



GET WELL

FROM THE RECONCILIATION CENTER, INC

YOU ARE THE MEDICINE - MIND, BODY & SPIRIT
RESTORENY.ORG



The Get Well Cards are deeply informed by the work of mental health practitioners and trauma healers who have helped the world understand how experience lives in the body. Our thinking draws especially from the teachings of the COLEVA Healing Institute, founded by Amandla O'Connor, which centers collective liberation, embodied healing, and cultural wisdom, as well as from *The Body Keeps the Score* by Bessel van der Kolk, which illuminated how trauma reshapes the nervous system and physical health. These frameworks, alongside the lived, land-based practice of Restore Forward and its food-as-medicine and land-as-medicine programs, guided us in creating the Get Well Cards, tools that bridge clinical insight, ancestral knowing, and everyday nourishment to support whole-person healing.

GET WELL

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DEVELOPED BY FARAH TANIS & ALISHA SANTIAGO

INTRODUCTION TO THE GET WELL SERIES

The Get Well series was created to honor the truth that healing is not one dimensional. Our bodies, minds, and spirits carry the stories of stress, illness, trauma, and daily life, and each of these stories asks for care in its own way. Get Well brings together whole-person wisdom, food as medicine, herbs, movement, and emotional restoration to support you wherever you are on your healing journey. Each guide invites you to understand your symptoms through a compassionate lens while offering practical, accessible tools to nourish the systems most affected. This series is for anyone seeking a clearer path toward relief, balance, and a more rooted sense of well-being.

Part of the **Mobile Health & Nutrition Therapy
Outreach: Food as Medicine (FaM) Project**

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HOW TO USE THE GET WELL SERIES

Use Get Well as a companion, not a prescription.

Begin by identifying the symptoms or experiences that most resonate with where you are now, then explore the sections on food, herbs, lifestyle practices, and emotional care that support that part of the body. Move through the material slowly, choosing one or two practices at a time so your body can integrate them gently. Listen closely to your own rhythms, healing is personal, and there is no single “right” way to move through this series. Let it guide you, ground you, and help you build a toolkit you can return to again and again as you reclaim your health and well-being.

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THE NEUROLOGICAL DOMAIN

Our bodies carry the imprints of trauma, grief, chronic stress, and illness, experiences that reshape how the brain regulates safety, inflammation, digestion, sleep, and immunity. The healing foods and herbs in this monograph help restore that balance, working gently with the neurological pathways affected by these experiences and supporting the body's natural capacity to repair and regulate. This guide shows how everyday nourishment can become an ally in healing, offering relief, grounding, and lasting resilience.

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NEUROLOGICAL SYMPTOMS

Chronic daily headaches | Seizures
Pseudo seizures | Dizziness/light
headedness | Syncope
Altered sensations | Transient Amnesia

Increased risk of stroke (CVA)

Primary CVA/Strangle

Secondary High Risk Behavior

FOOD AS MEDICINE

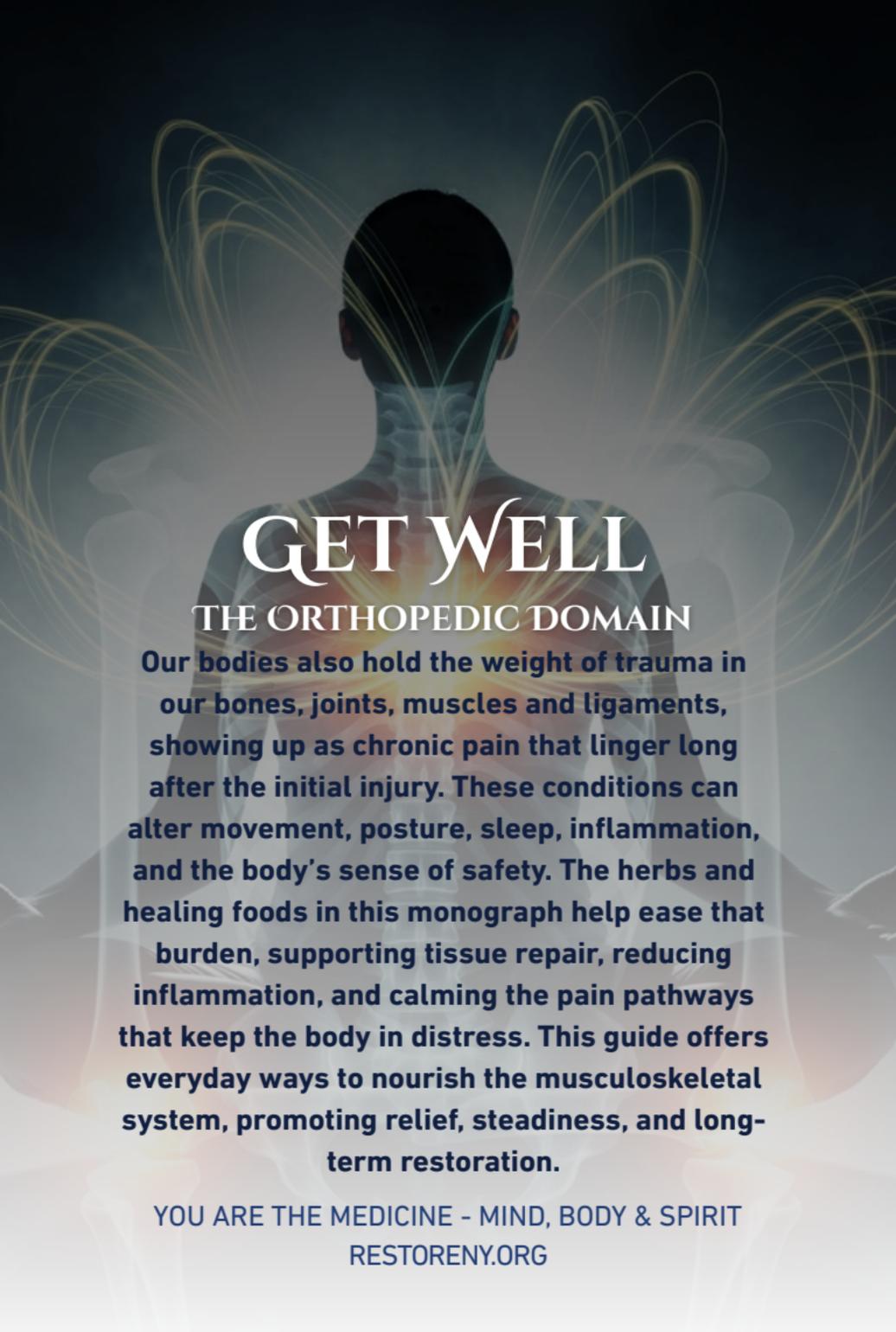
Fatty Fish (salmon, sardines, mackerel) - Rich in omega-3 fatty acids /Improves brain cell communication, reduces inflammation, supports memory and cognitive resilience.

Blueberries & other berries - High in antioxidants (flavonoids) /Protects neurons from oxidative stress, enhances memory, reduces risk of age-related decline.

Broccoli - Contains sulforaphane /Reduces inflammation, supports detoxification, protects against neurological damage.

Pumpkin Seeds - Rich in magnesium, zinc, and antioxidants /Supports nerve signaling, reduces headaches and dizziness, and stabilizes mood.

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THE ORTHOPEDIC DOMAIN

Our bodies also hold the weight of trauma in our bones, joints, muscles and ligaments, showing up as chronic pain that linger long after the initial injury. These conditions can alter movement, posture, sleep, inflammation, and the body's sense of safety. The herbs and healing foods in this monograph help ease that burden, supporting tissue repair, reducing inflammation, and calming the pain pathways that keep the body in distress. This guide offers everyday ways to nourish the musculoskeletal system, promoting relief, steadiness, and long-term restoration.

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ORTHOPEDIC SYMPTOMS

Chronic low back pain | Increased risk of any fracture
Neck strain - radiculopathy | Complex regional pain

FOOD AS MEDICINE

Leafy Greens (Spinach, Kale, Collard Greens) - Provide magnesium and vitamin K essential for bone density and tissue repair.

Nuts & Seeds (Walnuts, Chia, Flaxseed) -
Anti-inflammatory omega-3s and protein
/Helps reduce pain and support muscle recovery.

Cruciferous Vegetables (Broccoli, Brussels Sprouts) - Contain antioxidants /Lowers inflammation and protects cartilage.

