

Welcome to the Brewsh 16-Week Cognition Wellness Cohort.

Welcome to the Brewsh 16-Week Cognition Wellness Cohort. This transformative journey, facilitated by Brewsh experts, is divided into four phases. In the Introduction phase, you'll start right away with engaging cognition games, gradually increasing your coffee intake, experimenting with additives, and incorporating healthy fats. In the Optimization and Stabilization phases you'll evaluate your cognitive improvements, integrate mindfulness practices, and explore the impact of coffee on learning new skills and finally in the Advanced phase you'll begin a comprehensive approach to enhancing cognitive function. By the end of the cohort, expect a sharper mind and brighter ideas, all while receiving weekly updates. Enjoy your path to enhanced cognition with Brewsh Coffee!

Why 16 Weeks?

The choice of 16 weeks as the optimal duration for seeing cognitive improvements is based on several factors:

1. Adaptation Period:

Our bodies need time to adapt to new substances. By the end of 16 weeks, consistent consumption allows for gradual adjustments and optimal utilization of the coffee's bioactive compounds.

2. Neuroplasticity:

The brain's ability to form and reorganize synaptic connections is crucial for cognitive enhancement. Over 16 weeks, neuroplasticity processes can kick in, leading to better memory, focus, and overall mental agility.

3. Cellular Regeneration:

Lion's Mane and Chaga mushrooms are rich in antioxidants and compounds that support cellular health. Given the natural turnover of brain cells, 16 weeks provides ample time for regeneration and repair.

Long-Term Effects: Cognitive improvements often manifest gradually. By the 16-week mark, you'll notice sustained benefits rather than short-term boosts.



16 Weeks at a Glance

Weeks 1-4: Introduction Phase

- Week 1: Start with one cup of Brewsh Coffee in the morning to assess tolerance. Memory tests begin.
- Week 2: Increase to two cups a day, one in the morning and one before lunch.
- Week 3: Maintain two cups a day, trying different brew methods like French press or espresso.
- Week 4: Continue with two cups a day.

Weeks 5-8: Optimization Phase

- Week 5: Experiment with adding turmeric or cinnamon to your morning coffee to enhance its neuroprotective benefits.
- Week 6: Continue to a maximum of two cups a day.
- Week 7: Begin pairing your coffee with a healthy fat like coconut oil or MCT oil to improve absorption and sustained energy.
- Week 8: Keep consistent with your coffee routine and increase the difficulty level.

Weeks 9-12: Stabilization Phase

- Week 9: Evaluate your cognitive improvements and adjust coffee intake.
- Week 10: Continue with two cups a day, ensuring you're not drinking coffee late in the day to avoid sleep disturbances.
- Week 11: Introduce mindfulness or meditation practices in the morning before your first cup.
- Week 12: Maintain your coffee intake, memory tests, and mindfulness practices.

Weeks 13-16: Advanced Phase

- Week 13: Start exploring the effects of coffee on learning new skills or languages.
- Week 14: Maintain all previous routines and add a social element by actively remembering a specific fact of facts of each of your closest friends and write them down.
- Week 15: Reflect on the cognitive benefits you've noticed and write them down.
- Week 16: Decide how you'll continue using coffee as a tool for mental cognition beyond this program. Send Brewsh your ideas and we will let you know if we include it in the next cohort.

Throughout the program, monitor how you feel and adjust accordingly. Some people may find that they need less coffee, while others might benefit from the upper recommended limit of two to four cups per day. It's also important to stay hydrated and maintain a balanced diet to support overall brain health. Enjoy your journey to enhanced cognition with Brewsh Coffee!

DAY 1: COHORT START:
(WEEK 1)

Let's begin with the perfectly brewed cup of Brewsh! Record as much information in the spaces provided to the left.

Type of machine: Drip Pour Over Other: _____

Type of Water: Tap Bottle Filtered

Cups of water: _____

Teaspoons of Brewsh: _____

Notes for today: _____

DAY 2: Memory Test 1
(WEEK 1)

Number Correct: _____

Your Score: _____

ALIGN RIGHT EDGE OF PAGE TO THIS LINE AND FOLD.

7	15	28
33	12	19
4	37	22

Excellent: E 9 Correct
 Better: B 8 Correct
 Good: G 7 Correct
 Ok: O 6 Correct
 Pass: P 0 - 5 Correct

DIRECTIONS:

1. Align right edge of to line and fold.
2. Focus on the filled grid for 30 seconds.
3. Cover and fill in the blank grid.
4. Record correct answers and chart your score. Do NOT repeat the test.

IMPORTANT: Only take the test once. Repeating it multiple times won't accurately measure any gains in cognition or focus.

DAY 3: Introduction phase:
(WEEK 1)

Stay with one cup of Brewsh today. Try to maintain a consistent time of day to drink your Brewsh.

Notes for today: _____

DAY 4 Memory Test 2
(WEEK 1)

Number Correct: _____

Your Score: _____

9	25	2
36	14	31
8	20	40

Excellent: E 9 Correct
 Better: B 8 Correct
 Good: G 7 Correct
 Ok: O 6 Correct
 Pass: P 0 - 5 Correct

DIRECTIONS:

1. Align right edge of to line and fold.
2. Focus on the filled grid for 30 seconds.
3. Cover and fill in the blank grid.
4. Record correct answers and chart your score. Do NOT repeat the test.

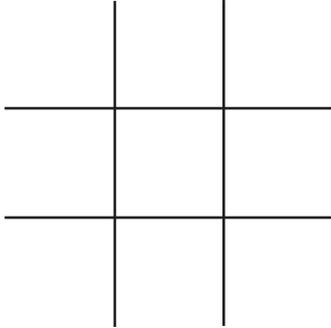
IMPORTANT: Only take the test once. Repeating it multiple times won't accurately measure any gains in cognition or focus.

DAY 5: Introduction phase:
(WEEK 1)

Stay with one cup of Brewsh today. Try to maintain a consistent time of day to drink your Brewsh.

Notes for today:

DAY 6: Memory Test 3
(WEEK 1)



Number Correct: _____

Your Score: _____

9	25	2
36	14	31
8	20	40

Excellent: E 9 Correct
 Better: B 8 Correct
 Good: G 7 Correct
 Ok: O 6 Correct
 Pass: P 0 - 5 Correct

DIRECTIONS:

1. Align right edge of to line and fold.
2. Focus on the filled grid for 30 seconds.
3. Cover and fill in the blank grid.
4. Record correct answers and chart your score. Do NOT repeat the test.

IMPORTANT: Only take the test once. Repeating it multiple times won't accurately measure any gains in cognition or focus.

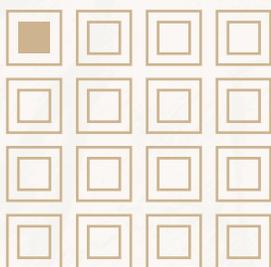
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DAY 7: Continue introduction phase:
(WEEK 1)

Stay with one cup of Brewsh today. Try to maintain a consistent time of day to drink your Brewsh.

Notes for today:

End of week: 1



Brazilian grown arabica coffee is special

Arabica coffee plants flourish at higher elevations, typically between 2,000 to 6,500 feet above sea level. The cooler temperatures and well-drained soils found at these altitudes are ideal for growing Arabica coffee. The slower maturation process at high altitudes allows the beans to develop more complex flavors and a higher concentration of sugars. This results in a coffee that is often described as having a balanced acidity, sweetness, and intricate flavor notes, which can include fruit, floral, and chocolatey undertones.



DAY 8: WEEK 2 START :
(WEEK 2)

It's time to add an additional serving of Brewsh! Monitor how you feel and go back to 1 serving if necessary.

Number of servings: 1 2

Notes for today:

DAY 9: Memory Test 4
(WEEK 2)

Number Correct: _____

Your Score: _____

ALIGN RIGHT EDGE OF PAGE TO THIS LINE AND FOLD.

