



Sabine Horner
Nurture your health to build your future



**3 Simple Self-Care Practices To Support You
Through Challenging Times**

Stress impacts our ability to digest the food we eat. When we are grieving, we simply lack the energy and strength to digest our food properly. And when food is only partially digested or remains undigested, we don't get the vital nutrients our body needs to function well.

Over time, this can cause all sorts of 'grief symptoms' such as indigestion, exhaustion, weak muscles, brain fog, and even anxiety and depression.

Food cravings are also very common because, as our body becomes more and more depleted, it tries to communicate to us what it needs. Therefore, it is important to pause and listen.

The aim of my 3 self-care tips is to help you improve your digestive strength in very simple ways so that you feel better equipped at coping with the emotional roller coaster of grief.

Pain is inevitable but suffering can be avoided. By looking after ourselves well while tending to our pain.

This is your starting point on your journey to feeling well again after a major loss.

Grief triggers a massive stress response

Impacts our gut & digestion

Nutrient deficiencies & digestive issues

Chronic health issues without intervention



Breathe deep into your belly before and after a meal

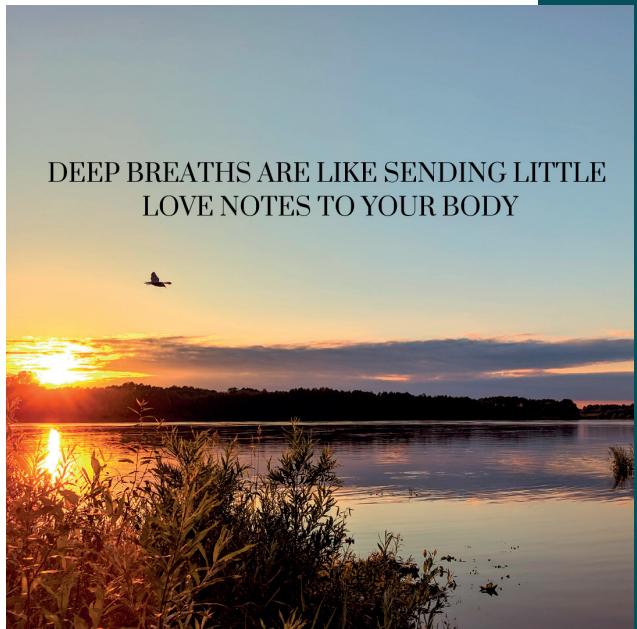
Put your hands on your belly and, taking a deep breath in through your nose, visualise a big balloon growing in your belly. Then breathe out through the nose and pull your belly muscles all the way back towards the spine to make the balloon and your belly as flat as possible.

Repeat this several times until you feel more relaxed. The better you get at regulating your breath, the more you will be able to reduce your stress levels.

Deep breathing before a meal increases your digestive strength by up to 25%! And by reducing tension after a meal, it makes it easier for your stomach to do what it needs to do: breaking down the food so that you can absorb all the nutrients.



DEEP BREATHS ARE LIKE SENDING LITTLE LOVE NOTES TO YOUR BODY



Make sure you drink enough warm fluids every day

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Prepare a flask with herbal tea in the morning, top it up in the afternoon and sip from your flask throughout the day.

Take your flask with you wherever you go to make sure you have something ready to drink whenever you remember to drink.

Also, avoid drinking anything cold before and after a meal. Cold drinks divert blood away from the stomach which makes digesting our food much more difficult.

Bonus tip: My favourite warm drink is fresh ginger tea. Simply cut a piece of fresh ginger into small pieces, put them in your flask, pour hot water and add the juice of $\frac{1}{2}$ lemon.

Ginger is one of the best remedies for low appetite, nausea, difficulty swallowing, bloating, acid reflux or any other digestive upsets.



'Eat a rainbow'

Colours are a great way to lift our mood and motivate us to cook. Adding a rainbow of veggies to your meals is also the best way to get lots of key minerals and vitamins into your diet.

Why not start by adapting some of your old-time favourites and making a 'rainbow omelette' for example. Simply add an onion (white, red), asparagus or peas (green), bell peppers (yellow, orange), shiitake or other mushrooms (white, yellow, brown) and serve with some stir-fried purple sprouting broccoli on the side.

Try some vegetables you have never eaten before and add them to a soup, stir-fry, stew, curry, risotto, quiche, lasagne or even your Sunday roast!

Not sure what to have for breakfast? Or are you struggling with low energy or motivation to cook? Then my energy-boosting smoothie may just be what you need. It is full of ingredients that will help to set you up for the day. Simply follow this link to get the recipe: <https://linktr.ee/SabineHorner>



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