replenish, restore, and recharge your body!

The Postpartum Nourishment Reset

THANK YOU

Friend!!!!

You're here and I'm truly SO thankful. I know what it's like to start something and do it alone.. So having other moms like you join me in this reset means the world! and I want you to know, you WON'T be alone on your journey as long as you are in my community.

When I started my holisitic healing journey, my inner circle wasn't on the same page. They didn't care to learn or implement everything I was (which is okay) but it was very hard to stay commited and excited about my progress when I was doing it alone. I never want you to feel that way.

Early on in adulthood I experienced extreme bloating, constipation, terrible acne, exhaustion no matter how much I slept, irritiabilty and anger. I tried working out more in the gym & at home, I even became a CPT, I took nutrition classes in college, and followed all the advice of Instagram influencers about hormones but nothing changed.

My holistic healing journey actually started when I started homesteading. We got some chickens, raw milk from a local farm, started making sourdough and my own butter. That all lead to many more rabbit trails down the bath of true root-cause healing and natural remedies like fire cider and honey fermented garlic.

I researched, I got my naturopathy certification and now my Wholistic Wellness Counselor certification and I continue to learn through courses and books because there truly is SO much to learn and connect all the dots.

I'm here to simplify everything I am learning AND join you as you implement these changes. I, too, am learning, growing, and implementing every day.

Let's do this together, start small, and heal slowly, as God intended and designed us to do ❤️

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Before We Start

If you've been feeling exhausted, foggy, or just off, you're not alone. So many of us are unknowingly **mineral deficient**, thanks to modern farming, processed foods, and daily stress. And trust me—I've been there!

Minerals are like the spark plugs of your body, helping everything run smoothly. They keep your energy up, your hormones happy, and your muscles strong. But when you're running low on things like magnesium, potassium, sodium, or calcium? Cue fatigue, brain fog, muscle cramps, and all sorts of other struggles. And what body system stretches from head to toe affecting every other body system? You guessed it, The Nervous System.

That's exactly why I created this **The Postpartum Nourishment Reset**—a simple, easy-to-follow way to start replenishing these vital nutrients so you can feel **energized, clear-headed, and strong** again! Because once your nervous system is fueled and calmed, every other system can start to flourish again!

This reset is just the beginning. If you're ready to continue nourishing your nervous system while restoring hormonal and nutritional balance for steady energy and mood stability, The Postpartum Fix was created to support you right where you are—without overwhelm or guesswork.

And now before we dive in, a quick disclaimer: This guide isn't meant to be medical advice. Always check with a healthcare professional before making major changes to your diet or supplements.

Alright, let's get into the good stuff... Your **The Postpartum Nourishment Reset!**

Key Minerals & Their Roles

Minerals might be tiny, but they do big jobs in your body. Here's a quick look at some of the most important ones - what they do, why they matter, and how to get more of them through food.

Key Mineral	What It Does	Did you know?	Food Sources
Calcium	Builds strong bones and teeth, supports muscle contraction and nerve signaling.	Your body pulls calcium from bones when needed—especially during stress.	Dairy, leafy greens, sardines (with bones), sesame seeds
Magnesium	Calms the nervous system, helps with sleep, muscle recovery, and stress response.	It's needed for over 300 body processes—and many people are deficient.	Pumpkin seeds, dark chocolate, spinach, almonds
Sodium	Regulates hydration, blood pressure, and adrenal function (your stress system).	Low sodium can signal burnout—not just low salt intake.	Celtic Sea salt, olives, bone broth, fermented veggies
Potassium	Supports hydration, energy, muscle strength, and blood sugar balance.	It helps your cells absorb nutrients and "talk" to each other.	Bananas, avocado, potatoes, coconut water
Zinc	Supports immune health, gut repair, hormones, and wound healing.	Zinc deficiency can blunt your sense of taste and smell.	Oysters, beef, pumpkin seeds, lentils
Copper	Supports energy, iron metabolism, and tissue strength—but too much can cause issues.	Copper and zinc compete in the body—HTMA helps us keep them balanced.	Liver, dark chocolate, mushrooms, cashews

Want help personalizing your nutrition to better support your mineral balance? Let's chat!
Email: hello@theflourishedroot.com

Day 1

HYDRATING WITH MINERALS

Minerals regulate hydration at the cellular level, keeping you energized and preventing fatigue. Modern water filtration often removes essential minerals (aka “electrolytes”) like magnesium, sodium, and potassium, leaving us drinking "empty" water that doesn’t fully hydrate the body. Naturally mineral-rich water from sources like spring water and well water can provide these essential nutrients, supporting optimal hydration, energy, and overall well-being.