23	10	38
6	29	13
24	1	34

Excellent: E 9 Correct
Better: B 8 Correct
Good: G 7 Correct
Ok: O 6 Correct
Pass: P 0 - 5 Correct

DIRECTIONS:

1. Align right edge of to line and fold.
2. Focus on the filled grid for 30 seconds.
3. Cover and fill in the blank grid.
4. Record correct answers and chart your score. Do NOT repeat the test.

IMPORTANT: Only take the test once. Repeating it multiple times won't accurately measure any gains in cognition or focus.

DAY 10: Introduction phase:
(WEEK 2)

Stay with 2 servings of Brewsh today. Monitor how you feel and go back to 1 serving if necessary.

Notes for today:

DAY 11 Memory Test 5
(WEEK 2)

Number Correct: _____

Your Score: _____

21	27	17
32	40	7
12	19	4

Excellent: E 9 Correct
Better: B 8 Correct
Good: G 7 Correct
Ok: O 6 Correct
Pass: P 0 - 5 Correct

DIRECTIONS:

1. Align right edge of to line and fold.
2. Focus on the filled grid for 30 seconds.
3. Cover and fill in the blank grid.
4. Record correct answers and chart your score. Do NOT repeat the test.

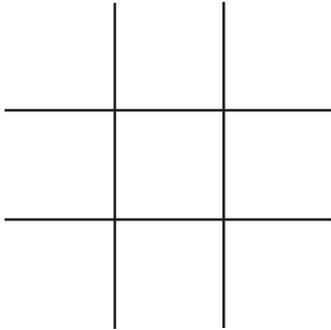
IMPORTANT: Only take the test once. Repeating it multiple times won't accurately measure any gains in cognition or focus.

DAY 12: Introduction phase:
(WEEK 2)

Stay with 2 servings of Brewsh today. Monitor how you feel and go back to 1 serving if necessary.

Notes for today:

DAY 13: Memory Test 6
(WEEK 2)



Number Correct: _____

Your Score: _____

8	20	37
22	9	25
2	36	14

Excellent: E 9 Correct
 Better: B 8 Correct
 Good: G 7 Correct
 Ok: O 6 Correct
 Pass: P 0 - 5 Correct

DIRECTIONS:

1. Align right edge of to line and fold.
2. Focus on the filled grid for 30 seconds.
3. Cover and fill in the blank grid.
4. Record correct answers and chart your score. Do NOT repeat the test.

IMPORTANT: Only take the test once. Repeating it multiple times won't accurately measure any gains in cognition or focus.

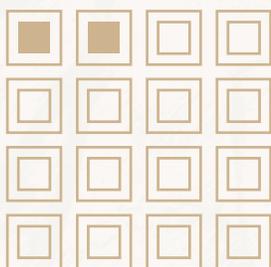
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DAY 14: Introduction phase:
(WEEK 2)

Stay with 2 servings of Brewsh today. Monitor how you feel and go back to 1 serving if necessary.

Notes for today:

End of week: 2



Lion's Mane offers brain cell growth and protection.

Lion's Mane mushrooms contain two special compounds: hericenones and erinacins. These bioactive substances stimulate the growth of brain cells. Animal studies suggest that Lion's Mane may help protect against Alzheimer's disease, a degenerative brain condition causing progressive memory loss. In mice, Lion's Mane extracts reduce memory loss symptoms and prevent neuronal damage caused by amyloid-beta plaques associated with Alzheimer's



DAY 15: WEEK 3 START:
(WEEK 3)

Experiment with a new way to Brewsh. Record the best ratio of water to ground for a consistent way to Brewsh!

Type of machine: Drip Pour Over Other: _____

Type of Water: Tap Bottle Filtered

Cups of water: _____

Teaspoons of Brewsh: _____

Notes for today: _____

DAY 16: Memory Test 7
(WEEK 3)

Number Correct: _____

Your Score: _____

ALIGN RIGHT EDGE OF PAGE TO THIS LINE AND FOLD.

3	16	35
18	5	30
11	26	39

Excellent: E 9 Correct
Better: B 8 Correct
Good: G 7 Correct
Ok: O 6 Correct
Pass: P 0 - 5 Correct

DIRECTIONS:

1. Align right edge of to line and fold.
2. Focus on the filled grid for 30 seconds.
3. Cover and fill in the blank grid.
4. Record correct answers and chart your score. Do NOT repeat the test.

IMPORTANT: Only take the test once. Repeating it multiple times won't accurately measure any gains in cognition or focus.

DAY 17: Introduction phase:
(WEEK 3)

Stay with the new way method for at least 1 week. You can always go back to the "old ways" on the 4th week.

Notes for today: _____

DAY 18 Memory Test 8
(WEEK 3)

Number Correct: _____

Your Score: _____

24	1	34
23	10	38
6	29	13

Excellent: E 9 Correct
Better: B 8 Correct
Good: G 7 Correct
Ok: O 6 Correct
Pass: P 0 - 5 Correct

DIRECTIONS:

1. Align right edge of to line and fold.
2. Focus on the filled grid for 30 seconds.
3. Cover and fill in the blank grid.
4. Record correct answers and chart your score. Do NOT repeat the test.

IMPORTANT: Only take the test once. Repeating it multiple times won't accurately measure any gains in cognition or focus.

DAY 19: Introduction phase:
(WEEK 3)

Stay with the new way method for at least 1 week. You can always go back to the “old ways” on the 4th week

Notes for today:

DAY 20: Memory Test 9
(WEEK 3)

Number Correct: _____

Your Score: _____

12	19	4
37	22	7
15	28	33

Excellent: E 9 Correct
Better: B 8 Correct
Good: G 7 Correct
Ok: O 6 Correct
Pass: P 0 - 5 Correct

DIRECTIONS:

1. Align right edge of to line and fold.
2. Focus on the filled grid for 30 seconds.
3. Cover and fill in the blank grid.
4. Record correct answers and chart your score. Do NOT repeat the test.

IMPORTANT: Only take the test once. Repeating it multiple times won't accurately measure any gains in cognition or focus.

ALIGN RIGHT EDGE OF PAGE TO THIS LINE AND FOLD.

DAY 21: Introduction phase:
(WEEK 3)

Stay with the new way method for at least 1 week. You can always go back to the “old ways” tomorrow.

Notes for today:

End of week: 3

■	■	■	□
□	□	□	□
□	□	□	□
□	□	□	□

Chaga mushroom have been used for centuries as medicine.

Chaga has been used as a traditional medicine in Russia and Northern European countries. It was grated into a fine powder and brewed as herbal tea. Nowadays, Chaga is available not only as a tea but also as a powdered or capsuled supplement and in your Brewsh coffee.



DAY 22: WEEK 4 START :
(WEEK 4)

Winding down the introduction phase. See if your focus and memory is improving. Make more adjustments to your cup of Brewsh.

Notes for today:

DAY 23: Memory Test 10
(WEEK 4)

Number Correct: _____

Your Score: _____

ALIGN RIGHT EDGE OF PAGE TO THIS LINE AND FOLD.

2	36	14
31	8	20
40	9	25

Excellent: E 9 Correct
 Better: B 8 Correct
 Good: G 7 Correct
 Ok: O 6 Correct
 Pass: P 0 - 5 Correct

DIRECTIONS:

1. Align right edge of to line and fold.
2. Focus on the filled grid for 30 seconds.
3. Cover and fill in the blank grid.
4. Record correct answers and chart your score. Do NOT repeat the test.

IMPORTANT: Only take the test once. Repeating it multiple times won't accurately measure any gains in cognition or focus.

DAY 24: Introduction phase:
(WEEK 4)

Stay with the new way method for at least 1 week. You can always go back to the "old ways" on the 4th week.

Notes for today:

DAY 25 Memory Test 11
(WEEK 4)

Number Correct: _____

Your Score: _____

11	26	39
3	16	35
18	5	30

Excellent: E 9 Correct
 Better: B 8 Correct
 Good: G 7 Correct
 Ok: O 6 Correct
 Pass: P 0 - 5 Correct

DIRECTIONS:

1. Align right edge of to line and fold.
2. Focus on the filled grid for 30 seconds.
3. Cover and fill in the blank grid.
4. Record correct answers and chart your score. Do NOT repeat the test.