HERBS THAT HEAL

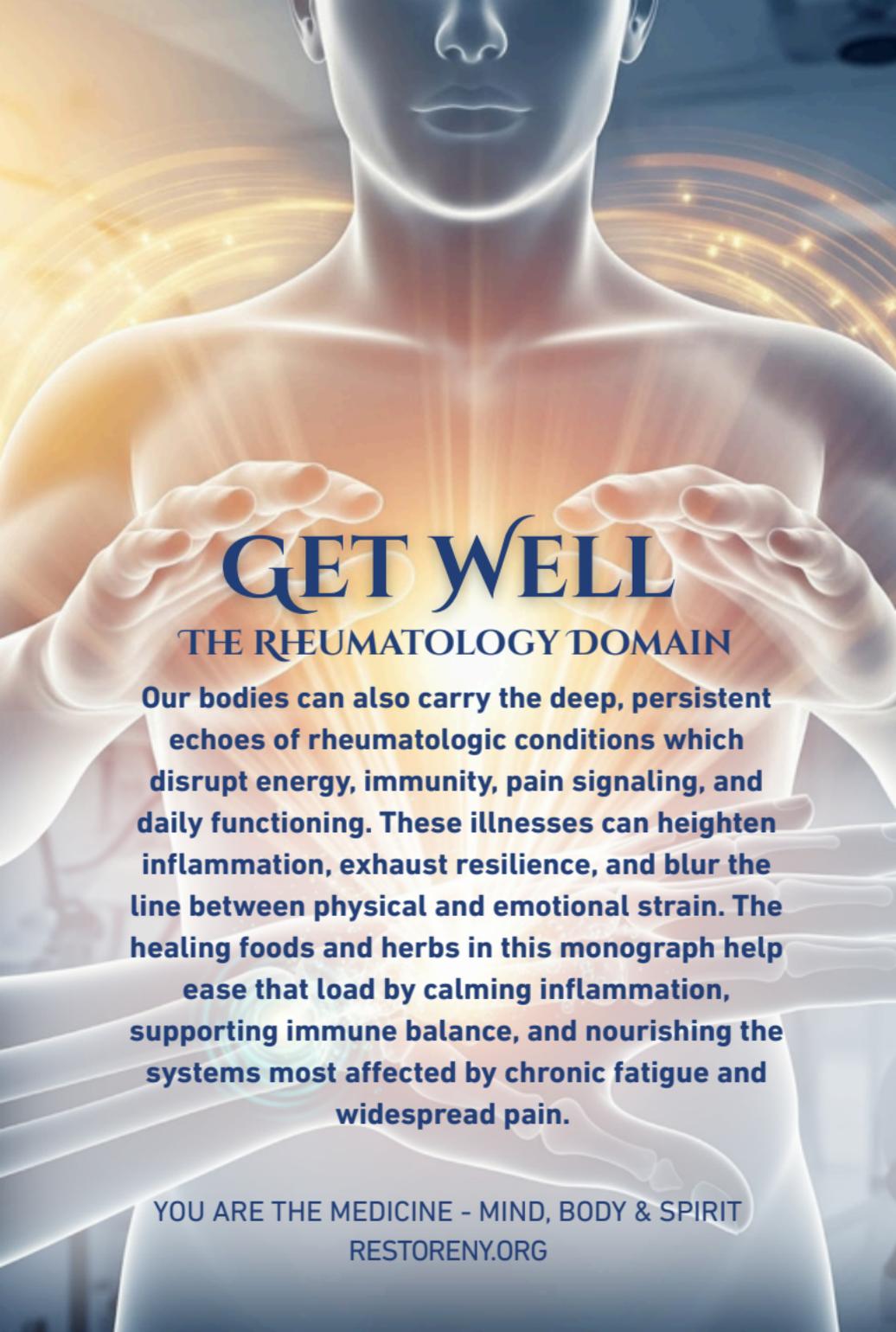
Ginger - Improves circulation /Reduces stiffness, and alleviates muscle and joint pain.

Green Tea - Contains polyphenols /ReduceS inflammation and protects joint tissues.

Turmeric (Curcumin) - Potent anti-inflammatory /Calms pain pathways and reduces swelling in joints.

Boswellia (Frankincense) - Anti-inflammatory /Known for reducing inflammation in arthritis and supporting mobility.

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THE RHEUMATOLOGY DOMAIN

Our bodies can also carry the deep, persistent echoes of rheumatologic conditions which disrupt energy, immunity, pain signaling, and daily functioning. These illnesses can heighten inflammation, exhaust resilience, and blur the line between physical and emotional strain. The healing foods and herbs in this monograph help ease that load by calming inflammation, supporting immune balance, and nourishing the systems most affected by chronic fatigue and widespread pain.

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RHEUMATOLOGY SYMPTOMS

Fibromyalgia | Chronic fatigue
Autoimmune Disorders | Rheum Arthritis

FOOD AS MEDICINE

Olive Oil -Contains monounsaturated fats and polyphenols that soothe inflammation and protect against autoimmune flare-ups.

Berries (Blueberries, Strawberries, Blackberries)-
High in vitamin C and polyphenols / Reduces oxidative stress, supports collagen formation, and calm inflammatory pathways that contribute to widespread pain.

Legumes (Lentils, Chickpeas, Beans) - Provide plant-based protein, fiber, and minerals /Stabilize blood sugar, reduce inflammation, and sustain energy in those with chronic fatigue syndromes

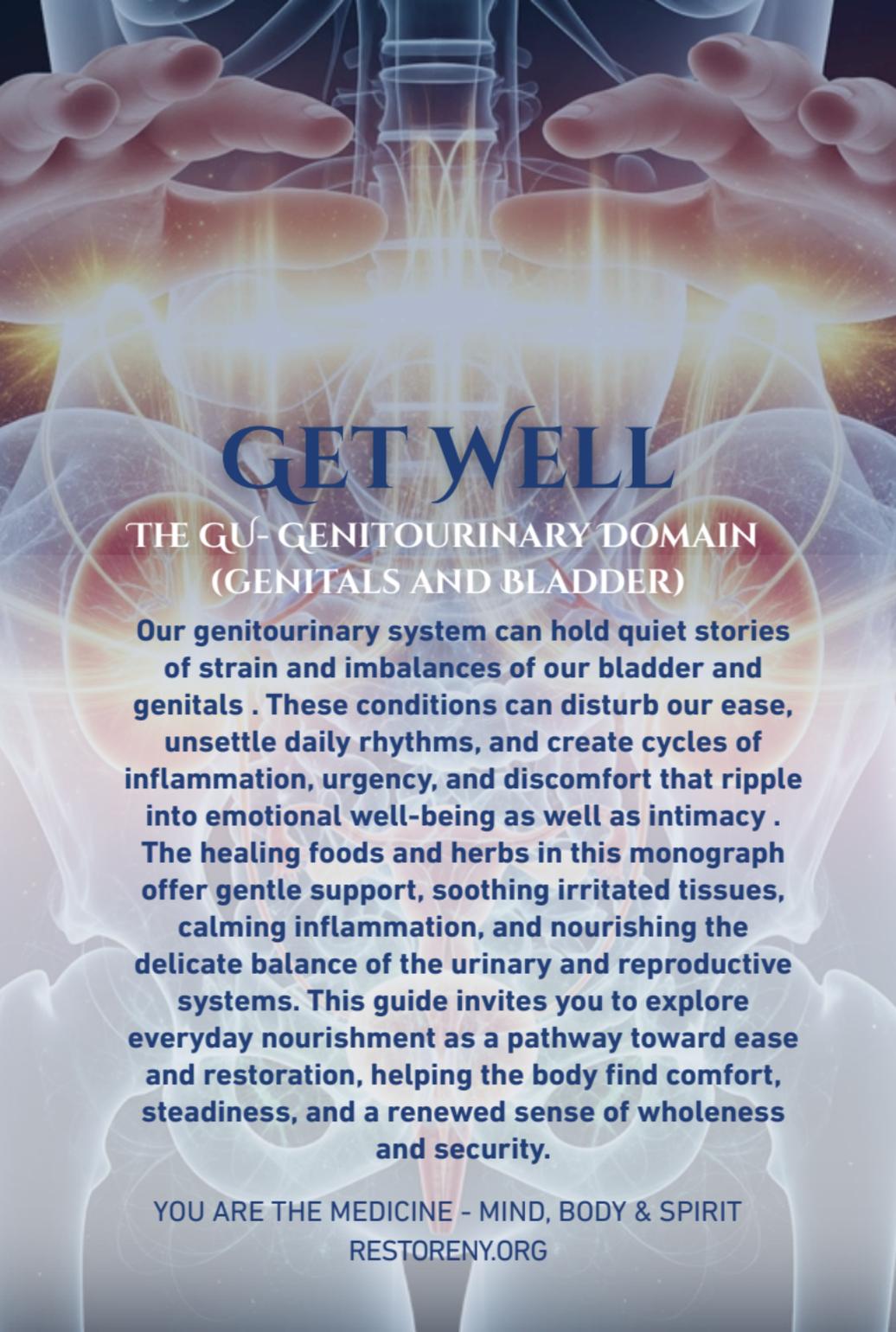
HERBS THAT HEAL

Boswellia (Frankincense)- Known for its ability to reduce inflammation in rheumatoid arthritis, boswellia supports mobility and helps ease the burden of persistent joint pain.

Licorice Root - Helps regulate immune function/Soothes inflammation, and supports adrenal health, which can be depleted in long-term autoimmune conditions.

Devil's Claw - Traditionally used for arthritis and musculoskeletal pain, it helps reduce stiffness and supports comfort in daily movement.

