



## Recover in rhythm.

When things go wrong the subtle body and physical body unravel. Bring them back together... by rocking yourself into rhythm. Eating simply and getting on schedule is the name of the game.

## Early to bed, early to rise.

The rising sun awakes your spirit. When life is overwhelming, simple rituals are essential. Staying up later than 9-10 pm disrupts deep recovery energy from building. You can't afford that. Go to bed and greet the rising sun.

## Oil is your friend.

In your ears... all over your skin... at the very least do foot massage before bed. Use cotton balls and sesame or sunflower oil before you turn out the light. Dip one side in oil and put in your ears to create more nourishing sleep.

## Simplify digestion.

Give body and spirit extra energy by simplifying digestion. Eat breakfast by 8am, lunch around noon, and dinner around 5 pm. Eat simple, one pot meals. If possible make your food for the day in the morning.

## Carry a bottle.

Sip every 20 minutes. The connection between the subtle and the physical happens in the pranic body, which is dependent on your channels being hydrated. Use hot water during the cold months.

## Walk.

Take a walk each day. 20 minutes is fine. Stroll or gallop as desired. Receive Earth's rhythm.

3 Tastes for trauma: Salty, Sour and Sweet.

## One pot meals.

Your food Mantra for recovering thrive is: moist, warm, and oily. This is easiest to accomplish with one pot meals - like a vegetable stew. You can add lentils or chicken for more gusto. Make sure to include excellent oils & spices to help the nutrients slide into your cells.

\* Streamline what you are eating for the day by making your food in the morning. This is big, people.

## Mushy food is hydrating.

Recovery is not the time to grab a bag of pretzels or a cold turkey sandwich. Eat mushy, freshly prepared foods. Cooked apples in water is a great way to start your day.

## Milky warm stuff before bed.

Hemp milk, rice milk, almond milk, stuff from the cow down the road - you choose. Warm it up. Spice it up nutmeg for sleep, cinnamon for comfort, cloves if there is congestion. Have before bed for deeper rest.

## Quick ideas:

Roast root vegetables in batches to have as mushy quick foods on the go. For a quick soup: add miso paste to warm water; cut a few strips of nori seaweed & stir. Add thai curry paste if you feel cold. Or add veggie bouillon cubes (I like Rapunzel) to hot water & add roasted roots, strips of nori, and handfuls of fresh spinach and chunks of avocado. You can make a quick warm spicy oily soup in minutes.