IMPORTANT: Only take the test once. Repeating it multiple times won't accurately measure any gains in cognition or focus.

DAY 26: Introduction phase:
(WEEK 4)

Stay with the new way method for at least 1 week. You can always go back to the “old ways” on the 4th week

Notes for today:

DAY 27: Memory Test 12
(WEEK 4)

Number Correct: _____

Your Score: _____

6	29	13
24	1	34
23	10	38

Excellent: E 9 Correct
Better: B 8 Correct
Good: G 7 Correct
Ok: O 6 Correct
Pass: P 0 - 5 Correct

DIRECTIONS:

1. Align right edge of to line and fold.
2. Focus on the filled grid for 30 seconds.
3. Cover and fill in the blank grid.
4. Record correct answers and chart your score. Do NOT repeat the test.

IMPORTANT: Only take the test once. Repeating it multiple times won't accurately measure any gains in cognition or focus.

ALIGN RIGHT EDGE OF PAGE TO THIS LINE AND FOLD.

DAY 28: Introduction phase:
(WEEK 4)

Stay with the new way method for at least 1 week. You can always go back to the “old ways” tomorrow.

Notes for today:

End of week: 4

■	■	■	■
□	□	□	□
□	□	□	□
□	□	□	□

MD Natural Care offers a selected line of beneficial mushroom supplements.

- Cordyceps Mushrooms (for energy)
- Chaga Mushrooms (immunity booster)
- Lion's Mane Mushrooms (memory, focus, & brain health)
- Reishi Mushrooms (immune system)



Available at: mdnaturalcare.com

DAY 29: WEEK 5 START :
(WEEK5)

Time to optimize. Add some turmeric or turmeric supplements to your diet these 4 weeks.

Notes for today:

DAY 30:Memory Test 13
(WEEK 5)

Number Correct: _____

Your Score: _____

ALIGN RIGHT EDGE OF PAGE TO THIS LINE AND FOLD.

7	12	19
4	37	22
21	27	17

Excellent: E 9 Correct
Better: B 8 Correct
Good: G 7 Correct
Ok: O 6 Correct
Pass: P 0 - 5 Correct

DIRECTIONS:

1. Align right edge of to line and fold.
2. Focus on the filled grid for 30 seconds.
3. Cover and fill in the blank grid.
4. Record correct answers and chart your score. Do NOT repeat the test.

IMPORTANT: Only take the test once. Repeating it multiple times won't accurately measure any gains in cognition or focus.

DAY 31: Optimization phase:
(WEEK 5)

Continue turmeric or turmeric supplements to your diet. Monitor how you feel remove turmeric if necessary.

Notes for today:

DAY 32 Memory Test 14
(WEEK 5)

Number Correct: _____

Your Score: _____

32	40	8
20	9	25
2	36	14

Excellent: E 9 Correct
Better: B 8 Correct
Good: G 7 Correct
Ok: O 6 Correct
Pass: P 0 - 5 Correct

DIRECTIONS:

1. Align right edge of to line and fold.
2. Focus on the filled grid for 30 seconds.
3. Cover and fill in the blank grid.
4. Record correct answers and chart your score. Do NOT repeat the test.

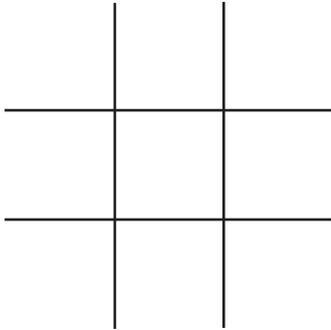
IMPORTANT: Only take the test once. Repeating it multiple times won't accurately measure any gains in cognition or focus.

DAY 33: Optimization phase:
(WEEK 5)

Continue turmeric or turmeric supplements to your diet. Monitor how you feel remove turmeric if necessary.

Notes for today:

DAY 34: Memory Test 15
(WEEK 5)



Number Correct: _____

Your Score: _____

31	18	5
30	11	26
39	3	16

Excellent: E 9 Correct
 Better: B 8 Correct
 Good: G 7 Correct
 Ok: O 6 Correct
 Pass: P 0 - 5 Correct

DIRECTIONS:

1. Align right edge of to line and fold.
2. Focus on the filled grid for 30 seconds.
3. Cover and fill in the blank grid.
4. Record correct answers and chart your score. Do NOT repeat the test.

IMPORTANT: Only take the test once. Repeating it multiple times won't accurately measure any gains in cognition or focus.

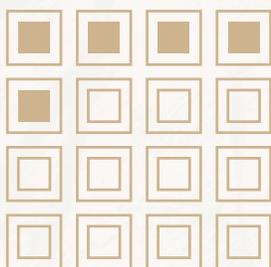
ALIGN RIGHT EDGE OF PAGE TO THIS LINE AND FOLD.

DAY 35: Optimization phase:
(WEEK 5)

Continue turmeric or turmeric supplements to your diet. Monitor how you feel remove turmeric if necessary.

Notes for today:

End of week: 5



Genetic Diversity means better flavor.

Arabica coffee has a rich genetic makeup, contributing to its vast array of flavors and aromas. This diversity is partly due to its complex origin, as it is a hybrid of two other coffee species, *Coffea canephora* (Robusta) and *Coffea eugenioides*. This complex genetic background makes Arabica coffee susceptible to diseases like coffee leaf rust and pests such as the coffee berry borer. However, this genetic variation also allows for a wide range of flavor profiles, making Arabica coffee more appealing to those who appreciate nuanced and sophisticated tastes.



DAY 36: WEEK 6 START:
(WEEK 6)

Time to optimize. Add some turmeric or turmeric supplements to your diet these 4 weeks.

Notes for today:

DAY 37: Memory Test 16
(WEEK 6)

Number Correct: _____

Your Score: _____

ALIGN RIGHT EDGE OF PAGE TO THIS LINE AND FOLD.

35	24	1
34	23	10
38	6	29

Excellent: E 9 Correct
 Better: B 8 Correct
 Good: G 7 Correct
 Ok: O 6 Correct
 Pass: P 0 - 5 Correct

DIRECTIONS:

1. Align right edge of to line and fold.
2. Focus on the filled grid for 30 seconds.
3. Cover and fill in the blank grid.
4. Record correct answers and chart your score. Do NOT repeat the test.

IMPORTANT: Only take the test once. Repeating it multiple times won't accurately measure any gains in cognition or focus.

DAY 38: Optimization phase:
(WEEK 6)

Continue turmeric or turmeric supplements to your diet. Monitor how you feel remove turmeric if necessary.

Notes for today:

DAY 39 Memory Test 17
(WEEK 6)

Number Correct: _____

Your Score: _____

13	12	19
4	37	22
7	15	28

Excellent: E 9 Correct
 Better: B 8 Correct
 Good: G 7 Correct
 Ok: O 6 Correct
 Pass: P 0 - 5 Correct

DIRECTIONS:

1. Align right edge of to line and fold.
2. Focus on the filled grid for 30 seconds.
3. Cover and fill in the blank grid.
4. Record correct answers and chart your score. Do NOT repeat the test.

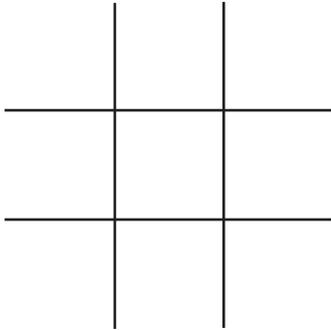
IMPORTANT: Only take the test once. Repeating it multiple times won't accurately measure any gains in cognition or focus.

DAY 40: Optimization phase:
(WEEK 6)

Continue turmeric or turmeric supplements to your diet. Monitor how you feel remove turmeric if necessary.

Notes for today:

DAY 41: Memory Test 18
(WEEK 6)



Number Correct: _____

Your Score: _____

ALIGN RIGHT EDGE OF PAGE TO THIS LINE AND FOLD.