ACTION STEPS:

- *Drink more mineral-rich water:* Aim for half your body weight in ounces of water today to keep your cells hydrated and functioning optimally.
- *Add electrolytes:* Enhance your hydration by adding a pinch of sea salt or a few drops of trace minerals to one of your glasses, especially if you rely on filtered or purified water.
- *Bonus Tip:* Coconut water is a great natural electrolyte booster!

Day 2

POTASSIUM POWER

Potassium is a crucial electrolyte that plays a major role in nerve function, muscle contractions, and heart health. It works alongside sodium to maintain proper hydration, prevent muscle cramps, and regulate blood pressure. Many people don't get enough potassium due to processed food diets and low fruit and vegetable intake. Replenishing potassium levels can improve energy, reduce bloating, and support overall wellness.

ACTION STEPS:

- *Incorporate potassium-rich foods:* Choose one high-potassium food today, such as avocado, sweet potato, bananas, or spinach.
- *Pair with sodium for balance:* Sprinkle a little Celtic sea salt on your potassium-rich food to optimize absorption.
- *Bonus Tip:* Cooking your potassium-rich foods can make them easier to digest and absorb. Try roasting sweet potatoes, sautéing spinach, or blending bananas into a smoothie for better nutrient availability.

Potassium-Rich Foods

- Salmon
- White beans & lentils
- Avocados
- Potatoes
- Sweet potatoes
- Acorn squash
- Bananas
- Tomatoes
- Leafy greens like spinach & kale

Day 3

THE ADRENAL COCKTAIL

Your adrenal glands play a crucial role in energy, metabolism, and stress management. When you're under chronic stress, your body rapidly burns through minerals like sodium, potassium, and magnesium. This can leave you feeling fatigued, lightheaded, and sluggish. The adrenal cocktail is a simple, effective way to replenish these minerals, helping to support adrenal function and improve energy levels.

ACTION STEPS:

- *Make an adrenal cocktail:* Mix 1/2 cup orange juice, 1/2 cup coconut water, and 1/4 tsp celtic sea salt. Optionally, add 1/4 tsp cream of tartar for extra potassium.
- *Drink in the afternoon:* This helps prevent an energy crash and supports adrenal function.
- *Bonus Tip:* If you don't tolerate orange juice, swap it for lemon water with a dash of honey.

**More yummy recipes for Mineral Mocktails on the next page!

Mineral Mocktail Cheat Sheet

Simple drink recipes to support stress, energy, + mineral balance.

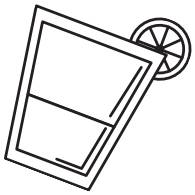
Mineral Mocktails, or Adrenal Cocktails as they are more widely known, are simple, mineral-rich drinks made with whole food sources of vitamin C, sodium, and potassium—a trio that supports energy, stress resilience, hydration, and overall mineral balance. Try one of the easy recipes below to give your minerals (and your mood) a gentle boost!

Your Basic Formula

Each adrenal cocktail includes these 3 core components:

Vitamin C source (e.g., orange juice, lemon juice, tart cherry juice) → Supports adrenal health and helps regulate stress hormones.

Sodium (e.g., sea salt or mineral salt) → Replenishes what's lost through stress and supports hydration at the cellular level.



Potassium (e.g., coconut water or a pinch of cream of tartar) → Balances sodium, supports energy production, and helps keep the nervous system calm.

Recipes To Try

🍊 Classic Orange

- 4 oz fresh orange juice
- 1/4 tsp celtic sea salt
- 1/4 cup coconut water
- Optional: Splash of lemon or lime juice

🥥 Creamy Citrus

- 1/2 cup coconut water
- Juice of 1/2 lemon
- 1/4 tsp celtic sea salt
- 1 tbsp full-fat coconut milk

🍒 Spiced Mineral Tonic

- 4 oz tart cherry juice
- 1/4 tsp celtic sea salt
- Pinch of cream of tartar
- Dash of cinnamon

⚡ Berry Zinger

- 1/2 cup coconut water
- 1/4 cup 100% cranberry juice
- Juice of 1/2 lime
- Pinch of celtic sea salt

Tip: Sip 1–2 times daily—especially mid-morning or mid-afternoon when cortisol naturally dips.

Day 4

MAGNESIUM BOOST

Magnesium is an essential mineral involved in over 300 biochemical reactions in the body, including muscle relaxation, nervous system regulation, and blood sugar control. Chronic stress, processed foods, and soil depletion have left many people deficient in this powerhouse mineral. Low magnesium levels can contribute to muscle cramps, poor sleep, anxiety, and difficulty handling stress. Replenishing magnesium can improve relaxation, enhance recovery, and promote overall well-being.

