activated charcoal is my go to supplement for detoxification and cleansing. It absorbs toxins as it goes through your digestive tract. I also recommend my clients take it when they are on cleanses to help prevent released toxins from getting into the bloodstream.

## 6. Tribulus

Tribulus Terrestris is a weed that has been shown to support increased levels of testosterone and performance. It is taken as an extract in capsule form or liquid.

## 7. Coconut Oil

Coconut oil is great for the skin and is my go to face and body moisturizer. It is a healthy fat and actually helps reduce excess fat, especially stubborn belly fat. I add a tablespoon to my smoothies and coffee.

## 8. Shilajit

There is a good reason Shilajit is called the destroyer of weakness. This tar like substance contains over 80 minerals and is a natural performance enhancer. Shilajit promotes testosterone levels and is extremely high in antioxidants which can slow aging.

## 9. Organifi Green Juice

Organifi Green Juice powder has over 10 different Superfoods such as the nutrient dense Moringa, and the stress killer, Ashwagandha. It also includes powerful greens such as chlorella and spirulina. Organifi is an incredible superfood powder and perfect for the office and on the go. Go to [www.organifishop.com](http://www.organifishop.com) Get 15% off your order with Promo Code "RYAN"

## 10. Cordyceps Mushrooms

With my coaching clients, I always recommend them to take medicinal mushrooms. The key benefits in myself and clients are stamina, faster recovery, anti inflammatory effects, and increased athletic performance. They are great for people who want that extra edge in their workouts and sports.



## Ready for your own transformation?

**CLICK HERE** Now to book a free 20-minute consultation with me and get more info on my transformational coaching programs.

- Fat Loss
- Anti-aging
- Stress Management
- Energy/Performance
- Mental Clarity
- Increase Natural Testosterone
- Bio Hacking



" I started Ryan's program January 1st, 2015 . I've lost over 70 pounds and still going. Besides learning about the right foods to eat, he educated me on how eating the highly processed foods negatively affects my mind and body. He ends the confusion and makes the processes easy to follow. Instead of just another diet, he helped me break the bad habits and create a healthy lifestyle to empower me for the rest of my life. Overall I feel great and I'm in the best shape I've ever been in. Thank you Ryan! "

**Mark Takacs, Owner at Raw Made Simple**



" I have been working with Ryan for almost two years. I went from 264lbs to 199lbs in four months. A year later I have kept off the fat weight and added about 10lbs of muscle. Ryan custom tailors a unique eating plan which makes up about 80-85% of weight loss. I have learned how eat well and correctly which is very important. Ryan is constantly checking in to keep me on track when I need a pick me up too. He's been a great mentor and coach. I highly recommend him! "

**Patrick Reeves, Creative Director at GROM USA**



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