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THE GU- GENITOURINARY DOMAIN (GENITALS AND BLADDER)

Our genitourinary system can hold quiet stories of strain and imbalances of our bladder and genitals . These conditions can disturb our ease, unsettle daily rhythms, and create cycles of inflammation, urgency, and discomfort that ripple into emotional well-being as well as intimacy . The healing foods and herbs in this monograph offer gentle support, soothing irritated tissues, calming inflammation, and nourishing the delicate balance of the urinary and reproductive systems. This guide invites you to explore everyday nourishment as a pathway toward ease and restoration, helping the body find comfort, steadiness, and a renewed sense of wholeness and security.

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FOOD AS MEDICINE

Cranberries - Naturally rich in proanthocyanidins /Helps prevent bacteria from adhering to the bladder wall, reducing the risk of recurrent urinary tract infections and supporting overall bladder health.

Pumpkin Seeds - High in zinc and antioxidants/nourishes the prostate, supports reproductive health, and eases inflammation that can contribute to prostatitis and bladder dysfunction.

Pomegranates - Packed with polyphenols and vitamin C /Reduces oxidative stress, supports vascular health in the genitals, and helps restore balance in tissues affected by chronic inflammation.

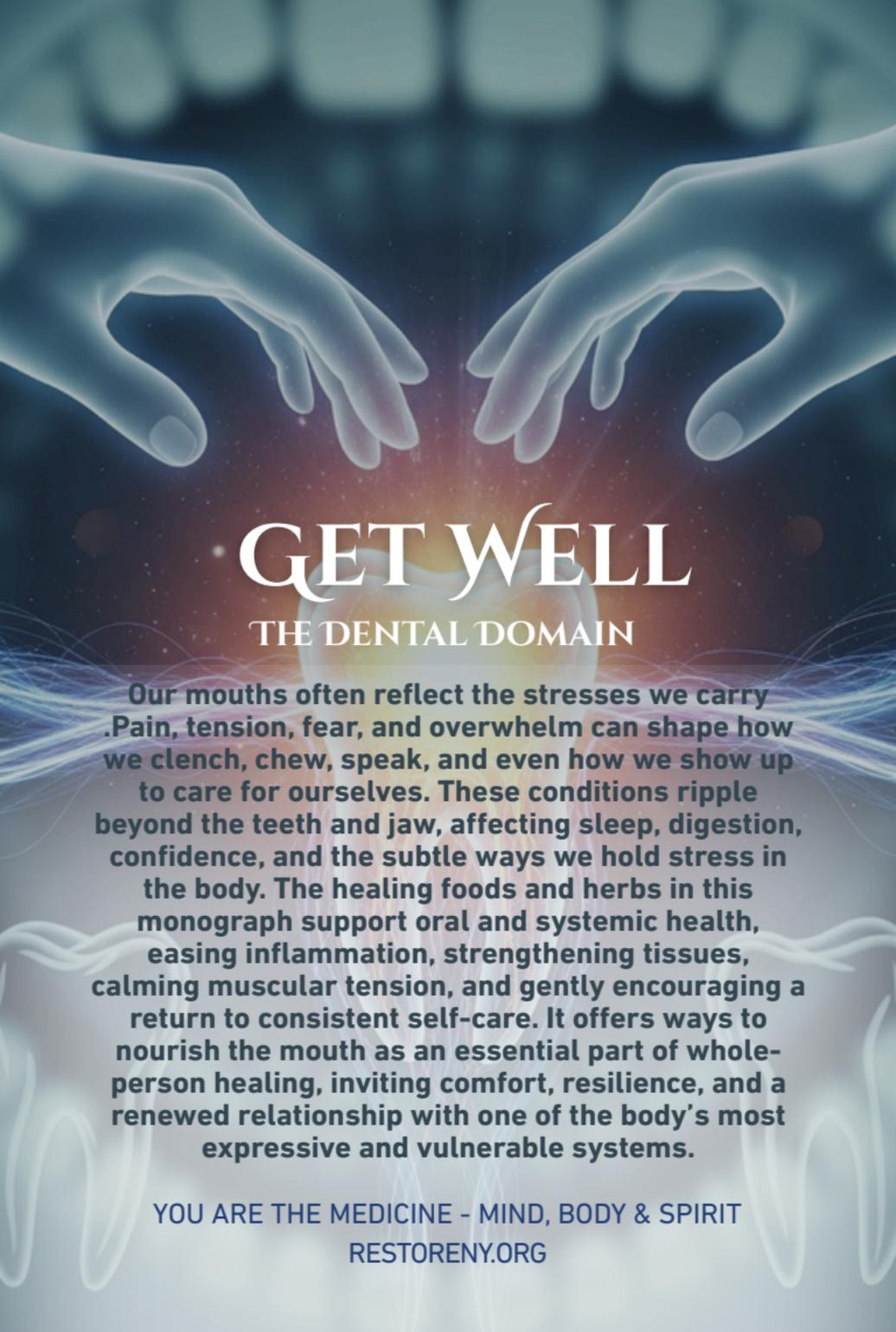
HERBS THAT HEAL

Saw Palmetto- Known for supporting prostate health/Reduces inflammation, eases urinary difficulties, and helps restore balance in cases of prostatitis.

Corn Silk- A gentle soothing herb, corn silk calms bladder irritation, reduces inflammation in the urinary tract, and supports comfort in conditions like interstitial cystitis.

Horsetail- Rich in silica and minerals, horsetail strengthens connective tissues, supports bladder tone, and provides gentle diuretic action to ease urinary dysfunction.

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The background features two hands, one on the left and one on the right, reaching towards each other. Between their fingers is a glowing, multi-colored orb (red, orange, yellow, green) that emits light and has a textured, crystalline appearance. The overall color palette is cool, with blues and greys, accented by the warm colors of the central orb. The text is centered and uses a mix of white and dark blue colors.

GET WELL

THE DENTAL DOMAIN

Our mouths often reflect the stresses we carry .Pain, tension, fear, and overwhelm can shape how we clench, chew, speak, and even how we show up to care for ourselves. These conditions ripple beyond the teeth and jaw, affecting sleep, digestion, confidence, and the subtle ways we hold stress in the body. The healing foods and herbs in this monograph support oral and systemic health, easing inflammation, strengthening tissues, calming muscular tension, and gently encouraging a return to consistent self-care. It offers ways to nourish the mouth as an essential part of whole-person healing, inviting comfort, resilience, and a renewed relationship with one of the body's most expressive and vulnerable systems.

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DENTAL SYMPTOMS

TMJ Disorders | Bruxism

(involuntary clenching/grinding or gnashing teeth)

Avoidance of dental care

FOOD AS MEDICINE

Cheese & Plain Yogurt - Rich in calcium and phosphates, these foods help remineralize tooth enamel, balance oral pH, and reduce the risk of cavities while supporting bone strength in the jaw.

Apples - Their fibrous texture stimulates saliva production, gently cleansing the mouth, reducing plaque buildup, and supporting gum health while offering a refreshing stress release through chewing.

Carrots & Celery - Crunchy vegetables act as natural toothbrushes, scrubbing teeth surfaces, stimulating gums, and increasing saliva flow to neutralize acids that cause decay.

HERBS THAT HEAL

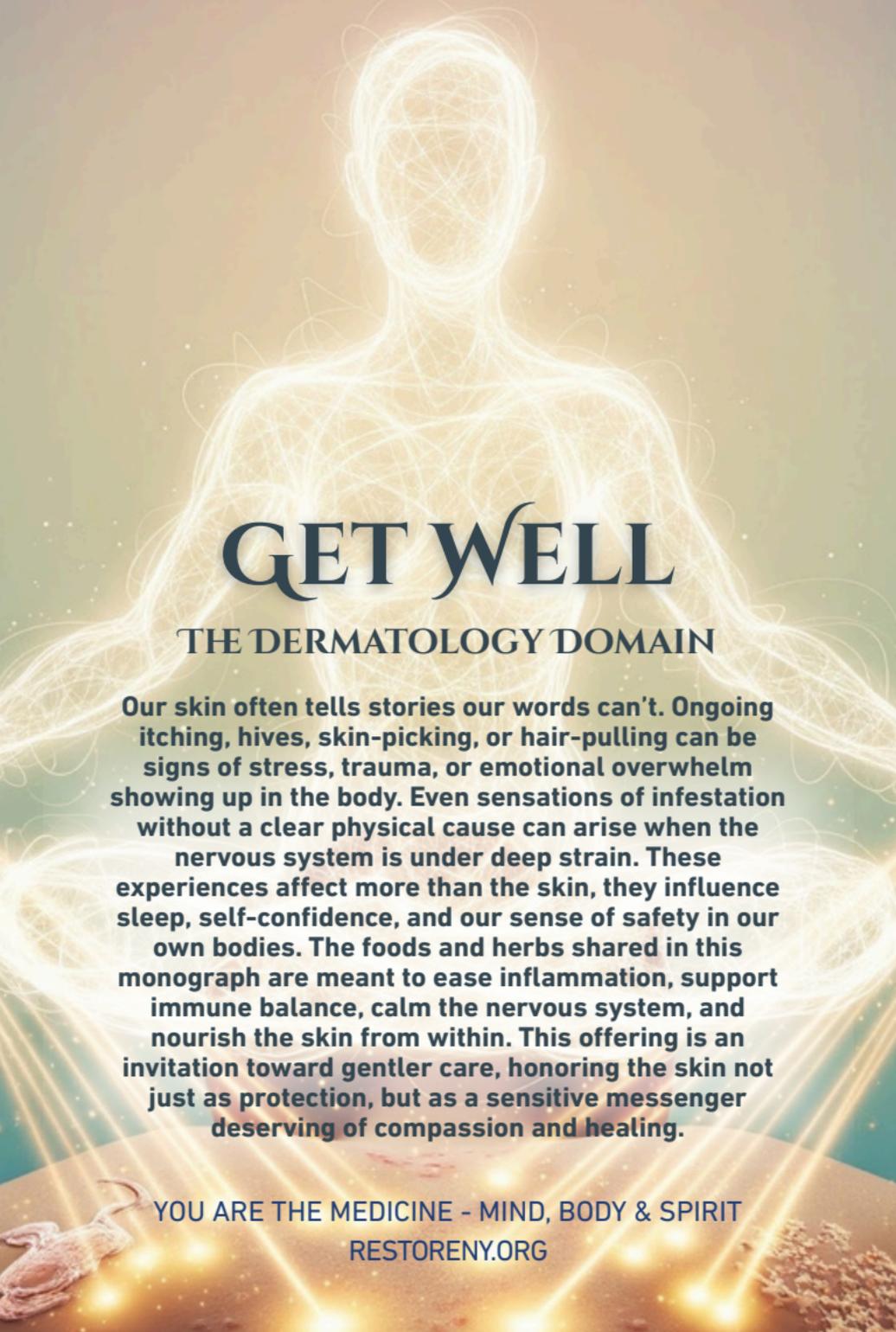
Water & Herbal Infusions - Staying hydrated supports saliva production, which is the body's natural defense against tooth decay, while gentle herbal teas soothe tension in the jaw and promote relaxation.

