

SPRING 2023
EDITION!

Dan's FANS CLUB

QUARTERLY NEWSLETTER

SPRING
2023

VOLUME 2, ISSUE 2

GINSENG: TREASURE OF THE EARTH

The following is an interview between our editor, Justin Poy and Ann Green, a renowned yoga therapist and professor, discussing life balance and the power of adaptogens.



Ann Green (Martinello)
M.Ch., M.Ex.S., B.Ed., B.Kin., B.A.
is an integrative health and resilience coach, a yoga therapist, and a professor.

Justin: Hi Ann, you do so many things. Begin by telling me who you are and what you're all about.

Ann: I am about living a very impeccable life. It's about joy, radiance, vitality and helping people

find and create pathways to that. It's about understanding your values, living your values, making those rituals, putting health first because health is the greatest wealth. Health can come through performance and coaching. It doesn't mean it has to come straight from the foundation of knowledge. It means we expand on them and make the magnificence ourselves.

Justin: How important is good nutrition? How does nutrition affect your mental well being?

Ann: Nutrition provides that sense of chemical change. **Good nutrition provides excellent chemical change in your body which means you are going to metabolize.** You are going to use what you bring in for energy. If you want to have an optimally running system, you are going to need to feed yourself with good fuel. We get

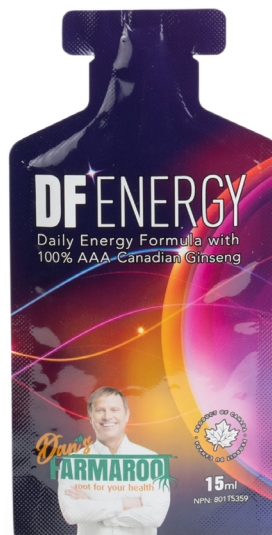


energy from our food. Energy builds who we are. Every single person's make up is the personal pathway of their best nutrient understanding.

We can do better by choosing food that has greater values of positivity.

The stronger they radiate in goodness, the stronger it will help our bodies radiate goodness.

Justin: Let's talk about a big word — adaptogens. What are the natural sources that seem to be particularly



We can do better by choosing food that has greater values of positivity.

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good for a particular thing such as ginseng? What are these and why do we have these in nature?

Ann: Adaptogens are purveyors of great health. They are awesome substances you find in food — usually herbal based components. They give stability and steadiness to the physiological state. They give pH balance and provide homeostasis. Balance is the harmony of activation and relaxation.

Adaptogens help your body system become more adaptive to harmony. It makes a space of being more harmonized so your entire body works a lot better.

Adaptogens stabilize physiological processes and promote homeostasis. It helps your body to stabilize and becomes more steadfast, trusting of the process that naturally occurs without having to fluctuate a whole bunch. It allows your body to come to a more even and steady state.

Justin: What are some of the best ways to ingest adaptogens and to get the most benefit from them?

Ann: Lots of people have to do things that break down in their tummy first.

If you can start the osmotic process, which means crossing the cellular membrane with greater ease, that will help you to uptake the nutrients better. If you slightly boil the roots,

you optimize the nutrients within. You unlock the cellular casing that your body has to do so much extra digestive enzyme work. If you take a pill form of something, you need to work through the digestive organs. It is the closest to the bloodstream and easier for the digestive process. Things are able to get in the bloodstream more quickly and have less things to work through to get the same result. **When we take things in pill and gel format, and underneath your tongue or sometimes even as a gummy, they are more easily accessed to the blood system.** There is less cellular blockage.

Justin: Tell me what you know about one of the most famous adaptogens — ginseng.

Ann: Ginseng is an amazing adaptogen. It is a really beautiful way of supporting your energy in a variety of different components.

It's not the energy that is just a burst of energy. What is lovely about ginseng is that it has the adaptogen quality to process the physiological state that bring it out of fight-and-flight into a better, more functional rest and digest parasympathetic opportunity. It's more potent than some of the ones that are common and popular these days. **Ginseng roots that are grown locally are always better to your own biome and your own environment.** We are lucky to have Canadian grown ginseng in abundance, more than anywhere else in the world.



Justin: Why have most western people not tried ginseng or sought this ingredient?

Ann: They haven't known about it nor learned about it enough and we haven't spent enough time with it. **Adaptogens are so good for your vitality and immunity and ginseng is the top one for that. It's a beautiful component of energetic support for your body. It is native to our North American culture and to Canada.** They are not from the indigenous culture itself but immigrants came in and determined what was valuable and wasn't.

Eating local, being local are so much better for your body.

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Staying as local as possible and helping our local, biome, environment bodies with what we have right here. Ginseng is grown locally right here at home. It's an incredible concept and I believe Chinese and Asian medicine has used ginseng so predominantly that we have a bias that it's just in that culture. It is the world's oldest tonic for supporting health. The supplement is known as different names in different cultures. It is important to understand that **Canadian ginseng is local. It is great for energy and great for local understanding of our own healthy living biome and environment.**

Justin: What is your general advice for the average person when it comes to balanced health? Please give me some particular thoughts, advice or observations.

Ann: To be mindful of your breath; it's a really good way of changing your health and your perspectives. It gives you so many things. It increases your circulation, increases your energy, allows you to understand where your energy level is. If it's not the level you want, you should try adaptogens that can support you with that.

Adaptogens such as ginseng will help your energy and continue practicing the diaphragmatic breath. Then start to take these supplements with good energy for calming, immunity, energetic outlook, drive and motivation.

Adaptogens are all about the concept of changing the environment that you are in. Your physiological state, your breath comes first that will give you the educated understanding of your own being. Ask yourself "do I need to change my own energy?" Life is about breath, energy and gratitude. Even when you are scared of something, you can get good lessons out of it. Maybe something's lost, but perhaps it's actually a win.



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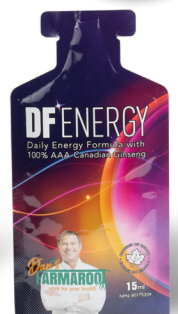
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Exceptionally TASTY and HEALTHY! Honey Garlic Ginseng Chicken Wings!

INGREDIENTS AND BAKING INSTRUCTIONS:

1. Pat dry 2 pounds of chicken wings and place into a ziplock bag.
2. Add 1/4 cup of flour.
3. Add salt and pepper to your liking.
4. SHAKE!
5. Lay on baking sheet and brush on oil.
6. Bake in oven at 425 F for 30 mins, turning halfway.
7. Start making the sauce by adding 1/2 cup of honey to pan.
8. Add 1/3 cup of water.
9. Add 4 tbsp of soy sauce.
10. Add 5 cloves of chopped garlic.
11. Add 1/2 tsp of red pepper flakes.
12. Add 1 tbsp of Farmaroot Ginseng Powder.
13. Add 1 tbsp of ginger powder.
14. Add 1 tsp of cornstarch.
15. Stir and bring to a boil.
- **Don't forget to flip the wings!****
16. Lower heat and simmer for 10 mins for sauce to thicken.
17. Take wings out of oven and toss in sauce.
18. Put wings back into oven for 10 mins, flipping halfway again.
19. Serve and enjoy!



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