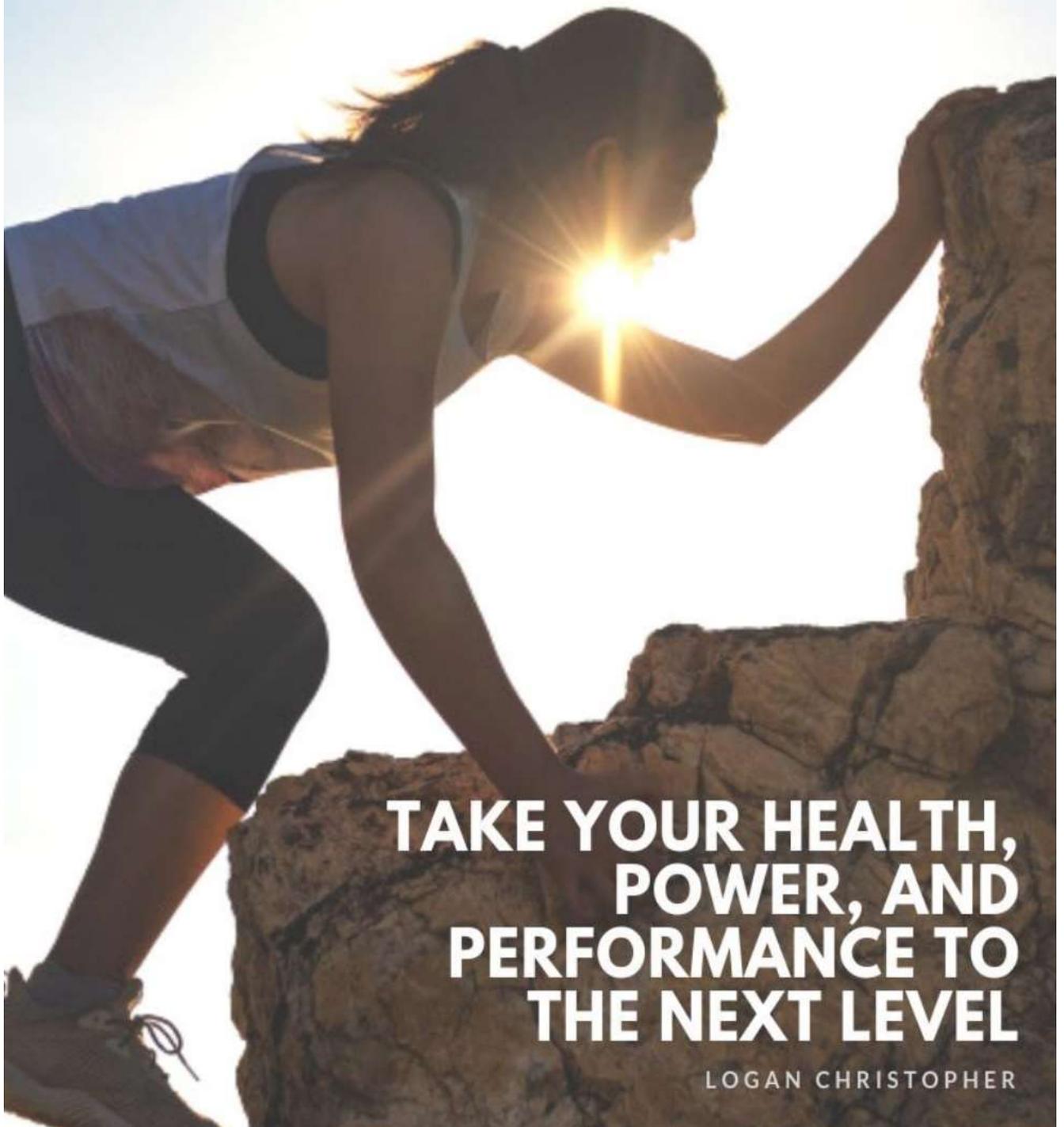


# **THE SECRETS OF**

## PERFORMANCE HERBALISM



**TAKE YOUR HEALTH,  
POWER, AND  
PERFORMANCE TO  
THE NEXT LEVEL**

LOGAN CHRISTOPHER

## What is Performance Herbalism?

Performance herbalism is all about using herbs to enhance performance.

