



# PLANT WISDOM.....Harvest Joy

Love Your Life. Nourish Your Body. Ignite Your Soul's Evolution  
Live a Fabulously Humane Life

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Reap Resoundingly Radical Results

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Helping people reconnect to their True Nature

## Simple, Yet Powerful Life Enhancing Forward Action Steps

- 1- **Identify what you want.** What is the area of most concern for you? Get clear as to your motivation, your want, and what having that will do for you.
- 2- **Get curious.** Get up close and personal with what you are eating. **Keep a food diary.** Simple diet changes can reap radically profound results. Which foods repeat in your diet consistently? Start to notice any connections with your physical or emotional concerns and the foods you are eating.
- 3- **Lean into** a nourishing balanced whole food plant-based eating plan. Eat food from Mother Nature's garden known to contain mood-enhancing nutrients, including leafy greens, apples, berries, basil (known to lift depression simply from smelling it), onions, and green tea to your diet. Eat a salad before lunch and dinner. Crowd out unhealthy food and feel your mood improve!
- 4- **Drink more water.** Keep yourself hydrated and your mood swings will lessen. Sometimes we are actually thirsty when we think we are hungry. Rule of thumb – drink the equivalent of half your body weight in ounces. Basically, you want your pee to be clear or very light in color.
- 5- **Keep your blood sugar balanced through out the day.** To avoid roller coaster mood swings, include veggies, whole grains, legumes, and nuts/seeds. These foods have a good balance of protein, carbohydrate, and fats. Some of our personal favorites are Kale, quinoa, red rice, lentils, and garbanzo beans.
- 6- **Crowd out foods** known to swing moods in a downward spiral. Avoid foods and drinks that contain caffeine, added sugars or artificial sweeteners (such as aspartame), and pesticides/antibiotics.

- To satisfy your sweet tooth, try baked sweet potatoes, cherry tomatoes, or berries.
- Sparkling water and a twist of lime is a great alternative to soda!
- Choose organic foods, which are nutrient dense foods and mood enhancing.

7- **Set yourself up for success.** What brings you joy? How does joy feel in your body? What steals your joy? Choose things that nourish you mind body and soul. Say no to anyone or anything that steals your joy.

8- **Nourish your whole self.** Connect with yourself daily. Create a 15-minute quiet mindful time for yourself where you do nothing. Relish in just being...

9 - **Go outside everyday** and smell the flowers! Connect with the earth, the landscape, trees, flowers, neighbors, animals, anything, and everything in your environment. Close your eyes, feel the warmth of the sun and the texture of the air on you. Weather permitting stand barefoot on the earth. Notice how it feels to embrace nature. Inhale life in and exhale life out...

10- **Develop a practice of moving your body daily.** Discover what inspires your natural movement...Be it walking, running, yoga, bike riding, gardening, tai chi, dancing. Whatever it is that recharges you, for the love of life, do it! Move your beautiful body... and if you can do this outdoors, extra brownie points!

11 - **Gift your body adequate rest.** Most people simply don't get enough sleep. Chronic sleep debt can cause problems with energy, memory, and mood. Nourish yourself by giving your body "bed rest" for at least eight hours each night. Even if you aren't asleep, resting with eyes closed in a dark room [hint - without distractions such as a cell phone or TV] can be profoundly restorative.

12 - **Rule out medical reasons for you mood issues.** Sometimes anxiety/depression are symptoms of thyroid or other hormone imbalance. Other commonly undetected issues that can affect mood include blood sugar imbalance, anemia, and low vitamin D. Consider getting tested!

13- **Change takes time.** See your challenge as a gift. Use it as a doorway to reigniting your core values. Practice humane eating and self-compassion; extend your compassion circle to include all living beings. Use love as the elixir to fear, as your doorway to a healthy joyful life.

*Get the support you need to be the best version of your already magnificent self. Consider taking advantage of a **complimentary 15-minute consultation** with [Health and Life Coach Rochelle Blank-Zimmer](#) and/or [Naturopathic Doctor Jacqui McGrath](#) to begin planning your individualized forward action steps to alleviate stress, depression, and anxiety while also maximizing your optimal health.*