33	2	36
14	31	8
20	40	9

Excellent: E 9 Correct
 Better: B 8 Correct
 Good: G 7 Correct
 Ok: O 6 Correct
 Pass: P 0 - 5 Correct

DIRECTIONS:

1. Align right edge of to line and fold.
2. Focus on the filled grid for 30 seconds.
3. Cover and fill in the blank grid.
4. Record correct answers and chart your score. Do NOT repeat the test.

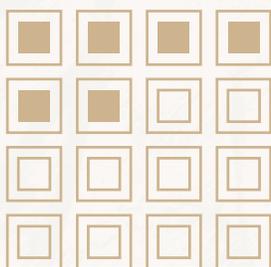
IMPORTANT: Only take the test once. Repeating it multiple times won't accurately measure any gains in cognition or focus.

DAY 42: Optimization phase:
(WEEK 6)

Continue turmeric or turmeric supplements to your diet. Monitor how you feel remove turmeric if necessary.

Notes for today:

End of week: 6



Lion's Mane has been know to offer relief from mild depression and anxiety.

Up to one-third of people in developed countries experience anxiety and depression. Lion's Mane mushroom extract has anti-inflammatory effects, which may reduce symptoms of anxiety and depression. Improved functioning of the hippocampus, a brain region involved in memories and emotions, could explain these benefits.



DAY 43: WEEK 7 START:
(WEEK 7)

Begin pairing your coffee with a healthy fat like coconut oil or MCT oil to improve absorption and sustained energy.

Notes for today:

DAY 44: Memory Test 19
(WEEK 7)

Number Correct: _____

Your Score: _____

ALIGN RIGHT EDGE OF PAGE TO THIS LINE AND FOLD.

25	3	16
35	18	5
30	11	26

Excellent: E 9 Correct
 Better: B 8 Correct
 Good: G 7 Correct
 Ok: O 6 Correct
 Pass: P 0 - 5 Correct

DIRECTIONS:

1. Align right edge of to line and fold.
2. Focus on the filled grid for 30 seconds.
3. Cover and fill in the blank grid.
4. Record correct answers and chart your score. Do NOT repeat the test.

IMPORTANT: Only take the test once. Repeating it multiple times won't accurately measure any gains in cognition or focus.

DAY 45: Optimization phase:
(WEEK 7)

Continue pairing your coffee with a healthy fat like coconut oil or MCT oil to improve absorption and sustained energy.

Notes for today:

DAY 46 Memory Test 20
(WEEK 7)

Number Correct: _____

Your Score: _____

39	24	1
34	23	10
38	6	29

Excellent: E 9 Correct
 Better: B 8 Correct
 Good: G 7 Correct
 Ok: O 6 Correct
 Pass: P 0 - 5 Correct

DIRECTIONS:

1. Align right edge of to line and fold.
2. Focus on the filled grid for 30 seconds.
3. Cover and fill in the blank grid.
4. Record correct answers and chart your score. Do NOT repeat the test.

IMPORTANT: Only take the test once. Repeating it multiple times won't accurately measure any gains in cognition or focus.

DAY 47: Optimization phase:
(WEEK 7)

Continue pairing your coffee with a healthy fat like coconut oil or MCT oil to improve absorption and sustained energy.

Notes for today:

DAY 48: Memory Test 21
(WEEK 7)

Number Correct: _____

Your Score: _____

7	12	19
4	37	22
21	27	17

Excellent: E 9 Correct
Better: B 8 Correct
Good: G 7 Correct
Ok: O 6 Correct
Pass: P 0 - 5 Correct

DIRECTIONS:

1. Align right edge of to line and fold.
2. Focus on the filled grid for 30 seconds.
3. Cover and fill in the blank grid.
4. Record correct answers and chart your score. Do NOT repeat the test.

IMPORTANT: Only take the test once. Repeating it multiple times won't accurately measure any gains in cognition or focus.

ALIGN RIGHT EDGE OF PAGE TO THIS LINE AND FOLD.

DAY 49: Optimization phase:
(WEEK 7)

How did you feel pairing your coffee with coconut oil or MCT oils? Did you feel sustained energy throughout your day?

Notes for today:

End of week: 7

■	■	■	■
■	■	■	□
□	□	□	□
□	□	□	□

Chaga mushroom immune boosting response.

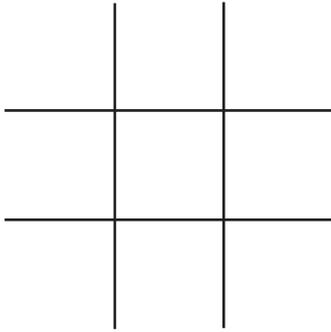
Chaga mushrooms contain a high concentration of beta-glucans, complex polysaccharides known for their immune-boosting properties. Beta-glucans stimulate the activity of macrophages, white blood cells that engulf and digest cellular debris and pathogens, enhancing the immune system's ability to detect and destroy invading bacteria, viruses, and fungi. Additionally, beta-glucans stimulate the production of cytokines, signaling molecules that regulate the intensity and duration of immune responses, further enhancing the body's defense mechanisms.



DAY 50: WEEK 8 START:
(WEEK 8)

Memory test assessment.
Are you experiencing any
differences in your focus
and memory retention. If
it's been too difficult or
too easy?
Go to Brewsh.com

DAY 51: Memory Test 22
(WEEK 8)

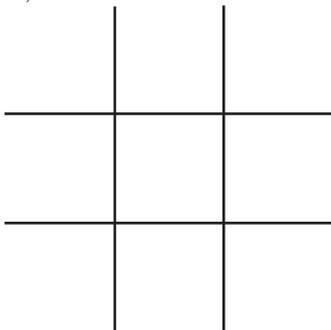


Number Correct: _____
Your Score: _____

DAY 52: Optimization phase:
(WEEK 8)

Easier and more difficult
memory tests are available
at Brewsh.com. This is the
best time to switch out.
Remember to continue
charting your results.

DAY 53: Memory Test 23
(WEEK 8)



Number Correct: _____
Your Score: _____

Notes for today:

ALIGN RIGHT EDGE OF PAGE TO THIS LINE AND FOLD.

32	40	8
20	9	25
2	36	14

Excellent: E 9 Correct
Better: B 8 Correct
Good: G 7 Correct
Ok: O 6 Correct
Pass: P 0 - 5 Correct

DIRECTIONS:

1. Align right edge of to line and fold.
2. Focus on the filled grid for 30 seconds.
3. Cover and fill in the blank grid.
4. Record correct answers and chart your score. Do NOT repeat the test.

IMPORTANT: Only take the test
once. Repeating it multiple times won't
accurately measure any gains in cognition
or focus.

Notes for today:

31	18	5
30	11	26
39	3	16

Excellent: E 9 Correct
Better: B 8 Correct
Good: G 7 Correct
Ok: O 6 Correct
Pass: P 0 - 5 Correct

DIRECTIONS:

1. Align right edge of to line and fold.
2. Focus on the filled grid for 30 seconds.
3. Cover and fill in the blank grid.
4. Record correct answers and chart your score. Do NOT repeat the test.

IMPORTANT: Only take the test
once. Repeating it multiple times won't
accurately measure any gains in cognition
or focus.

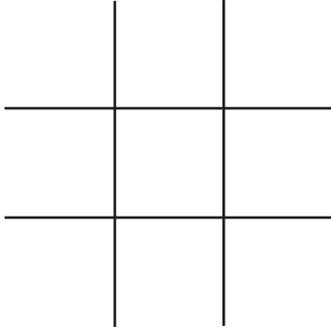
DAY 54: Optimization phase:
(WEEK 8)

Easier and more difficult memory tests are available at Brewsh.com. This is the best time to switch out. Remember to continue charting your results.

Notes for today:

Horizontal lines for notes.

DAY 55: Memory Test 24
(WEEK 8)



Number Correct: _____

Your Score: _____

35	24	1
34	23	10
38	6	29

Excellent: E 9 Correct
 Better: B 8 Correct
 Good: G 7 Correct
 Ok: O 6 Correct
 Pass: P 0 - 5 Correct

DIRECTIONS:

1. Align right edge of to line and fold.
2. Focus on the filled grid for 30 seconds.
3. Cover and fill in the blank grid.
4. Record correct answers and chart your score. Do NOT repeat the test.