Performance is defined as “the action or process of carrying out or accomplishing an action, task, or function.”

So, when we’re talking about performing better that means such thing as:

- Athletic Performance
- Sexual Performance
- Mental Performance

The whole reason I got into herbs in the first place was to enhance my athletic prowess and that started with Cordyceps Mushrooms. I wanted to figure out ways I could enhance my abilities to do such things as juggle a hundred-pound kettlebell, lift 1,000 lbs., tear decks of cards in half, and to do backflips.

Performance herbalism has always been what I’ve sought out although I’ve only recently given it that name when I realized how substantial some of outcomes have been for me and others.

Let me explain a few things...here at Lost Empire Herbs were talking about Chinese, and Ayurvedic and other ancient and traditional herbs... we’re not talking about your grandma’s herbs...that is, if your grandma ever used herbs.

Performance herbalism is not a common goal of most who seek out things in the herbal world, as traditionally herbs were used for healing and spirituality.

More recently have people recognized the vast advantages that can come from optimizing the body with specific herbs and supplements.



So, let's get a few things straight.

First off, when I say herbs, people often think we're talking about cannabis!

A common misconception of the word herb... but that's not what we're talking about here.

Second, the vast majority of Westerners have no experience with herbs...besides possibly eating or cooking with a few culinary herbs such as rosemary, cayenne or oregano.

There is nothing wrong with culinary herbs. Many of them taste great, can make food magical, and provide some health benefits... but that's not going to enhancing your performance in life.

In fact, most of the performance enhancing herbs taste downright bad, so it's more about how to incorporate these herbs into your life, and how to get the most out of nature's gifts to us, and how to properly consume.

There are many other areas of performance that herbs can help with. One of which is Sleep Performance. It's not often thought about in this way but if you can improve the quality of your sleep, which you certainly can, then in return you have increased you sleep performance.

In this report we will talk about ways to increase work capacity, whether physical or mental. The ability to do more, handle more, and be less taxed when doing it. That's one of the primary things that put adaptogens, an important class of herbs, on the map.

There are herbs known to have the ability to enhance your Spiritual Performance as well.

Of course, this depends on what you believe "spiritual" means. But the herbs can certainly change your mood, enhance your meditation, and help you get grounded such as Albizia.

Think about being less reactive to stress and less likely to fly off the handle at someone, a side benefit we often hear from those supplementing with this herb. What could possibly go wrong with a world full of more patient, level-headed and happy people?



Here's another way of looking at it...I don't really care for hippies...

- Even though I grew up in Santa Cruz, California a known epicenter where they congregate...
- Even though my parents were both hippies before I was born...
- Even though I used to work in a health food store and many were my co-workers...

Maybe it was too much influence from Cartman from South Park.

But as I got into herbalism and learned about the health benefits of connecting to nature, I had to concede that some of the hippie ideas were right on... I am admitting, they seem to be on the right track to incorporating natural and holistic ideas to improve overall wellbeing.

Finding the balance between mind, body, and spirit can be the ultimate combination to excel beyond expectations.

Still, performance herbalism is NOT really a hippie idea, because hippies don't generally talk about performance.

### **So, what is Performance Herbalism, and how can it relate to you?**

- It is herbalism for the student that wants to excel in school.
- It is herbalism for the blue or white-collar working class.
- It is herbalism for the entrepreneur that is out to really change the world.
- It is herbalism for the athlete that wants to set records, even just personal ones.
- It is herbalism for the weekend warrior.

In short, it is herbalism for the modern-day man or woman.

Unless you are content to let life pass you by, or numb your mind with the latest Kardashian exploits, content eating all that processed crap they call food, allowing your health to decline until you're sustaining on pharmaceuticals (and taking other pharmaceuticals to combat the side effects of the first ones), you are likely interested in performing better.

Hell, even if all that is the case, you're most likely interested in performing better in at least one area or another.

You ought to be. In other words, it's in your own best self-interest to be interested in performance and if you happen to be more community or group-minded, then it means you can serve others better as well as yourself.

So, what can Performance Herbalism do for You? What would it mean to you and your life if you had any or all the following?