Clove - Traditionally used for toothaches, clove contains eugenol, a natural analgesic and antiseptic that calms pain, reduces infection risk, and supports gum health.

Myrrh - Known for its antimicrobial and anti-inflammatory properties, myrrh strengthens gum tissue, reduces bleeding, and supports healing in cases of gingivitis or abscesses.

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THE DERMATOLOGY DOMAIN

Our skin often tells stories our words can't. Ongoing itching, hives, skin-picking, or hair-pulling can be signs of stress, trauma, or emotional overwhelm showing up in the body. Even sensations of infestation without a clear physical cause can arise when the nervous system is under deep strain. These experiences affect more than the skin, they influence sleep, self-confidence, and our sense of safety in our own bodies. The foods and herbs shared in this monograph are meant to ease inflammation, support immune balance, calm the nervous system, and nourish the skin from within. This offering is an invitation toward gentler care, honoring the skin not just as protection, but as a sensitive messenger deserving of compassion and healing.

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DERMATOLOGY SYMPTOMS

Unexplained pruritus (itching of the skin)

Chronic or recurring urticaria (hives)

Chronic excoriation picking (skin picking)

Alopecia-tricotillomania

Neurodermatitis (itchy, thickened, leathery patches of skin)

FOOD AS MEDICINE

Avocados - Rich in healthy fats, vitamin E, and antioxidants, avocados deeply nourish skin cells, reduce dryness, and support resilience against inflammation that can trigger itching and hives.

Sweet Potatoes - High in beta-carotene, sweet potatoes help protect skin from oxidative stress, promote tissue repair, and calm irritation in conditions like neurodermatitis.

Cucumbers - Hydrating and cooling, cucumbers soothe inflamed tissues, reduce puffiness, and replenish moisture balance in the skin, offering gentle relief for pruritus.

HERBS THAT HEAL

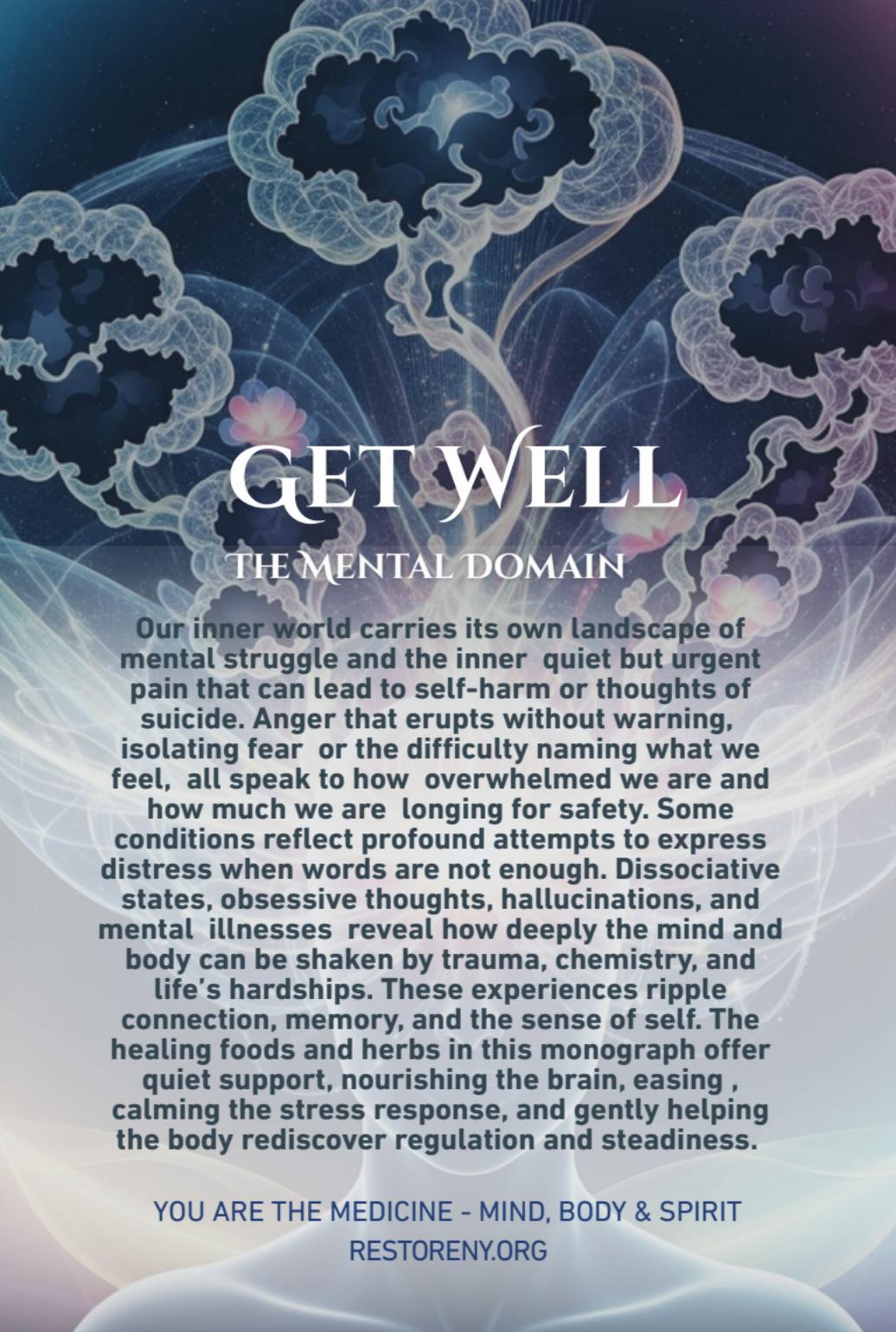
Chamomile Tea (as a beverage) - Offers systemic calming effects, reducing stress-related triggers for hives, itching, and compulsive behaviors like hair-pulling.

Calendula - Known for its skin-soothing properties, calendula reduces inflammation, supports wound healing, and calms irritation in conditions like neurodermatitis and excoriation.

Gotu Kola - A traditional herb for skin repair, gotu kola enhances collagen production, supports tissue regeneration, and helps restore balance in chronic skin conditions.

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THE MENTAL DOMAIN

Our inner world carries its own landscape of mental struggle and the inner quiet but urgent pain that can lead to self-harm or thoughts of suicide. Anger that erupts without warning, isolating fear or the difficulty naming what we feel, all speak to how overwhelmed we are and how much we are longing for safety. Some conditions reflect profound attempts to express distress when words are not enough. Dissociative states, obsessive thoughts, hallucinations, and mental illnesses reveal how deeply the mind and body can be shaken by trauma, chemistry, and life's hardships. These experiences ripple connection, memory, and the sense of self. The healing foods and herbs in this monograph offer quiet support, nourishing the brain, easing, calming the stress response, and gently helping the body rediscover regulation and steadiness.

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MENTAL HEALTH SYMPTOMS

Depression | Anxiety | Panic disorder
PTSD | Bipolar disorder
Cutting and other self-inflicted injury
Suicide/suicidal attempts
Aggression/anger problems

FOOD AS MEDICINE

Dark Chocolate (70% or higher) - Rich in flavonoids and magnesium, dark chocolate supports serotonin production, calms anxiety, and gently uplifts mood during depressive states.

Blueberries - Packed with antioxidants and vitamin C, blueberries reduce oxidative stress in the brain, support memory, and help regulate emotional balance in PTSD and anxiety.