IMPORTANT: Only take the test once. Repeating it multiple times won't accurately measure any gains in cognition or focus.

ALIGN RIGHT EDGE OF PAGE TO THIS LINE AND FOLD.

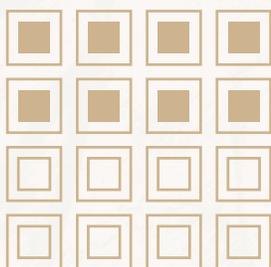
DAY 56: Optimization phase:
(WEEK 8)

Easier and more difficult memory tests are available at Brewsh.com. This is the best time to switch out. Remember to continue charting your results.

Notes for today:

Horizontal lines for notes.

End of week: 8



Stock up on Brewsh

We hope you're savoring the rich taste and experiencing the cognitive boost of Brewsh coffee! Brewsh not only delights your taste buds but also offers significant benefits for your cognitive and immune systems. To ensure you continue enjoying these benefits throughout the entire 16 weeks, we recommend keeping an eye on your supply. Depending on how strong you like your coffee, you might find yourself running out sooner than expected. Make sure to restock as needed so you can keep the benefits flowing and stay energized with Brewsh!



DAY 57: WEEK 9 START:
(WEEK 9)

Evaluate your cognitive wellness and adjust coffee intake to your personal assessment. Consider going back to 1 cup or increase the strength of your coffee.

Notes for today:

DAY 58: Memory Test 25
(WEEK 9)

Number Correct: _____

Your Score: _____

ALIGN RIGHT EDGE OF PAGE TO THIS LINE AND FOLD.

13	12	19
4	37	22
7	15	28

Excellent: E 9 Correct
Better: B 8 Correct
Good: G 7 Correct
Ok: O 6 Correct
Pass: P 0 - 5 Correct

DIRECTIONS:

1. Align right edge of to line and fold.
2. Focus on the filled grid for 30 seconds.
3. Cover and fill in the blank grid.
4. Record correct answers and chart your score. Do NOT repeat the test.

IMPORTANT: Only take the test once. Repeating it multiple times won't accurately measure any gains in cognition or focus.

DAY 59: Stabilization Phase:
(WEEK 9)

Easier and more difficult memory tests are available at Brewsh.com. This is the best time to switch out. Remember to continue charting your results.

Notes for today:

DAY 60: Memory Test 26
(WEEK 9)

Number Correct: _____

Your Score: _____

33	2	36
14	31	8
20	40	9

Excellent: E 9 Correct
Better: B 8 Correct
Good: G 7 Correct
Ok: O 6 Correct
Pass: P 0 - 5 Correct

DIRECTIONS:

1. Align right edge of to line and fold.
2. Focus on the filled grid for 30 seconds.
3. Cover and fill in the blank grid.
4. Record correct answers and chart your score. Do NOT repeat the test.

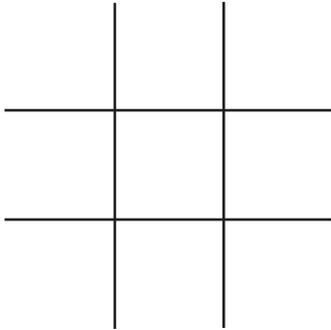
IMPORTANT: Only take the test once. Repeating it multiple times won't accurately measure any gains in cognition or focus.

DAY 61: Stabilization Phase:
(WEEK 9)

Easier and more difficult memory tests are available at Brewsh.com. This is the best time to switch out. Remember to continue charting your results.

Notes for today:

DAY 62: Memory Test 27
(WEEK 9)



Number Correct: _____

Your Score: _____

25	3	16
35	18	5
30	11	26

Excellent: E 9 Correct
 Better: B 8 Correct
 Good: G 7 Correct
 Ok: O 6 Correct
 Pass: P 0 - 5 Correct

DIRECTIONS:

1. Align right edge of to line and fold.
2. Focus on the filled grid for 30 seconds.
3. Cover and fill in the blank grid.
4. Record correct answers and chart your score. Do NOT repeat the test.

IMPORTANT: Only take the test once. Repeating it multiple times won't accurately measure any gains in cognition or focus.

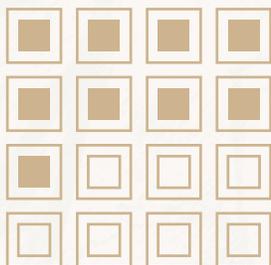
ALIGN RIGHT EDGE OF PAGE TO THIS LINE AND FOLD.

DAY 63: Stabilization Phase:
(WEEK 9)

Easier and more difficult memory tests are available at Brewsh.com. This is the best time to switch out. Remember to continue charting your results.

Notes for today:

End of week: 9



Less caffeine without sacrificing flavor.

Arabica coffee contains less caffeine than its counterpart, Robusta coffee. On average, Arabica beans have about 1.5% caffeine content, while Robusta beans contain around 2.7%. This lower caffeine content in Arabica coffee contributes to its smoother, milder taste and less bitterness. The reduced caffeine also means that Arabica coffee has a more subtle impact on the central nervous system, making it a preferred choice for those who may be sensitive to caffeine or who enjoy multiple cups throughout the day without experiencing jitteriness.



DAY 64: WEEK 10 START:
(WEEK 10)

Continue your new coffee intake. We recommend not drinking coffee late in the day to avoid sleep disturbances.

Notes for today:

DAY 65: Memory Test 28
(WEEK 10)

Number Correct: _____

Your Score: _____

ALIGN RIGHT EDGE OF PAGE TO THIS LINE AND FOLD.

39	24	1
34	23	10
38	6	29

Excellent: E 9 Correct
Better: B 8 Correct
Good: G 7 Correct
Ok: O 6 Correct
Pass: P 0 - 5 Correct

DIRECTIONS:

1. Align right edge of to line and fold.
2. Focus on the filled grid for 30 seconds.
3. Cover and fill in the blank grid.
4. Record correct answers and chart your score. Do NOT repeat the test.

IMPORTANT: Only take the test once. Repeating it multiple times won't accurately measure any gains in cognition or focus.

DAY 66: Stabilization Phase:
(WEEK 10)

Continue your new coffee intake. We recommend not drinking coffee late in the day to avoid sleep disturbances.

Notes for today:

DAY 67: Memory Test 29
(WEEK 10)

Number Correct: _____

Your Score: _____

7	12	19
4	37	22
21	27	17

Excellent: E 9 Correct
Better: B 8 Correct
Good: G 7 Correct
Ok: O 6 Correct
Pass: P 0 - 5 Correct

DIRECTIONS:

1. Align right edge of to line and fold.
2. Focus on the filled grid for 30 seconds.
3. Cover and fill in the blank grid.
4. Record correct answers and chart your score. Do NOT repeat the test.

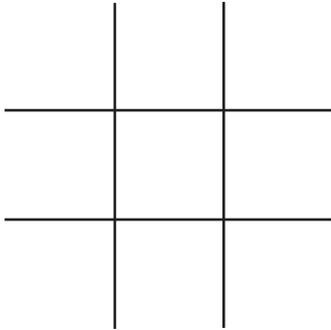
IMPORTANT: Only take the test once. Repeating it multiple times won't accurately measure any gains in cognition or focus.

DAY 68: Stabilization Phase:
(WEEK 10)

Continue your new coffee intake. We recommend not drinking coffee late in the day to avoid sleep disturbances.

Notes for today:

DAY 69: Memory Test 30
(WEEK 10)



Number Correct: _____

Your Score: _____

ALIGN RIGHT EDGE OF PAGE TO THIS LINE AND FOLD.

32	40	8
20	9	25
2	36	14

Excellent: E 9 Correct
 Better: B 8 Correct
 Good: G 7 Correct
 Ok: O 6 Correct
 Pass: P 0 - 5 Correct

DIRECTIONS:

1. Align right edge of to line and fold.
2. Focus on the filled grid for 30 seconds.
3. Cover and fill in the blank grid.
4. Record correct answers and chart your score. Do NOT repeat the test.