- 10%+ More Energy
- 10%+ More Mental Clarity
- 10%+ Better Sleep
- 10%+ More Manliness or Womanliness
- 10%+ Better Sex
- 10%+ More Vitality

I say 10% PLUS because that is likely the threshold in which you will notice a benefit...and sometimes the effects are 100% better.

At Lost Empire Herbs we specialize in herbs that pack a punch.

What that means is that they deliver real effects that you can FEEL, no gimmicks or games... just high quality and powerful herbs that can make a difference.

Stay tuned, were going to dive into the best herbs for your goals here very soon!

Performance Herbalism is something that separates it from 95% or so of natural herbal dietary supplements out there.

Don't just take herbs because they're supposed to be good for you...take herbs to better you, enhance you and help you grow.

If our herbs don't work for you, it's because you probably haven't found the right herb or formula yet, you haven't given the herbs a chance to kick in, or you haven't fully committed yourself to supplementing daily.



Performance herbalism focuses on enhancing the future, not necessarily fixing the problems of the past. This gives greater returns because we get what we focus on.

I recently heard from a business owner that runs a marketing agency who went out on a limb and tried these virtually unknown and bad-tasting performance herbs.

Here's what he had to say just a couple weeks later...

*"Dude! I feel amazing. Been using the Pine Pollen Tincture and the Spartan Formula. I feel like a freakin Spartan! I haven't had this much energy in ages. And mental clarity...and aggression. Seriously, I feel like I NEED strong physical exertion right now. I came home the other night and had to get a quick workout in because I had so much pent-up energy. I'm not exaggerating. I'm sold on this stuff."*

That's the thing...

Most people are not aware just how good they can feel. Performance herbalism can unlock superpowers that you didn't know you had...or the feelings of youth and vitality you thought had disappeared because of "old age".

So, when I say 10%+ more energy, you may be thinking your energy is as high as it can go...but it's not. There is always more. There is always better. And that is what performance herbalism is all about.

In the next few pages, I want to introduce you to a few different herbs and formulas to show you what you might want to try. (This is far from a complete list of performance herbs, or even everything you can find at Lost Empire Herbs. But I wanted to introduce you to a few that cover a variety of different types of performance support.)

## Top 10 Performance Herbs and Formulas

### #1 - Pine Pollen from the Masson Pine (aka Chinese Oil Pine)



**Great for Hormone, Sexual and Recovery Support  
Supports both Men and Women**

Pine Pollen comes in both powder and tincture form. Ideally the tincture is recommended for men due to its hormone enhancing capabilities and powder for women to provide over 200 bioactive vitamins, mineral, amino acids, antioxidants and more in each serving.

Its principal use is in hormone support and it does this in several ways. It contains testosterone, DHEA and other androgens, but in trace amounts. It also possesses novel plant compounds like gibberellins and brassinosteroids which are active in our bodies. These help to regulate testosterone, DHEA, and detox excess environmental estrogens.

Pine pollen is our most popular herb by far! The powder works for everyone, while the tincture is stronger and is generally just recommended for older guys.

[Find out more about Pine Pollen powder here.](#)

[Find out more about Pine Pollen tincture here.](#)

## #2 – Phoenix Formula



**A proprietary blend of Pine Pollen, He Shou Wu, Ant and Shilajit.  
Great for All Around Anti-Aging Support (which includes pretty much everything!)**

Our first formula and one of the most popular because it works. It provides usable energy while supporting your deep essence (the terms from Chinese medicine would be Qi and Jing). It does this through so many methods that I couldn't even hope to list them all here.

Phoenix Formula includes the Pine Pollen listed above, as well as Shilajit, Ant Extract and He Shou Wu. Each of these amazing herbs deserves space here but I haven't even covered them. If you're looking for one thing you can take that covers all the bases than this is a great choice.

[Find out more about Phoenix Formula here.](https://lostempireherbs.com)

### #3 – Athena Formula

A proprietary blend of Pine Pollen, Dong Quai, Schisandra, Goji Berry, Longan Berry, Sea buckthorn Berry & Shatavari



**Great for Women's Energy, Mood, Sex Support and More**

This formula was designed specifically with women in mind. It starts with two herbs, which are considered the number one female herbs in both Chinese and Ayurvedic medicine, Dong Quai and Shatavari. For added hormone support a bit of Pine Pollen is added. Finally, it is rounded out with four amazing berries: Schisandra, Goji, Seabuckthorn and Longan.