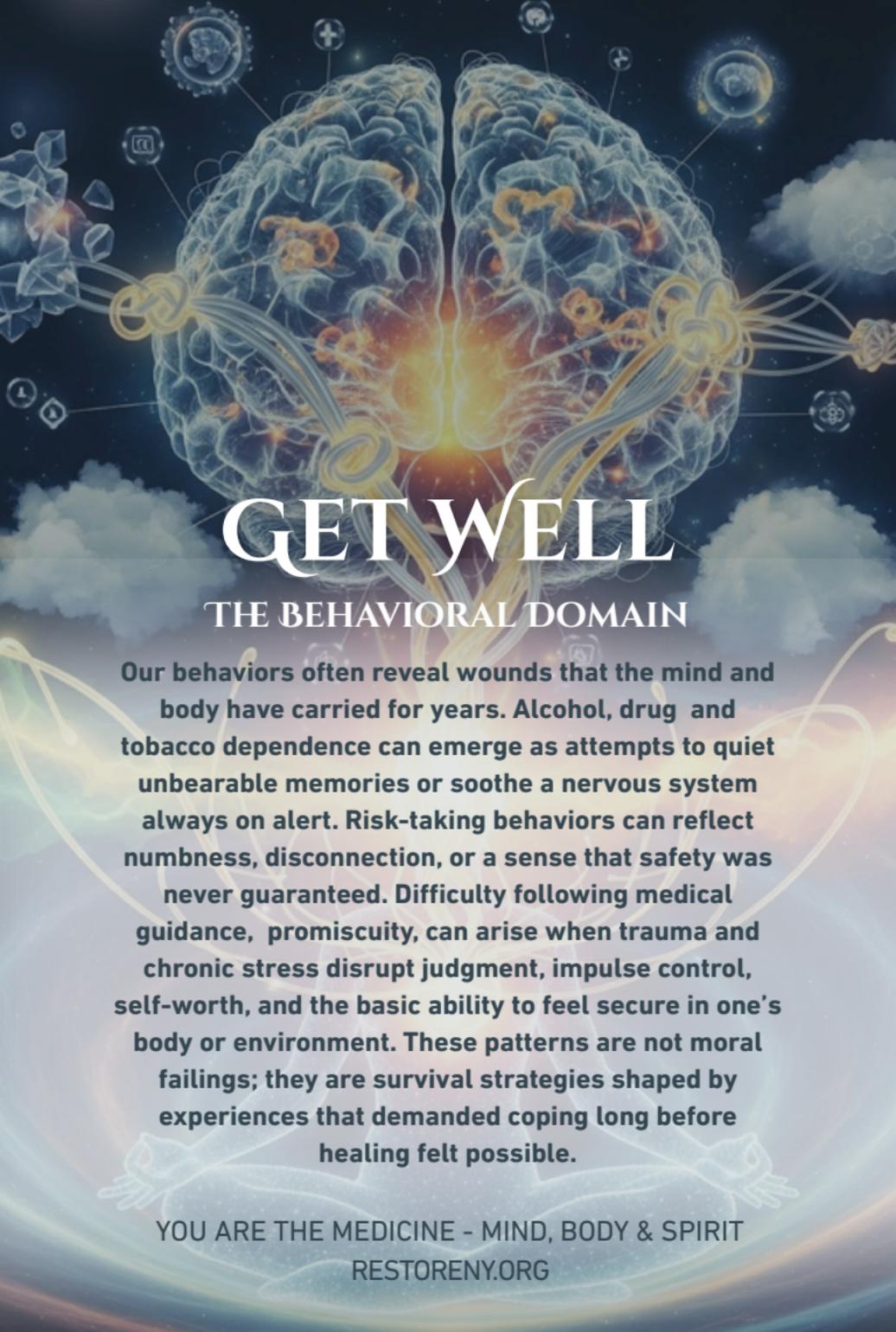
HERBS THAT HEAL

St. John's Wort - Traditionally used for mild to moderate depression, it supports serotonin balance, uplifts mood, and gently eases emotional heaviness.

Passionflower - Calms the nervous system, reduces panic attacks, and supports regulation in anxiety and PTSD by easing hyperarousal.

Valerian Root - Known for its sedative properties, valerian reduces insomnia, calms agitation, and supports steadiness in those with heightened stress responses.

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THE BEHAVIORAL DOMAIN

Our behaviors often reveal wounds that the mind and body have carried for years. Alcohol, drug and tobacco dependence can emerge as attempts to quiet unbearable memories or soothe a nervous system always on alert. Risk-taking behaviors can reflect numbness, disconnection, or a sense that safety was never guaranteed. Difficulty following medical guidance, promiscuity, can arise when trauma and chronic stress disrupt judgment, impulse control, self-worth, and the basic ability to feel secure in one's body or environment. These patterns are not moral failings; they are survival strategies shaped by experiences that demanded coping long before healing felt possible.

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BEHAVIORAL ISSUES/SYMPTOMS

Alcoholism | Illicit drug use | Tobacco use
Decreased seat belt use | Decreased helmet use
Reduced compliance with medication and treatment
Promiscuity | Hoarding

FOOD AS MEDICINE

Quinoa - A nutrient-dense whole grain rich in protein, magnesium, and B vitamins, quinoa helps stabilize blood sugar, support neurotransmitter balance, and provide steady energy for those recovering from substance use or chronic stress.

Eggs - Contain choline and amino acids that nourish brain function, support memory, and help restore clarity in individuals struggling with impulsivity or reduced compliance with treatment.

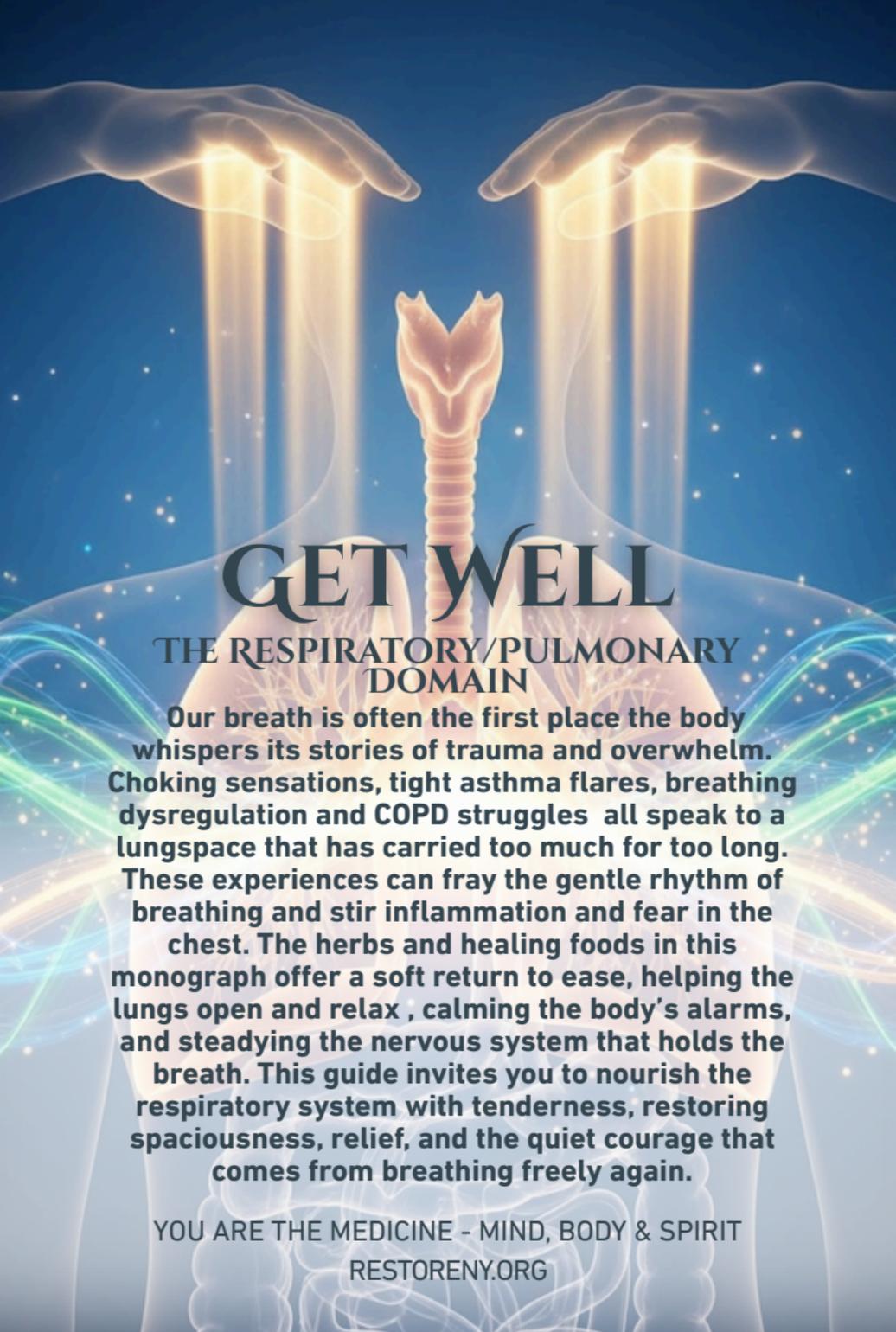
HERBS THAT HEAL

Milk Thistle - Supports liver detoxification, protects against damage from alcohol or drug use, and helps restore vitality to depleted tissues.