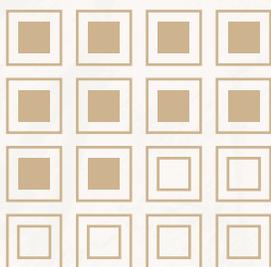
IMPORTANT: Only take the test once. Repeating it multiple times won't accurately measure any gains in cognition or focus.

DAY 70: Stabilization Phase:
(WEEK 10)

Continue your new coffee intake. We recommend not drinking coffee late in the day to avoid sleep disturbances.

Notes for today:

End of week: 10



Lion's Mane has been shown to enhance memory and focus,

Lion's Mane, has also been referred to as the "smart mushroom." Studies indicate that Lion's Mane stimulates the production of nerve growth factor (NGF), a protein crucial for the growth, maintenance, and survival of nerve cells, including brain cells. This stimulation of NGF production is believed to promote brain cell growth, leading to improved memory and enhanced focus. For those seeking a natural way to boost their cognitive abilities, Lion's Mane presents an intriguing option, offering a blend of traditional wisdom and modern scientific research.



DAY 71: WEEK 11 START:
(WEEK 11)

Introduce mindfulness or meditation practices in the morning before your first cup.

Notes for today:

DAY 72: Memory Test 31
(WEEK 11)

Number Correct: _____

Your Score: _____

ALIGN RIGHT EDGE OF PAGE TO THIS LINE AND FOLD.

31	18	5
30	11	26
39	3	16

Excellent: E 9 Correct
 Better: B 8 Correct
 Good: G 7 Correct
 Ok: O 6 Correct
 Pass: P 0 - 5 Correct

DIRECTIONS:

1. Align right edge of to line and fold.
2. Focus on the filled grid for 30 seconds.
3. Cover and fill in the blank grid.
4. Record correct answers and chart your score. Do NOT repeat the test.

IMPORTANT: Only take the test once. Repeating it multiple times won't accurately measure any gains in cognition or focus.

DAY 73: Stabilization Phase:
(WEEK 11)

Continue mindfulness or meditation practices in the morning before your first cup.

Notes for today:

DAY 74: Memory Test 32
(WEEK 11)

Number Correct: _____

Your Score: _____

35	24	1
34	23	10
38	6	29

Excellent: E 9 Correct
 Better: B 8 Correct
 Good: G 7 Correct
 Ok: O 6 Correct
 Pass: P 0 - 5 Correct

DIRECTIONS:

1. Align right edge of to line and fold.
2. Focus on the filled grid for 30 seconds.
3. Cover and fill in the blank grid.
4. Record correct answers and chart your score. Do NOT repeat the test.

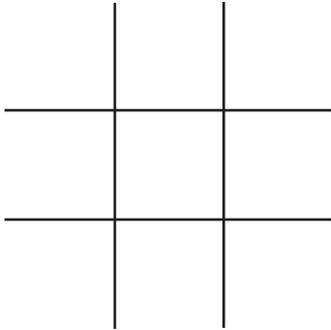
IMPORTANT: Only take the test once. Repeating it multiple times won't accurately measure any gains in cognition or focus.

DAY 75: Stabilization Phase:
(WEEK 11)

Continue mindfulness or meditation practices in the morning before your first cup.

Notes for today:

DAY 76: Memory Test 33
(WEEK 11)



Number Correct: _____

Your Score: _____

13	12	19
4	37	22
7	15	28

DIRECTIONS:

1. Align right edge of to line and fold.
2. Focus on the filled grid for 30 seconds.
3. Cover and fill in the blank grid.
4. Record correct answers and chart your score. Do NOT repeat the test.

IMPORTANT: Only take the test once. Repeating it multiple times won't accurately measure any gains in cognition or focus.

Excellent: E 9 Correct
 Better: B 8 Correct
 Good: G 7 Correct
 Ok: O 6 Correct
 Pass: P 0 - 5 Correct

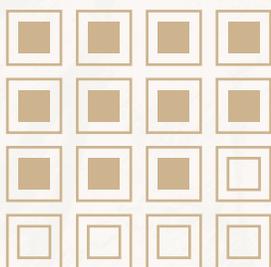
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DAY 77: Stabilization Phase:
(WEEK 11)

Continue mindfulness or meditation practices in the morning before your first cup.

Notes for today:

End of week: 11



Chaga has anti-inflammation properties.

Chronic inflammation can lead to autoimmune diseases and weaken immune function. Chaga mushrooms contain anti-inflammatory compounds like betulinic acid, inotodiol, and ergosterol peroxide, which inhibit pro-inflammatory cytokines and enzymes like COX-2. This reduces inflammation, prevents immune overactivity against the body's tissues, and promotes immune health while lowering the risk of inflammatory diseases.



DAY 78: WEEK 12 START:
(WEEK 12)

Continue updated coffee intake and mindfulness or meditation practices before your first cup.

Notes for today:

DAY 79: Memory Test 34
(WEEK 12)

Number Correct: _____

Your Score: _____

ALIGN RIGHT EDGE OF PAGE TO THIS LINE AND FOLD.

33	20	9
25	2	13
12	19	4

Excellent: E 9 Correct
 Better: B 8 Correct
 Good: G 7 Correct
 Ok: O 6 Correct
 Pass: P 0 - 5 Correct

DIRECTIONS:

1. Align right edge of to line and fold.
2. Focus on the filled grid for 30 seconds.
3. Cover and fill in the blank grid.
4. Record correct answers and chart your score. Do NOT repeat the test.

IMPORTANT: Only take the test once. Repeating it multiple times won't accurately measure any gains in cognition or focus.

DAY 80: Stabilization Phase:
(WEEK 12)

Continue updated coffee intake and mindfulness or meditation practices before your first cup.

Notes for today:

DAY 81: Memory Test 35
(WEEK 12)

Number Correct: _____

Your Score: _____

2	36	14
31	8	20
40	9	25

Excellent: E 9 Correct
 Better: B 8 Correct
 Good: G 7 Correct
 Ok: O 6 Correct
 Pass: P 0 - 5 Correct

DIRECTIONS:

1. Align right edge of to line and fold.
2. Focus on the filled grid for 30 seconds.
3. Cover and fill in the blank grid.
4. Record correct answers and chart your score. Do NOT repeat the test.

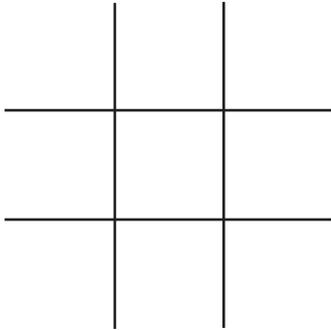
IMPORTANT: Only take the test once. Repeating it multiple times won't accurately measure any gains in cognition or focus.

DAY 82: Stabilization Phase:
(WEEK 12)

Continue mindfulness or meditation practices in the morning before your first cup.

Notes for today:

DAY 83: Memory Test 36
(WEEK 12)



Number Correct: _____

Your Score: _____

11	26	39
3	16	35
18	5	30

Excellent: E 9 Correct
 Better: B 8 Correct
 Good: G 7 Correct
 Ok: O 6 Correct
 Pass: P 0 - 5 Correct

DIRECTIONS:

1. Align right edge of to line and fold.
2. Focus on the filled grid for 30 seconds.
3. Cover and fill in the blank grid.
4. Record correct answers and chart your score. Do NOT repeat the test.

IMPORTANT: Only take the test once. Repeating it multiple times won't accurately measure any gains in cognition or focus.

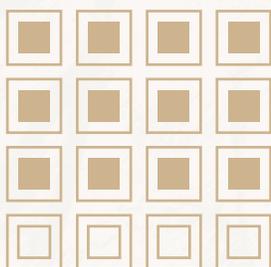
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DAY 84: Stabilization Phase:
(WEEK 12)

Continue mindfulness or meditation practices in the morning before your first cup.

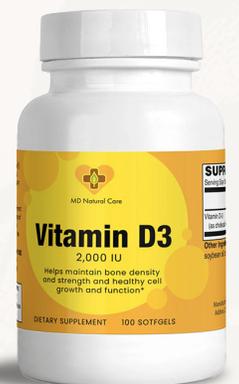
Notes for today:

End of week: 12



Add Vitamin D3 to your daily routine.