ACTION STEPS:

- *Eat magnesium-rich foods:* Include dark leafy greens, pumpkin seeds, or dark chocolate in your meals today.
- *Try an Epsom salt bath:* Absorb magnesium transdermally by soaking in a warm bath with Epsom salt before bed.
- *Bonus Tip:* Magnesium is best absorbed in the evening and helps improve sleep quality.

Magnesium-Rich Foods

- Spinach
- Pumpkin seeds
- Beans & legumes
- Tuna
- Brown rice
- Almonds
- Dark chocolate
- Avocadoes
- Bananas

Day 5

STRESS, DIGESTION, & MINERALS

Chronic stress not only drains minerals from your body but also impacts digestion, making it harder for you to absorb essential nutrients. When your body is in a constant fight-or-flight state, stomach acid production decreases, leading to bloating, poor digestion, and malabsorption of minerals like calcium, magnesium, and zinc. Supporting digestion and stress management is key to ensuring your body actually absorbs and utilizes the minerals you're consuming.

ACTION STEPS:

- *Practice stress reduction:* Try deep breathing, take a short walk in nature, or have a tech-free meal.
- *Support digestion:* Eat mindfully, chew food thoroughly, and avoid drinking too much water with meals to optimize stomach acid levels.
- *Bonus Tip:* Your gut needs to be in a relaxed state to properly absorb minerals, so take a few deep breaths and express some gratitude before you eat!

Minerals

the spark plugs of life

THE FLOURISHED ROOT

This workbook serves as your guide to improving mineral balance through reflection and action. Small, consistent steps will lead to long-term results.

Introduction to Minerals

Minerals are essential nutrients that act as the body's spark plugs, supporting energy production, hormone balance, muscle function, and overall well-being. Deficiencies can lead to fatigue, brain fog, and weakened immunity.

Questions/Action Steps:

What symptoms have you experienced that might be related to mineral deficiencies?

How would you rate your current mineral intake on a scale of 1 to 10? Why?

Write down one goal you have for improving your mineral balance:

How Minerals Support the Body

Minerals contribute to energy production, stress resilience, thyroid function, immune health, and blood sugar regulation. Proper balance is key since some minerals work together while others compete.

Questions/Action Steps:

Which functions of minerals stood out to you as the most important for your health?

Are there any mineral-rich foods you already consume regularly?

Identify one way you can incorporate more mineral-dense foods into your diet:

Women & Minerals

Women experience increased mineral demands due to menstruation, pregnancy, postpartum recovery, and stress. Depletion can lead to hormone imbalances, fatigue, and anxiety.

Questions/Action Steps:

Have you experienced signs of mineral depletion during different life stages (e.g., postpartum, high-stress periods)?

What changes can you make to better support your mineral levels during these times?

Choose one mineral-supporting habit to focus on:

Mineral Depletion

Minerals can be depleted due to soil depletion, food processing, chronic stress, restrictive diets, medications, and over-filtered water.

Questions/Action Steps:

Which depletion factors apply to your lifestyle?

What steps can you take to counteract these depleting factors?

Write down your strategy for replenishing lost minerals:

Signs of Mineral Deficiency

Common signs include fatigue, muscle cramps, frequent cavities, hair loss, and mood swings. These symptoms indicate a need for more balanced mineral intake.

Questions/Action Steps:

Do you experience any symptoms associated with mineral deficiencies?

What dietary or lifestyle changes could help address these symptoms?

Write down one action step to start replenishing your minerals today:

Restoring Mineral Balance

Replenishing minerals involves eating whole, nutrient-dense foods, staying hydrated with mineral-rich water, and managing stress to avoid further depletion.

Questions/Action Steps:

What mineral-rich foods can you add to your diet this week?

Track your water intake for the next three days. Are you staying hydrated?

Write down one dietary goal to support mineral repletion:

Long-Term Strategies

Maintaining optimal mineral balance requires consistent habits, including balanced nutrition, hydration, stress management, and mindful supplementation when necessary.

Questions/Action Steps:

What long-term goal can you set to improve your mineral balance?

Break your goal into three small steps:

1.
2.
3.

Who or what can support you in staying accountable to your goal?

WHAT'S NEXT?

You just spent the last few days giving your body something it's likely been missing.

And if you noticed even small shifts—feeling steadier, calmer, or more aware of what your body needs—that wasn't a coincidence.

This week wasn't about fixing yourself.

It was about replenishing what stress, pregnancy, and motherhood quietly burn through.

Minerals are the foundation, but lasting energy also comes from enough fuel, steady rhythms, and gentle support that works with real life.

That's why I created The Postpartum Fix.

It's a simple guide to help you rebuild energy, support hormones and metabolism, and reduce cravings without restriction, tracking, or overwhelm.

Because you completed **The Postpartum Nourishment Reset**, you have a one time opportunity to get The Postpartum Fix for only $27!

GRAB THE POSTPARTUM FIX