

KNF-7

FIELD MANUAL

Botany Bunker Report

002
BLOODSUGAR
ALLIES



KNF7Botany002

Leméa

Drink first thing in the morning on an empty stomach

Ingredients

1 c. warm water (110-120 degrees)
 $\frac{1}{2}$ lemon
1 scoop collagen
1tsp Benefiber
1tsp sole
5 drops trace mineral

Instructions:

Warm water to 110-120 degrees. Then add ingredients. Keep the temp under 120 degrees to prevent breaking down the nutrients and minerals.

You can also drink a cup in the evening after dinner.

Fresh lemon is preferred but lemon juice will work in a pinch.

Date & Pecan Bites

A sugar kick without the spike!

Ingredients:

1 DATE (HALVED)

DAB OF BUTTER

SPRINKLE OF CEYLON CINNAMON

DASH OF SEA SALT

2 PECAN HALVES

Instructions:

ADD BUTTER TO DATE HALVES.

MICROWAVE 5-8 SECONDS.

LET SIT FOR 1-2 MIN

TOP WITH REMAINING INGREDIENTS.

*The butter might seem stubborn at first, but trust the process—the molten bottom of the date will take care of it. Let it sit a sec to finish the melt without nuking the whole thing.

Warning: These sweet little bites have a short fuse. Blink too long and you'll summon the fiery spawn of a caramel grenade.

Notable Allies

FENUGREEK – EARTHY, BITTER, GROUNDING.
USED AS SEEDS (CHEWED OR BREWED).

BITTER MELON – POTENT AND SHARP. KNOWN
FOR ITS METABOLIC SUPPORT.

MULBERRY LEAF – GENTLE, OFTEN CONSUMED
AS TEA. MILD BLOOD SUGAR ALLY.

BERBERINE – FOUND IN BARBERRY ROOT.
DIDN'T WORK WELL FOR ARADIA PERSONALLY.

SAFFRON – SUPPORTS MOOD + EMOTIONAL
STEADINESS; MAY ALSO HELP BLOOD SUGAR VIA
CORTISOL REDUCTION.

MAGNESIUM – HELPFUL FOR CURBING LATE-
NIGHT CRAVINGS.

OMEGA-3S – ESPECIALLY NORDIC-STYLE. MAY
REDUCE INFLAMMATION AND SUPPORT INSULIN
SENSITIVITY.

Botany Bunker Log

Date

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