MD Natural Care's Vitamin D3 supplement is a vital addition to your daily routine, supporting the growth and development of strong bones and teeth. Beyond its skeletal benefits, Vitamin D3 also plays a crucial role in the functioning of muscles, helping them perform at their best. Moreover, it contributes to boosting energy levels throughout the body, ensuring you stay active and vitalized throughout your day.

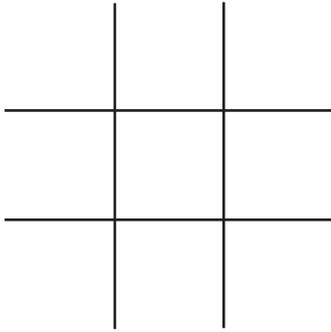


DAY 85: WEEK 13 START:
(WEEK 13)

The final phase! It's time to push your limits. It's time to learn a new skill or language. Be adventurous!

Notes for today:

DAY 86: Memory Test 37
(WEEK 13)



Number Correct: _____

Your Score: _____

ALIGN RIGHT EDGE OF PAGE TO THIS LINE AND FOLD.

6	29	13
24	1	34
23	10	38

Excellent: E 9 Correct
Better: B 8 Correct
Good: G 7 Correct
Ok: O 6 Correct
Pass: P 0 - 5 Correct

DIRECTIONS:

1. Align right edge of to line and fold.
2. Focus on the filled grid for 30 seconds.
3. Cover and fill in the blank grid.
4. Record correct answers and chart your score. Do NOT repeat the test.

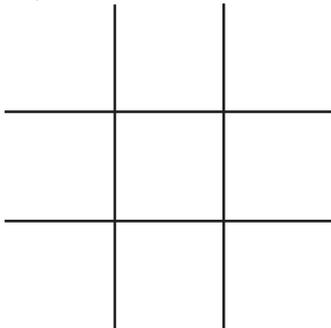
IMPORTANT: Only take the test once. Repeating it multiple times won't accurately measure any gains in cognition or focus.

DAY 87: Advanced Phase:
(WEEK 13)

Continue learning a new skill or language. You can do it!

Notes for today:

DAY 88: Memory Test 38
(WEEK 13)



Number Correct: _____

Your Score: _____

7	12	19
4	37	22
21	27	17

Excellent: E 9 Correct
Better: B 8 Correct
Good: G 7 Correct
Ok: O 6 Correct
Pass: P 0 - 5 Correct

DIRECTIONS:

1. Align right edge of to line and fold.
2. Focus on the filled grid for 30 seconds.
3. Cover and fill in the blank grid.
4. Record correct answers and chart your score. Do NOT repeat the test.

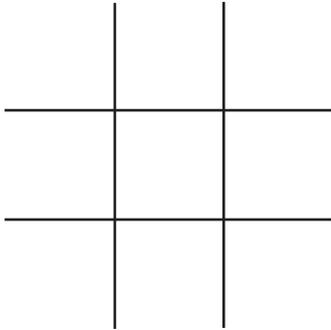
IMPORTANT: Only take the test once. Repeating it multiple times won't accurately measure any gains in cognition or focus.

DAY 89: Advanced Phase:
(WEEK 13)

Continue learning a new skill or language. You can do it!

Notes for today:

DAY 90: Memory Test 39
(WEEK 13)



Number Correct: _____

Your Score: _____

32	40	8
20	9	25
2	36	14

Excellent: E 9 Correct
 Better: B 8 Correct
 Good: G 7 Correct
 Ok: O 6 Correct
 Pass: P 0 - 5 Correct

DIRECTIONS:

1. Align right edge of to line and fold.
2. Focus on the filled grid for 30 seconds.
3. Cover and fill in the blank grid.
4. Record correct answers and chart your score. Do NOT repeat the test.

IMPORTANT: Only take the test once. Repeating it multiple times won't accurately measure any gains in cognition or focus.

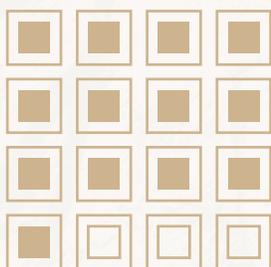
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DAY 91: Advanced Phase:
(WEEK 13)

Continue learning a new skill or language. Quick assessment on how you did. Decide to continue or hold off.

Notes for today:

End of week: 13



Broaden your flavor spectrum with Brewsh.

Arabica coffee is renowned for its wide flavor spectrum, influenced by factors like region, altitude, climate, and processing methods. The beans can exhibit an array of flavor notes, from sweet and fruity to floral and nutty. Ethiopian Arabica coffee is bright and floral/fruity, while Colombian Arabica is balanced with hints of caramel and chocolate. These diverse profiles make Arabica a favorite among specialty coffee enthusiasts, who seek unique and high-quality beans for distinct coffee experiences.



DAY 92: WEEK 14 START:
(WEEK 14)

It's time to add a social element. Actively remember a specific fact of facts of each of your closest friends and write them down.

Notes for today:

DAY 93: Memory Test 40
(WEEK 14)

Number Correct: _____

Your Score: _____

ALIGN RIGHT EDGE OF PAGE TO THIS LINE AND FOLD.

31	18	5
30	11	26
39	3	16

Excellent: E 9 Correct
Better: B 8 Correct
Good: G 7 Correct
Ok: O 6 Correct
Pass: P 0 - 5 Correct

DIRECTIONS:

1. Align right edge of to line and fold.
2. Focus on the filled grid for 30 seconds.
3. Cover and fill in the blank grid.
4. Record correct answers and chart your score. Do NOT repeat the test.

IMPORTANT: Only take the test once. Repeating it multiple times won't accurately measure any gains in cognition or focus.

DAY 94: Advanced Phase:
(WEEK 14)

Continue to actively remember a specific fact of facts of each of your closest friends and write them down.

Notes for today:

DAY 95:Memory Test 41
(WEEK 14)

Number Correct: _____

Your Score: _____

35	24	1
34	23	10
38	6	29

Excellent: E 9 Correct
Better: B 8 Correct
Good: G 7 Correct
Ok: O 6 Correct
Pass: P 0 - 5 Correct

DIRECTIONS:

1. Align right edge of to line and fold.
2. Focus on the filled grid for 30 seconds.
3. Cover and fill in the blank grid.
4. Record correct answers and chart your score. Do NOT repeat the test.

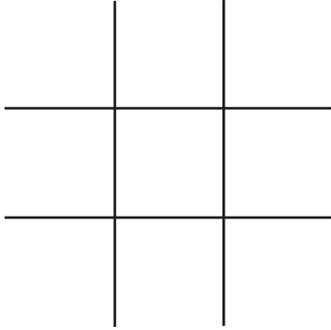
IMPORTANT: Only take the test once. Repeating it multiple times won't accurately measure any gains in cognition or focus.

DAY 96: Advanced Phase:
(WEEK 14)

Continue learning a new skill or language. You can do it!

Notes for today:

DAY 97: Memory Test 42
(WEEK 14)



Number Correct: _____

Your Score: _____

13	12	19
4	37	22
7	15	28

Excellent: E 9 Correct
 Better: B 8 Correct
 Good: G 7 Correct
 Ok: O 6 Correct
 Pass: P 0 - 5 Correct

DIRECTIONS:

1. Align right edge of to line and fold.
2. Focus on the filled grid for 30 seconds.
3. Cover and fill in the blank grid.
4. Record correct answers and chart your score. Do NOT repeat the test.

IMPORTANT: Only take the test once. Repeating it multiple times won't accurately measure any gains in cognition or focus.

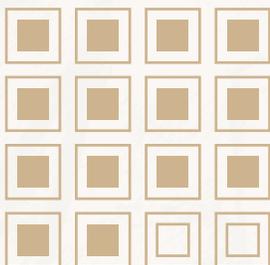
ALIGN RIGHT EDGE OF PAGE TO THIS LINE AND FOLD.

DAY 98: Advanced Phase:
(WEEK 14)

Continue learning a new skill or language. Quick assessment on how you did. Decide to continue or hold off.

