



THE (SHROOM) DOCTOR WILL SEE YOU NOW

Mushroom Man. Father of Holistic Wellness. Harvard-trained physician. Meet **Dr. Andrew Weil**—the mastermind behind the Mega-Mushroom skincare collection.

Q: WHAT'S HIS PHILOSOPHY ON HEALTHY SKIN?

A: Dr. Weil believes you can affect the health & appearance of your skin both by what you put into the body & what you put on it: “So both approaches work & you want to do both simultaneously. What you put in affects the health & appearance of your skin, and you can do that by what you put on it as well.”

Q: WHY DID HE ADD CHAGA MUSHROOMS TO THE MEGA-MUSHROOM FORMULAS?

A: A long-time believer in the anti-irritation benefits of Chaga mushrooms, Dr. Weil added them to Mega-Mushroom for an added boost of good-for-skin benefits. “It’s a powerful anti-irritant. So it helps reduce the look of redness,” he shares.

Q: WHY DID HE FERMENT THE CHAGA MUSHROOMS?

A: A natural process used for centuries by many cultures to preserve food, fermentation has the added benefit of making ingredients more nutrient-rich. “Fermented ingredients are more bioavailable, so when you ferment a natural ingredient, the skin is able to use more of it,” explains Dr. Weil.

Q: WHAT'S HIS NUMBER ONE WELLNESS TIP?

A: Dr. Weil is an ardent believer in the importance of listening to your gut. “Really paying attention to gut health, microbiome, all these organisms inside us and how they contribute to our physical & mental wellbeing,” he says.