

The background of the entire image is a rustic wooden surface. In the upper left, a white ceramic cup is partially visible. In the lower right, a white bowl filled with a golden-brown liquid, likely tea, is shown. In the lower center, several pieces of dried, sliced herbs, possibly ginger or turmeric, are scattered on the wood. A green hexagonal graphic is positioned behind the text.

IMMUNE BOOSTING herbs



THE URBAN MONK



REISHI MUSHROOMS

Help modulate immunity and are adaptogenic

ELEUTHERO (SIBERIAN GINSENG)

Helps boost energy and adapt to stress



ASIAN GINSENG

A bit warmer and more tonifying than the Siberian variety

AMERICAN GINSENG

Cooler and more sedating than the other ginsengs, yet packs a punch to boost immunity



ASTRAGALUS

Helps raise qi and lengthen telomeres, leading to longevity



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