



NOURISH & HEAL

the free guide

Do You Ever Feel Like This?

*5 Signs your body has been trying to tell you
something*

Pamella Edwards

Do You Ever Feel Like This?

- You drag yourself out of bed most mornings — even after eight hours of sleep.
- Your joints ache for no clear reason: stairs, jars, or just getting up in the morning.
- Your stomach feels bloated, no matter what you eat.
- Your brain feels foggy — you lose words, lose focus, lose your train of thought.
- Your skin, hair or energy just aren't what they used to be, and you can't explain why.



You've been managing this alone for years — cooking for everyone else while quietly wondering what's wrong with your own body.

If two or more of these sound familiar — it's not all in your head.

This has a name. Nobody ever told you it was called inflammation.

This Book Was Written With You in Mind

Our grandparents didn't reach for a pharmacy — they went to the yard, the market, the kitchen. Every plant, every spice, every pot of soup had a purpose, passed down through generations of hands that knew how to care for a body without ever once calling it medicine.

*For every family whose rich food heritage — **Caribbean, West African heritage, African American, South Asian, Mediterranean, Middle Eastern, American South and Latin American, and beyond** — has been chronically overlooked. This isn't one of those books.*



So What Is Inflammation, Really?

In simple terms, inflammation is your body's natural alarm system. Research suggests that when that alarm stays switched on for too long, it may be linked to some of the very symptoms above — the tiredness, the aching joints, the bloating, the fog.

Individual results will always vary, and your medical team remains the best authority on your own health. But there is a great deal within your control, starting with what's on your plate.

*This is just the surface. The full picture — what research suggests is happening in the body, and the foods, herbs, teas and daily habits that may help — is what **Nourish & Heal** was written to give you.*

5 Things to Check in Your Kitchen Today

- **Your oats.** Slow-release oats digest gradually rather than spiking blood sugar quickly, research suggests steadier blood sugar may be linked to a calmer inflammatory response through the day.
- **Your spice rack.** Turmeric and black pepper together — research suggests black pepper helps the body absorb turmeric's curcumin far better than turmeric works alone, so the pairing matters more than the amount.
- **Your breakfast.** Protein and fibre first thing slow down how quickly food is digested. This helps avoid the sharp blood sugar spikes that research links to increased inflammation, so you get steadier energy and fewer cravings through the day.
- **Your rice or beans.** Especially with brown rice or enriched white rice, the starchy cooking liquid carries out vitamins, minerals and soluble fibre — pouring it away means pouring out nutrition, not just water. Keeping and reusing it is a simple way to get more from food you've already paid for and cooked.
- **Your kettle.** Many herbal teas, like ginger or turmeric tea, carry the same active compounds found in the fresh root itself: gingerols in ginger, curcumin in turmeric. Research links both to a calmer inflammatory response, and since tea is simmered or steeped, those compounds are already in a form the body can begin absorbing, making it one of the simplest daily swaps from plain hot water.

A small note: this list is a starting point, not a treatment plan. As always — or as suits your body and your routine.

A TASTE OF THE BOOK

Golden Coconut Porridge With Caribbean Spiced Berries

Serves 4 | Preparation 5 minutes | Cooking 10 minutes



The Story Behind the Dish

This is comfort food elevated to something extraordinary. Creamy, golden, warming oat porridge — infused with coconut milk and turmeric — topped with a quick compote of berries that sings with the warm spices of the Caribbean. It is the kind of breakfast that wraps itself around you like a hug.

What Makes It Healing

Oats provide slow-release fibre that feeds gut bacteria and may help stabilise blood sugar. Turmeric and black pepper together deliver curcumin the body can actually use. Coconut milk provides the healthy fat that helps turmeric absorb properly. The berries bring a concentrated dose of antioxidants.

Ingredients

For the porridge: 2 cups jumbo rolled oats · 1 can full-fat coconut milk · 1 cup water · 1 tsp turmeric powder · 1 tsp Ceylon cinnamon · a pinch of black pepper · 1 tbsp honey or maple syrup · 1 tsp vanilla extract · a pinch of sea salt

For the berry compote: 2 cups mixed berries · 1 tbsp honey · ½ tsp allspice · ¼ tsp cinnamon · a squeeze of fresh lime juice

To serve: pumpkin seeds · chia seeds · fresh mint · a drizzle of honey

Method

Cook the oats gently in water for 2–3 minutes before adding the coconut milk, turmeric, cinnamon, black pepper, vanilla and salt. Simmer 6–8 minutes until thick and golden. Meanwhile, warm the berries with honey, allspice, cinnamon and lime juice for 3–4 minutes until softened. Spoon the porridge into bowls, top with the warm compote, scatter with pumpkin and chia seeds, and finish with mint and a drizzle of honey.

♥ **Pammy's Kitchen Note:** *The allspice in the berry compote is your little piece of Jamaica right there at the breakfast table.*

COMING SOON! - A BOOK THAT FEELS LIKE HOME!

If this guide has already opened your eyes, imagine what a full, beautifully crafted book could do.

Nourish & Heal: Healing Foods, Herbs, Teas and Recipes to Reduce Inflammation Naturally goes far deeper — explaining inflammation in warm, simple language...offering recipes, herbs, teas and daily habits rooted in the food traditions of Caribbean, West African heritage, African American, South Asian, Mediterranean, Middle Eastern, American South and Latin American families — the traditions we've always trusted.

Sixteen Michelin-inspired dishes.

A complete 30-day plan.

Ten daily habits built for real life.

A master shopping list.

Safety guidance for every herb and spice.

No prescriptions. No promises.

Just nourishment that feels familiar, comforting, and culturally true.

Over the next couple of weeks, I'll send you a few more free pieces of the book — then let you know the moment it's live.

If you've been tired for too long...

If your body has been whispering for years...

If you're ready to understand what's really going on...

Your healing kitchen is coming. And you'll want to be the first to open the door.

"Nourish & Heal is the kind of book our grandmothers would have wanted on their kitchen table."

— Elder Caroline Malcolm, minister and mentor to hundreds of women

P.S. — the price only stays at £16.99 for launch week. After that, it's £24.99 forever.

Here's how to make sure you're there for it:



This Is Just One Recipe. There Are Sixteen

Sixteen Michelin-inspired recipes. A complete 30-day plan.
Ten daily habits. A master shopping list

For Every Family whose rich food heritage - Caribbean, West African Heritage, African American, South Asian, Mediterranean, Middle Eastern, American South & Latin America and beyond - have been chronically overlooked

UNTIL NOW!

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