

CHOOSE YOUR 7-DAY NOURISHMENT ANCHOR

Healing happens through small, consistent kindnesses. Pick one thing from the list (or make up your own) and commit to it for the next seven days.

Keep it *tiny*, *doable*, and *pleasurable*.

SIMPLE IDEAS TO GET YOU STARTED

- Enjoy a daily cup of tea—no multitasking, just you and your mug.
- Take a five-minute walk outside and notice something beautiful.
- Give a heartfelt compliment and watch what shifts in you.
- Step away from your screen, close your eyes, and breathe slowly for three breaths.
- Sit with a favorite plant or pet and let yourself just be.

YOUR REFLECTION PROMPT:

After each day, ask yourself:

“How did this small act make me feel in my body?”

That awareness is the beginning of real, lasting change.

And if you miss a day? Simply begin again—healing loves patience more than perfection.

As an added bonus, jump over to our Facebook community and share what this joyful practice brought to your life!

CLICK HERE

☐ DAY 1 REFLECTIONS:

☐ DAY 2 REFLECTIONS:

☐ DAY 3 REFLECTIONS:

☐ DAY 4 REFLECTIONS:

☐ DAY 5 REFLECTIONS:

☐ DAY 6 REFLECTIONS:

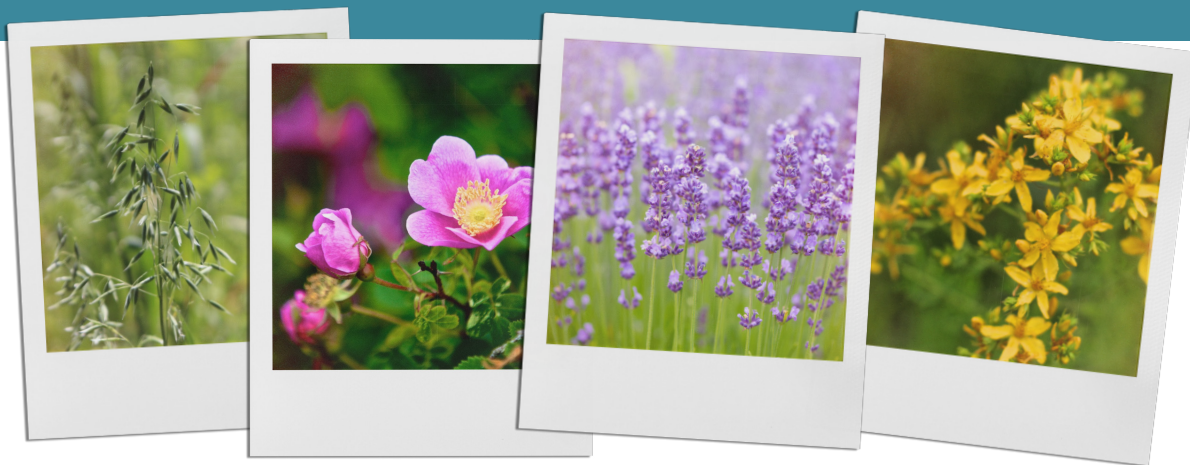
☐ DAY 7 REFLECTIONS:



If you've tried eating well, moving your body, and adding turmeric to everything—but still feel foggy, tired, or inflamed—there's a reason. This isn't about the "best herb" for a symptom. It's about learning how to work with your body, gently and sustainably, to restore balance at the root. Because the truth is, chronic inflammation isn't something you can out-supplement.

Cooling Inflammation is a kind, empowering herbal course that helps you understand what chronic inflammation really is—and what you can do to support true healing.

Ease pain, sleep better, and feel more like yourself again
Support your body with herbs, nourishment, and rest (yes, rest!)
Learn through compassionate guidance and simple
invitations—no shame, no rigid rules



This is where real herbalism begins—not with fear-based advice or rigid protocols, but with practical wisdom and grounded support that reconnects you to your vitality. Discover *Cooling Inflammation* and step into a healing path rooted in clarity, calm, and connection.

JOIN NOW