Kava - Traditionally used to calm anxiety and restlessness, kava supports nervous system regulation and helps reduce cravings or compulsive behaviors.

Rhodiola - An adaptogen that strengthens resilience, reduces fatigue, and supports emotional steadiness in those recovering from trauma-related behavioral patterns.

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THE RESPIRATORY/PULMONARY DOMAIN

Our breath is often the first place the body whispers its stories of trauma and overwhelm. Choking sensations, tight asthma flares, breathing dysregulation and COPD struggles all speak to a lungspace that has carried too much for too long. These experiences can fray the gentle rhythm of breathing and stir inflammation and fear in the chest. The herbs and healing foods in this monograph offer a soft return to ease, helping the lungs open and relax, calming the body's alarms, and steadying the nervous system that holds the breath. This guide invites you to nourish the respiratory system with tenderness, restoring spaciousness, relief, and the quiet courage that comes from breathing freely again.

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RESPIRATORY/PULMONARY SYMPTOMS

Choking sensation -globus | Real/
Perceived Asthma Exacerbation
COPD | Increased risk of lung cancer
Hyperventilation/dyspnea
(breathing too fast or too deeply)

FOOD AS MEDICINE

Pears - Naturally moistening and cooling, pears soothe irritated lung tissue, calm coughing, and help restore balance in cases of dryness or globus sensations.

Grapes - Rich in antioxidants and resveratrol, grapes support lung function, reduce inflammation, and gently ease breathing difficulties linked to asthma and COPD.

HERBS THAT HEAL

Mullein - A classic lung herb that soothes irritated tissues, reduces coughing, and supports gentle opening of the airways.

Licorice Root - Moistening and anti-inflammatory, licorice calms throat irritation, supports adrenal balance, and helps ease globus sensations and chronic asthma.

Thyme - Antimicrobial and expectorant, thyme helps clear mucus, reduce infection risk, and support steady breathing in COPD and asthma.

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The background features a stylized human figure in a light blue, ethereal glow. The figure's eyes are replaced by large, detailed, glowing eyes with orange and yellow irises. The background is a dark blue gradient with faint, glowing geometric patterns and lines, suggesting a digital or scientific theme.

GET WELL

THE OPHTHALMOLOGY DOMAIN

Our eyes, delicate windows to the world, can also bear the imprint of trauma and strain. Trauma disrupts not only sight but also balance, confidence, and the sense of safety that clear vision brings. These symptoms may arise from physical injury, inflammation, neurological stress, or the body's deeper responses to trauma, moments when the world becomes blurred, darkened, or distorted as the nervous system struggles to orient itself. Such experiences can ripple through daily life, affecting movement, focus, mood, and the way we navigate our surroundings. The healing foods and herbs in this monograph support eye health gently but meaningfully, reducing inflammation, nourishing vascular and nerve tissue, and helping stabilize the systems that influence vision.

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OPHTHALMOLOGY SYMPTOMS

Traumatic injuries

Transient blindness

(temporary visions loss lasting from seconds to 24 hrs)

Doublevision

FOOD AS MEDICINE

Carrots - Rich in beta-carotene and vitamin A, carrots support retinal health, strengthen vision, and help protect against damage from trauma or temporary blindness.

Spinach & Kale - Contain lutein and zeaxanthin, antioxidants that filter harmful light, reduce oxidative stress, and nourish delicate eye tissues to support clarity and focus.

Eggs - Provide lutein, zeaxanthin, and zinc, which strengthen the macula, reduce risk of vision loss, and support recovery from strain or double vision.

HERBS THAT HEAL

Bilberry - Traditionally used for eye health, bilberry improves circulation, strengthens retinal tissue, and supports recovery from trauma-related vision changes.

Eyebright (Euphrasia) - A classic herb for eye support, eyebright reduces inflammation, soothes irritation, and helps restore clarity in cases of double vision or strain.

Ginkgo Biloba - Improves blood flow to the optic nerve, supports recovery from transient blindness, and nourishes vascular tissue in the eyes.

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THE ENDOCRINE DOMAIN

Our endocrine system is a quiet orchestra, and trauma or chronic stress can disrupt its harmony. When the thyroid works overtime, the heart may race, sleep can feel unsettled, and anxiety or restlessness can arise. Hormonal imbalances can affect bonding, trust, blood pressure, and the body's sense of safety. When stress hormones fall out of rhythm, the body may become fatigued, inflamed, or struggle to regulate energy and metabolism. Even prolactin imbalance, linked to reproductive function, can emerge in response to emotional or physiological strain. These shifts influence mood, appetite, immunity, sleep, and how we relate to ourselves and others. The healing foods and herbs in this monograph offer gentle, everyday support, nourishing glands, calming inflammation, balancing stress pathways, and guiding the body back toward steadiness, resilience, and wholeness.

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ENDOCRINE SYMPTOMS

High T3 (hyperthyroidism): overactive thyroid
Oxytocin-vasopressin imbalance: bonding, trust, and blood pressure, stress

ACTH-glucocorticoid imbalance: stress response, energy, metabolism

Prolactin imbalance: milk production, reproductive health

FOOD AS MEDICINE

Seaweed (Nori, Wakame, Kelp) - Rich in iodine and trace minerals, seaweed supports thyroid function, helps regulate T3 and T4 hormone levels, and nourishes the body's metabolic rhythm.

Brazil Nuts - A potent source of selenium, Brazil nuts strengthen thyroid health, reduce oxidative stress, and support adrenal balance in cases of ACTH-glucocorticoid disruption.

Chickpeas - Provide plant-based protein and zinc, supporting prolactin regulation, reproductive health, and steady energy metabolism during hormonal imbalance.

HERBS THAT HEAL

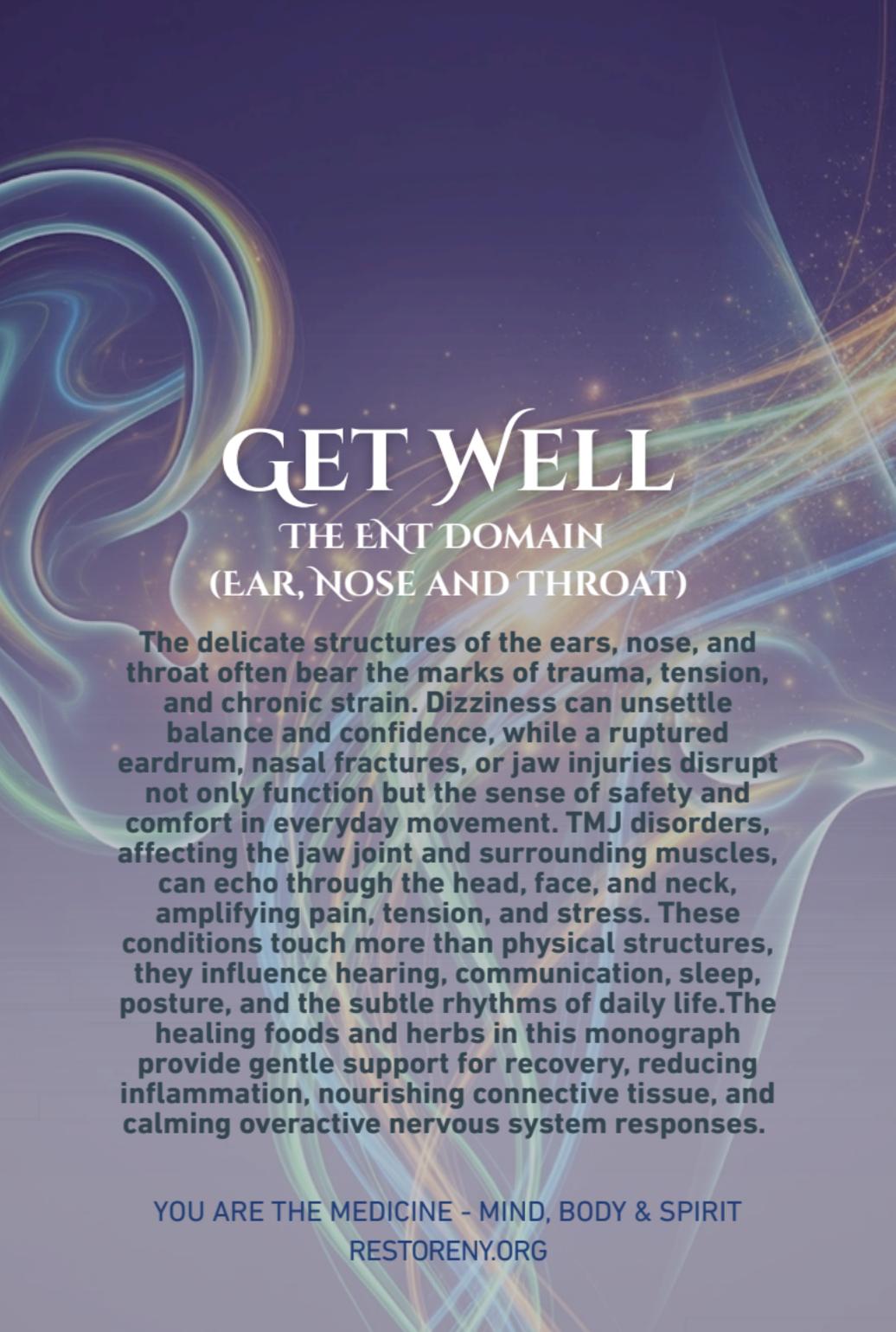
Ashwagandha - An adaptogen that balances cortisol and ACTH rhythms, strengthens adrenal resilience, and supports steadiness in stress-related endocrine disruption.

