

# Top 5 Superfoods of 2014

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## **Spirulina**

Best season of use: summer, spring

Best time of day: all

Cycle or Daily Tonic: cycle

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## **Cordyceps**

Best season of use: all

Best time of day: morning, midday

Cycle or Daily Tonic: tonic, adaptogen (but still recommend cycling off every now and then)

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## **Coconut oil**

Best season of use: late spring, summer

Best time of day: morning, midday

Cycle or Daily Tonic: tonic

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## **Chlorella**

Best season of use: all

Best time of day: morning, midday

Cycle or Daily Tonic: cycle

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## **Acai**

Best season of use: all

Best time of day: all

Cycle or Daily Tonic: tonic, adaptogen (but still recommend cycling off every now and then)

Note: Tonic means daily use can further enhance benefits.

\*Cycling can be seasonal or follow strategies like 3 weeks of use, 2 weeks off or 3 months of use, 1 month off, etc