Notes for today:

End of week: 14



Lion's mane contributes to the regeneration and repair of nerve cells.

Laboratory research suggests that Lion's Mane may significantly contribute to regenerating and repairing nerve cells after traumatic brain injuries (TBIs) and strokes, which can cause substantial damage to the brain's neural networks, impacting cognitive functions and quality of life. Lion's Mane's unique properties make it an intriguing candidate for supporting brain health and aiding recovery post-injury by promoting nerve cell regeneration and repair, offering hope for improved outcomes in brain injury recovery.



DAY 99: WEEK 15 START:
(WEEK 15)

Write down any and all improvements and reflect and access how it will impact your life.

Notes for today:

DAY 100: Memory Test 43
(WEEK 15)

Number Correct: _____

Your Score: _____

ALIGN RIGHT EDGE OF PAGE TO THIS LINE AND FOLD.

33	2	36
14	31	8
20	40	9

Excellent: E 9 Correct
 Better: B 8 Correct
 Good: G 7 Correct
 Ok: O 6 Correct
 Pass: P 0 - 5 Correct

DIRECTIONS:

1. Align right edge of to line and fold.
2. Focus on the filled grid for 30 seconds.
3. Cover and fill in the blank grid.
4. Record correct answers and chart your score. Do NOT repeat the test.

IMPORTANT: Only take the test once. Repeating it multiple times won't accurately measure any gains in cognition or focus.

DAY 101: Advanced Phase:
(WEEK 15)

Continue to write down any and all improvements and reflect and access how it will impact your life.

Notes for today:

DAY 102:Memory Test 44
(WEEK 15)

Number Correct: _____

Your Score: _____

25	3	16
35	18	5
30	11	26

Excellent: E 9 Correct
 Better: B 8 Correct
 Good: G 7 Correct
 Ok: O 6 Correct
 Pass: P 0 - 5 Correct

DIRECTIONS:

1. Align right edge of to line and fold.
2. Focus on the filled grid for 30 seconds.
3. Cover and fill in the blank grid.
4. Record correct answers and chart your score. Do NOT repeat the test.

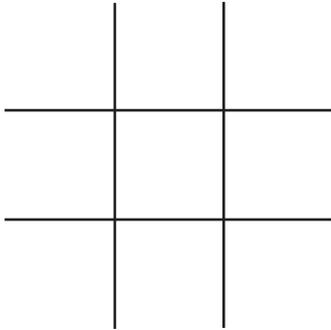
IMPORTANT: Only take the test once. Repeating it multiple times won't accurately measure any gains in cognition or focus.

DAY 103: Advanced Phase:
(WEEK 15)

Continue to write down any and all improvements and reflect and access how it will impact your life.

Notes for today:

DAY 104: Memory Test 45
(WEEK 15)



Number Correct: _____

Your Score: _____

39	24	1
34	23	10
38	6	29

Excellent: E 9 Correct
 Better: B 8 Correct
 Good: G 7 Correct
 Ok: O 6 Correct
 Pass: P 0 - 5 Correct

DIRECTIONS:

1. Align right edge of to line and fold.
2. Focus on the filled grid for 30 seconds.
3. Cover and fill in the blank grid.
4. Record correct answers and chart your score. Do NOT repeat the test.

IMPORTANT: Only take the test once. Repeating it multiple times won't accurately measure any gains in cognition or focus.

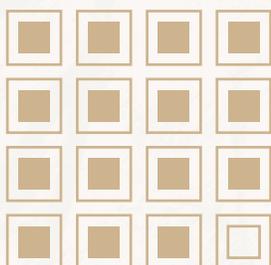
ALIGN RIGHT EDGE OF PAGE TO THIS LINE AND FOLD.

DAY 105: Advanced Phase:
(WEEK 15)

Continue to write down any and all improvements and reflect and access how it will impact your life.

Notes for today:

End of week: 15



Rich in antioxidants!

Chaga mushrooms are renowned for their potent antioxidant properties, notably due to their high levels of superoxide dismutase (SOD), melanin, and polyphenols. Antioxidants neutralize free radicals, preventing oxidative stress-induced damage to cells, proteins, and DNA. This protection supports immune system integrity and function, promotes healthy aging, and lowers the risk of chronic diseases like cardiovascular disease and cancer.



DAY 106: WEEK 16 START:
(WEEK 16)

Share your experience with family and friends. Let us know of ways we can improve this cohort.

Notes for today:

DAY 107: Memory Test 46
(WEEK 16)

Number Correct: _____

Your Score: _____

ALIGN RIGHT EDGE OF PAGE TO THIS LINE AND FOLD.

7	12	19
4	37	22
21	27	17

Excellent: E 9 Correct
Better: B 8 Correct
Good: G 7 Correct
Ok: O 6 Correct
Pass: P 0 - 5 Correct

DIRECTIONS:

1. Align right edge of to line and fold.
2. Focus on the filled grid for 30 seconds.
3. Cover and fill in the blank grid.
4. Record correct answers and chart your score. Do NOT repeat the test.

IMPORTANT: Only take the test once. Repeating it multiple times won't accurately measure any gains in cognition or focus.

DAY 108: Advanced Phase:
(WEEK 16)

Send us your thoughts for the next cohort!

Notes for today:

DAY 109: Memory Test 47
(WEEK 16)

Number Correct: _____

Your Score: _____

23	10	38
2	36	14
16	35	18

Excellent: E 9 Correct
Better: B 8 Correct
Good: G 7 Correct
Ok: O 6 Correct
Pass: P 0 - 5 Correct

DIRECTIONS:

1. Align right edge of to line and fold.
2. Focus on the filled grid for 30 seconds.
3. Cover and fill in the blank grid.
4. Record correct answers and chart your score. Do NOT repeat the test.

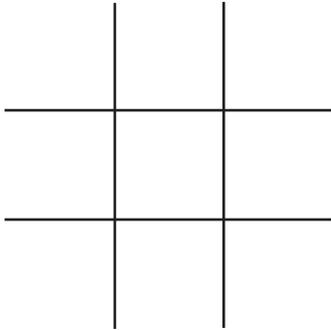
IMPORTANT: Only take the test once. Repeating it multiple times won't accurately measure any gains in cognition or focus.

DAY 110: Advanced Phase:
(WEEK 16)

Send us your thoughts for the next cohort! Your input is vital to the experience.

Notes for today:

DAY 111: Memory Test 48
(WEEK 16)



Number Correct: _____

Your Score: _____

37	22	7
15	28	10
38	6	3

Excellent: E 9 Correct
 Better: B 8 Correct
 Good: G 7 Correct
 Ok: O 6 Correct
 Pass: P 0 - 5 Correct

DIRECTIONS:

1. Align right edge of to line and fold.
2. Focus on the filled grid for 30 seconds.
3. Cover and fill in the blank grid.
4. Record correct answers and chart your score. Do NOT repeat the test.

IMPORTANT: Only take the test once. Repeating it multiple times won't accurately measure any gains in cognition or focus.

ALIGN RIGHT EDGE OF PAGE TO THIS LINE AND FOLD.

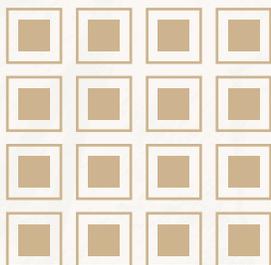
DAY 112: Advanced Phase:
(WEEK 16)

You did it! We hope this experience has made difference in your life.

Be on the look out for the next cohort by MD Natural Care.

Notes for today:

End of week: 16



Easy way to add turmeric into you daily diet.

MD Natural Care's Turmeric Gummies offer a convenient and delicious way to support the health of your joints, bones, and skin. Turmeric is well-known for its anti-inflammatory properties, which can help alleviate joint pain and promote overall joint health. Its antioxidant properties also contribute to skin health, helping to combat oxidative stress and promote a radiant complexion. Incorporating MD Natural Care's Turmeric Gummies into your daily routine can be a proactive step towards maintaining the health and vitality of your joints, bones, and skin.



