



Tips to Heal a Broken Spirit with Food Medicine



Nature can Help

Children bring happiness, joy, and love to our lives, and there is no deeper connection between mothers and children.

As young girls, we all prayed of becoming mothers someday, envisioned a prince charming as a partner to help with the journey of motherhood. However, life doesn't work out the way we wished as children. No one ever said motherhood would be easy, but single motherhood is a whole new world entirely. The commitment to weather all odds to raise another human from infancy to adulthood could be a heartache, especially if you're doing it all alone.

That is why I created this cheat sheet to help single moms maximize their lives as mothers, and by becoming the best moms, they could ever be.



Blueberries

Blueberries, we all love how it tastes, but these tasty berries also help produce antioxidants and phytonutrients that fights emotional strain, helping your body respond and cope with heartbreak and stress.

Nuts and Seeds

Substitute those chips for nuts to relieve stress and fatigue. Nuts are rich in Magnesium, which is part of the body's natural coping mechanism. Nuts are also a good source of selenium, amino acids, tryptophan, and depression-relieving Omega 3 fatty acids.



Rooibos Tea

Always stressed from work? You might want to give yourself a cup of rooibos tea to calm your nerves. Research has revealed that rooibos is rich in anti-stress hormones which induces hunger and fat storage in the body. Why not try a Rooibos tea today?



Leafy Vegetables

Sounds like a cliché, but vegetables are very rich in nutrients like Vitamins B's and C's, iron, calcium, magnesium, and antioxidants which are necessary for a sound mind and physical wellbeing. Particularly, vegetables high in chlorophyll like collards, spinach, kale and asparagus, darker vegetables can lead to a pleasing happier mood.



Oats

A healthy part of our breakfast; Oats contain important mood-regulating neurotransmitters called Serotonin. Serotonin is very good for proper brain function, and stress reduction