

# Soul Wellness for Moms Handout

## Facts

- Our good bacteria can help with digestion, absorption, immunity, weight maintenance, and mental health.
- Most (90%) of our feel good hormones are produced in our gut (digestive system).
- Our gut bacteria that produces these feel good hormones is impacted by stress, toxins, and food choices.
- Diet is the most important determinant in shaping the composition, diversity and richness of gut flora.
- Mindfulness and being present in your body all the time (rather than in your head) is critical for soul wellness.

## Tips for Your Soul Wellness

- Breathe - when you take deep belly breaths, you can switch your body from fight or flight mode to rest, digest mode.
- Sleep - we need sleep to detoxify and organize our brain.
- Eat when you're relaxed so your body can digest and absorb nutrients.
- Eat regular meals - small meals, more frequently are easier on a stressed digestive system.
- Avoid raw in stress times - cooked food is easier to digest for a stressed digestive system.
- Protein and fibre with every meal - protein and fibre keeps our blood sugar level. When you have a blood sugar drop it can trigger the fight or flight response.
- Foods such as legumes (i.e. beans and lentils) contain nutrients that are vital for brain function and regulating mood. These nutrients include B Vitamins, folate, magnesium and zinc. All these nutrients have been shown to positively affect mood and mental health.
- Think of eating food that comes directly from the earth - the less processed the food, the more your body loves/needs it.
- Avoid artificial sweeteners and use natural sweeteners such as coconut sugar, maple syrup and honey in moderation - sugars feed the 'bad' bacteria.
- If consuming limited sugar, add protein, fat or fibre to every meal/snack to slow down a potential sugar spike.

## Internal Balance

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- Eat fermented foods - these foods/drinks help keep gut flora happy.
- Reduce toxins in food and environment as these can add stress to the whole system, including the digestive track.
- Move your body - movement/exercise releases toxins and produce feel good hormones.
- Have reasonable expectations for yourself - it is okay to say No. Know your limits and stick to them.

### Tips for eating

- Instead of having a cold salad, cook some spinach with egg or blend your greens in a smoothie.
- If you really want a salad, add warm cooked vegetables on top. Ginger, garlic, and turmeric are all warming spices that can turn a cold meal into a warming meal.
- Protein snacks could be apples dipped in nut butter, veggies and hummus (cashew hummus), [nutty fat bombs](#), [energy balls](#), hemp seeds, boiled egg or roasted chickpeas.
- Consume lightly steamed vegetables rather than raw in times of stress.
- Do not drink more than ½cup of liquid with meals or within 30 minutes before or after meals as it can impact the effectiveness of digestive enzymes.
- Listen to your body, it knows best what works for you and what does not.
- Chew food well and eat slowly, your stomach does not have teeth.
- Eat mindfully.
- Eat in company of others and/or in a relaxed environment.
- Use supplements or medication if needed to help support you on your journey.

### Resources

- If you want to release some big emotions (Katherine spoke about this), [30 Minute Hit](#) it has made a huge difference in my life.
- If you are having a hard time and would like to practice more self compassion, check out this [meditation](#) on Insight Timer.

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