Maca Root - Traditionally used to balance reproductive hormones, maca supports prolactin regulation, enhances fertility, and nourishes energy pathways.

Holy Basil (Tulsi) - Calms stress responses, balances glucocorticoid release, and supports emotional regulation in oxytocin-vasopressin imbalance.

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THE ENT DOMAIN (EAR, NOSE AND THROAT)

The delicate structures of the ears, nose, and throat often bear the marks of trauma, tension, and chronic strain. Dizziness can unsettle balance and confidence, while a ruptured eardrum, nasal fractures, or jaw injuries disrupt not only function but the sense of safety and comfort in everyday movement. TMJ disorders, affecting the jaw joint and surrounding muscles, can echo through the head, face, and neck, amplifying pain, tension, and stress. These conditions touch more than physical structures, they influence hearing, communication, sleep, posture, and the subtle rhythms of daily life. The healing foods and herbs in this monograph provide gentle support for recovery, reducing inflammation, nourishing connective tissue, and calming overactive nervous system responses.

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ENT/EAR, NOSE, AND THROAT

Symptoms | Dizziness | Ruptured TM
(the eardrum (tympanic membrane) has a tear or hole in it.)
Nasal Fractures | Mandible fractures

FOOD AS MEDICINE

Pineapple - Contains bromelain, an enzyme that reduces swelling and inflammation, supporting recovery from nasal fractures and easing congestion in the sinuses.

Dark Leafy Greens (Collard Greens, Mustard Greens) - Rich in calcium, magnesium, and vitamin K, these greens strengthen connective tissue, support bone repair in mandible fractures, and calm muscle tension in TMJ disorders.

Citrus Fruits (Oranges, Grapefruits, Lemons) - High in vitamin C, citrus fruits strengthen blood vessels, support tissue healing, and reduce inflammation in delicate ENT structures.

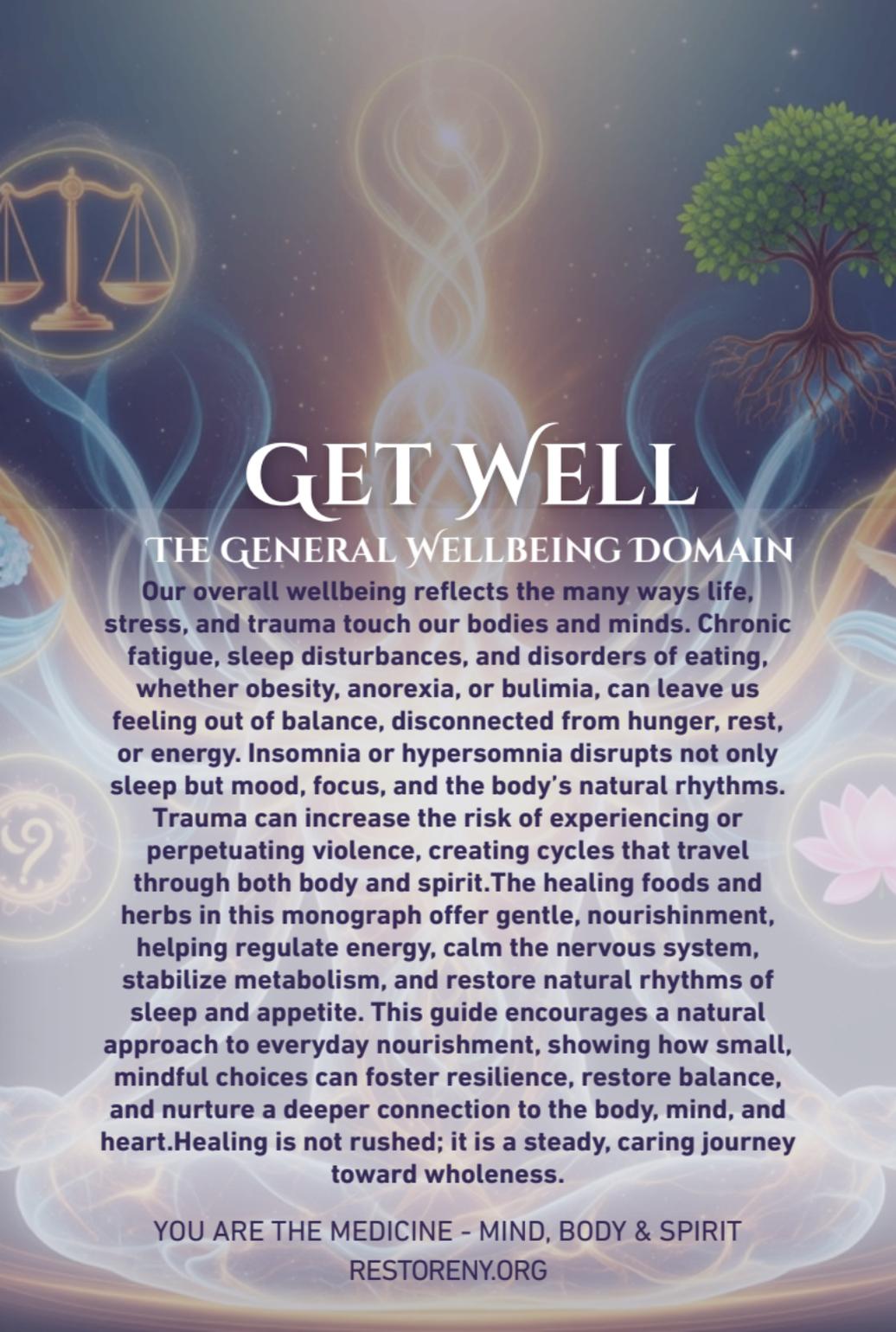
HERBS THAT HEAL

Chamomile - Calms nervous system overactivation, reduces dizziness, and soothes inflamed tissues in the throat and jaw.

Calendula - Supports wound healing, reduces inflammation, and nourishes delicate tissues in cases of ruptured eardrum or nasal trauma.

Peppermint - Cooling and opening, peppermint relaxes muscles, reduces jaw tension, and supports relief in TMJ disorders.

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THE GENERAL WELLBEING DOMAIN

Our overall wellbeing reflects the many ways life, stress, and trauma touch our bodies and minds. Chronic fatigue, sleep disturbances, and disorders of eating, whether obesity, anorexia, or bulimia, can leave us feeling out of balance, disconnected from hunger, rest, or energy. Insomnia or hypersomnia disrupts not only sleep but mood, focus, and the body's natural rhythms.

Trauma can increase the risk of experiencing or perpetuating violence, creating cycles that travel through both body and spirit. The healing foods and herbs in this monograph offer gentle, nourishment, helping regulate energy, calm the nervous system, stabilize metabolism, and restore natural rhythms of sleep and appetite. This guide encourages a natural approach to everyday nourishment, showing how small, mindful choices can foster resilience, restore balance, and nurture a deeper connection to the body, mind, and heart. Healing is not rushed; it is a steady, caring journey toward wholeness.

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GENERAL WELLBEING SYMPTOMS

Chronic fatigue | Eating disorders | Obesity
Anorexia | Bulimia | Sleep disorders
Insomnia | Hypersomnia
Risk of experiencing violence and abuse
Risk of perpetrating violence and abuse

FOOD AS MEDICINE:

Quinoa - A complete plant-based protein rich in magnesium and B vitamins, quinoa stabilizes blood sugar, supports steady energy, and helps restore balance in cases of chronic fatigue or disordered eating.

Almonds - Packed with healthy fats, protein, and magnesium, almonds calm the nervous system, reduce cravings, and provide grounding nourishment for those navigating anorexia, bulimia, or obesity.

Bananas - Naturally rich in potassium and tryptophan, bananas support serotonin production, regulate mood, and gently ease insomnia or hypersomnia by stabilizing sleep rhythms.