What does this formula do? A good amount of everything. Seriously, there is not a system in the human body that it does not touch on helping to regulate and modulate. We receive a diverse number of benefits in the reviews for this one.

[Find out more about Athena Formula here.](https://lostempireherbs.com)

## #4 – Spartan Formula

An adaptogenic blend of Cordyceps, Eleuthero, Schisandra, Rhodiola



### Great for Energy, Recovery and Stress Support

Spartan Formula is a proprietary blend of Earths' top adaptogens including Schisandra, Cordyceps, Eleuthero, and Rhodiola.

This formula was strategically designed by Lost Empire Herbs to bring you the best benefits of a range of adaptogens for both men and women.

Are you looking to diminish fatigue, relax, calm the mind, and increase your motivation and energy levels? This is a great place to start.

Many people like to combine Spartan with Phoenix Formula for even more power.

[Find out more about Spartan Formula here.](https://lostempireherbs.com)

## #5 – Gynostemma Herbal Tea



### Great for Energy, Metabolism and Work Capacity

If you're a tea drinker, you'll want to give Gynostemma a try. If you're not a tea drinker, you may want to start!

Gynostemma is another amazing adaptogen, great for boosting metabolism and a favorite of athletes. It actually contains ginsenosides, a group of compounds found inside of ginseng. The fact is Gynostemma has even more than the famous and expensive root...while costing far less.

[Find out more about Gynostemma here.](https://lostempireherbs.com)

## #6 - Tongkat Ali (*Eurycoma longifolia*)



### Great for Hormone and Sexual Support

Pine Pollen Tincture is one of our best hormonal boosting herbs. Tongkat Ali is another that is right on the same level. In fact, it is too strong for some. This root out of Malaysia has long been used for many functions. It's greatest benefits today are for hormone and sexual support.

It tastes incredibly bitter but only a small amount is needed. And for those that can't hang with the taste capsules are available too. While it has a strong reputation as a men's herb it can be great for women too at one quarter to half the dose.

[Find out more about Tongkat Ali here.](https://lostempireherbs.com)

## #7 – Elderberry



### **Immediate Immune Performance Clinically Proven to Lower Sickness Symptoms and Duration**

Our full-spectrum 64:1 Elderberry Extract offers some amazing benefits. One study found that those who took the Elderberry had a significant 57.6% lower average score in cold symptoms.

Also, the total days on which the Elderberry group had symptoms of cold episodes were significantly less (57 vs. 117), or 51.3% less and the outcome also showed the length of cold episodes in those taking extract was 29% or 2 days shorter. The severity of the symptoms was also 38% lower.

Also an amazing antioxidant and so much more.

Available in a powder as well as our new Liquid Suspension is the strongest on the market and convenient to take.

[Find out more about Elderberry here.](#)

## #8 – Bacopa (Brahmi)



### Great for Mental Focus and Brain Health

Bacopa is much more of an intense, laser-beam like focus. Seriously, I feel the mental effects come on right when I take it, making it great for writing, interviews or various other activities in my work.

I like to call it the #1 herbal nootropic. While nootropics (meaning mind enhancing nutrients) are typically drugs or isolated extracts, Bacopa is one that is usually included in its whole form because of its power.

Even though I personally notice instant benefits, the research says the best benefits to brain health come after being on it every day for months.

[Find out more about Bacopa here.](https://lostempireherbs.com)

## #8 – Albizia



### Great for Sleep and Mood Support

Sleep is a foundation we all need for great health and performance in every area of life. While people can get by for a limited time not treating their sleep as a priority, this will come at a cost in time. Lack of sleep disrupts virtually every bodily process.

Enter Albizia, known as the “Tree of Happiness.” One of the top Shen herbs in Chinese medicine, the flowers are said to uplift the spirit, while the bark grounds it. (Our extract contains both!)

This is great for mood support throughout the day and many people find that regular supplementation with it helps them get to sleep and stay asleep better.

[Find out more about Albizia here.](https://lostempireherbs.com)

## #9 – Cordyceps Mushroom (*Cordyceps militaris*)



### Great for Energy, Endurance and Athletic Support

Cordyceps has been popular among athletes ever since it was reported that the Chinese female track teams of nine members used it for great effect, setting nine world records in the 1993 National championship. Part of the athletes' training regime included drinking a special drink which included cordyceps after every training session. Further medals came in the 1996 and 2000 Olympics. Originally thought to be magical by the Chinese people. Loved by athletes, hikers, trainers and many more.

Originally thought to be magical by the Chinese people, it is not a mushroom in the conventional sense. Cordyceps is a parasite that attaches itself to various insects. The spores invade their body, killing the host, then sprouting a club-like mushroom from their head. A rarity in Chinese medicine, this is considered both a strong Yin Jing and Yang Jing herb.

[Find out more about Cordyceps here.](https://lostempireherbs.com)

## #10 - Blue Vervain (*Verbena hastata*)



### **Great for Stress and Mood Support**

Makes high achievers Relax and Type A personalities CHILL out! Blue Vervain has been used for years by people looking to take a step back and relax. Are you constantly thinking, worried, have too much in your head spinning?

This herb is great for both men and women and is commonly used by those seeking relaxation, calmness, meditation, mood support, sleep and more. Its extremely bitter taste will help ground you immediately.

Over the few millennia that it's use has been recorded, blue vervain has had many names... such as the-herb-of-the-cross, the enchanter's herb, the holy herb, the herb of grace and many, many more. In fact, it was considered the top herb of the Druids.

[Find out more about Blue Vervain here.](https://lostempireherbs.com)

## Wrap Up

Look, we know these herbs work. There is no doubt about that. We know from our own experience. We get great testimonials and reviews all the time. Some herbs even have solid scientific evidence behind them. Still, a certain herb may not work for you, because everyone is different.

That is why we offer a [365-day hassle-free, money-back guarantee](#). So that you can experiment and find the performance herbs that work for your body. Unfortunately, just because they work for somebody else doesn't mean they will necessarily work for you. That's just how it is.

Plus, you can always contact our outstanding customer service team to help you to find what natural herbal dietary supplement is right for you. (Obviously, they take our herbs so they're high performing!) They'll be happy to point you in the right direction.

There is far more information available at our website on these and other aspects of supporting your performance. I also highly recommend you read our emails that will deliver more of performance herbalism to your inbox on a regular basis.

Also, if you're on social media be sure to follow us everywhere.

[Facebook](#)

[Instagram](#)

[YouTube](#)

I hope we can help you perform better in life starting today!

Rooting for your performance,  
Logan Christopher and the Lost Empire Herbs Team

## About the Author



Logan Christopher is co-founder and CEO of for Lost Empire Herbs. He has been called a physical culture renaissance man for his work in many different areas of fitness and strength training. While many people become experts in one specific area, he seeks to master them all.

As a performing strongman, he has pulled an antique fire truck by his hair, juggled kettlebells that have been lit on fire, done weighted backflips, supported half a ton in a wrestler's bridge position, and many of the more typical old-time strongmen feats like phonebook tearing and nail bending.

Being born without genetic gifts for strength, he sought out the best training information to develop this path. In addition to learning from top trainers, he went outside the field of strength training. This led him into mental training and sports psychology which he has explored in depth, becoming a Neuro Linguistic Programming Trainer, a hypnotist, certified in Eden Energy Medicine and as an Energy Psychology Practitioner.

That's also how he got started in the field of health and nutrition which inevitably led into herbalism. Some of his many teachers include Ron Teeguarden, the foremost expert in Chinese Tonic Herbalism in the West and Sajah Popham at the School of Evolutionary Herbalism.

His personal philosophy is to bring together the best movement skill, health information, and mental training to achieve peak performance. He is the author of many books and video programs to help people increase their strength, skills, health and mental performance. You can find more information on his other website [www.LegendaryStrength.com](http://www.LegendaryStrength.com).

Studying herbs has led him deeper into seeing how humans can benefit from living more in alignment with nature. During a trip to the Amazon rainforest he was called to become an "Emissary of Nature," by nature herself. From this experience he wrote [Powered By Nature](#).

He currently lives in Santa Cruz, California along with his wife Charlotte and daughter Elka.