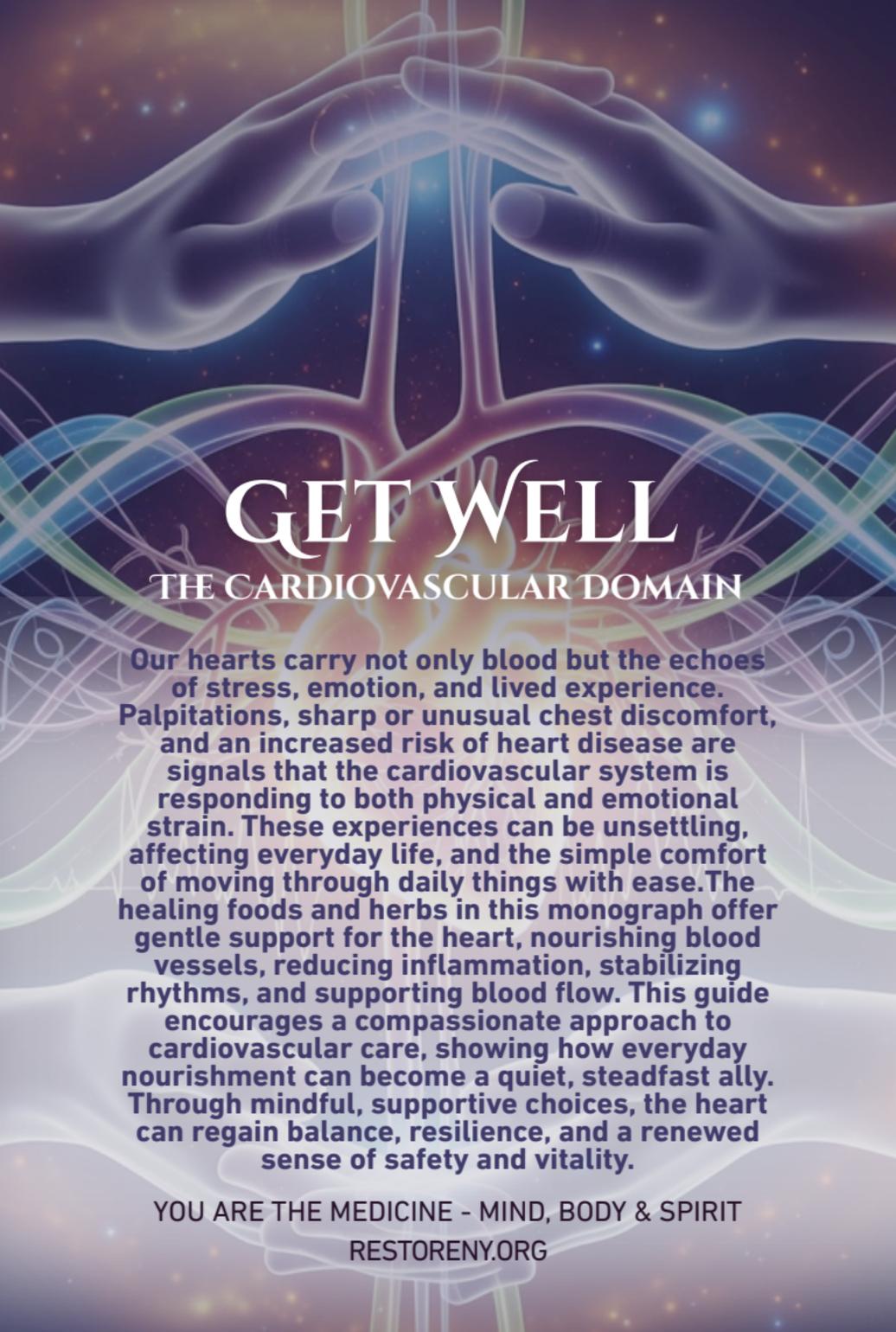
HERBS THAT HEAL

Lemon Balm - A soothing herb that reduces nervous tension, supports clarity, and gently calms compulsive or stress-driven behaviors.

Rhodiola - Strengthens resilience, reduces fatigue, and supports energy regulation in cases of chronic exhaustion or metabolic imbalance.

Passionflower - Calms the nervous system, reduces panic responses, and supports steadiness in those experiencing insomnia or trauma-related anxiety.

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GET WELL

THE CARDIOVASCULAR DOMAIN

Our hearts carry not only blood but the echoes of stress, emotion, and lived experience. Palpitations, sharp or unusual chest discomfort, and an increased risk of heart disease are signals that the cardiovascular system is responding to both physical and emotional strain. These experiences can be unsettling, affecting everyday life, and the simple comfort of moving through daily things with ease. The healing foods and herbs in this monograph offer gentle support for the heart, nourishing blood vessels, reducing inflammation, stabilizing rhythms, and supporting blood flow. This guide encourages a compassionate approach to cardiovascular care, showing how everyday nourishment can become a quiet, steadfast ally. Through mindful, supportive choices, the heart can regain balance, resilience, and a renewed sense of safety and vitality.

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CARDIOVASCULAR SYMPTOMS

Palpitations

Atypical chest pains

(discomfort that doesn't follow the usual pattern of heart-related pain and is often sharp, brief, or positional rather than pressure-like.)

Increased risk of CAD

(higher chance of developing coronary artery disease)

FOOD AS MEDICINE

Oily Fish (Salmon, Mackerel, Sardines) -

Rich in omega-3 fatty acids, oily fish reduce inflammation, stabilize heart rhythms, and support vascular health, lowering the risk of coronary artery disease.

Olive Oil - A cornerstone of heart-healthy diets, olive oil provides monounsaturated fats and antioxidants that protect blood vessels, reduce atypical chest discomfort, and support steady circulation.

HERBS THAT HEAL

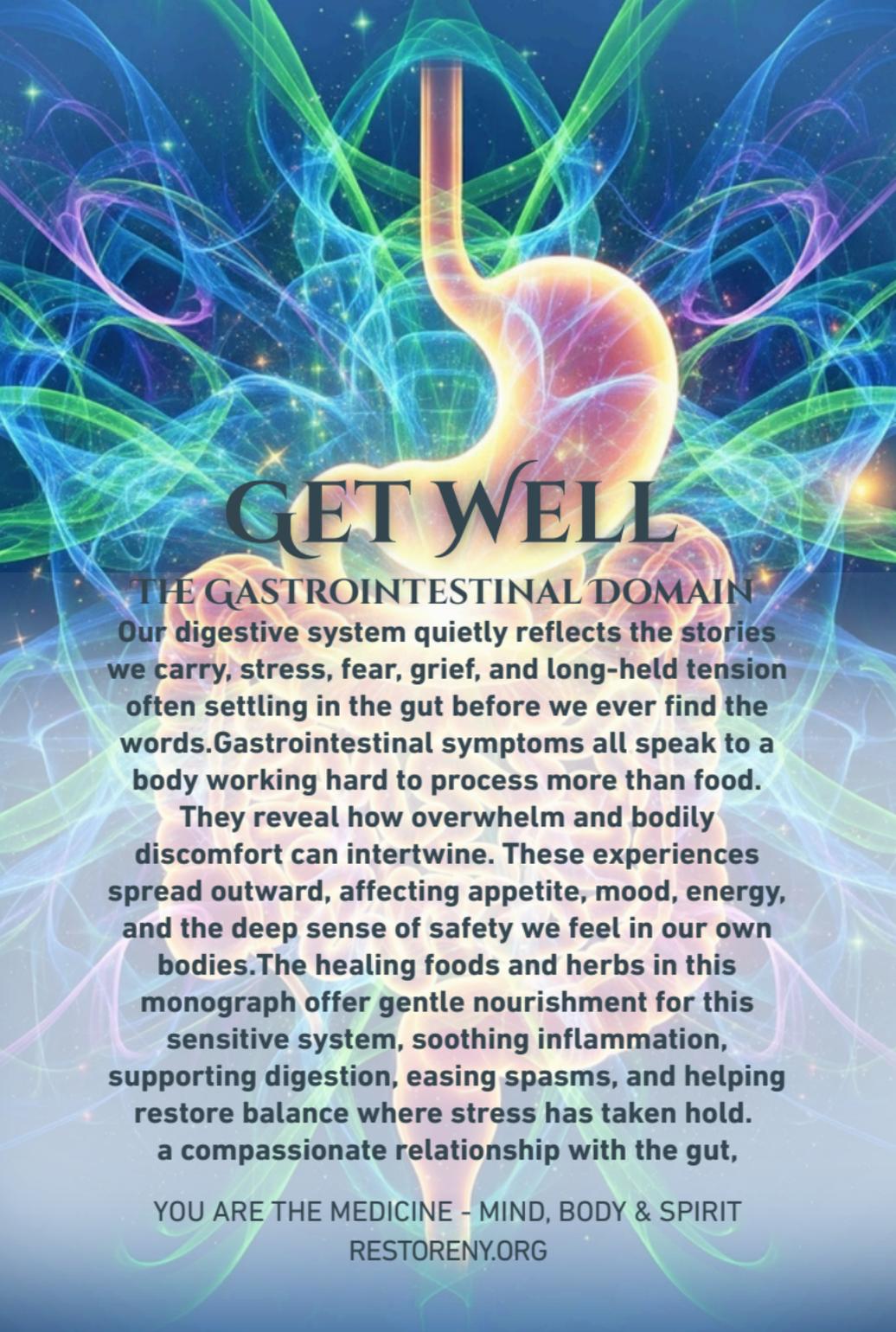
Hawthorn Berry - A traditional heart tonic, hawthorn strengthens cardiac muscle, improves circulation, and calms palpitations while supporting resilience against coronary artery disease.

Motherwort - Known for its calming effects, motherwort reduces anxiety-driven palpitations, supports heart rhythm, and eases emotional strain on the cardiovascular system.

Turmeric (Curcumin) - Potent anti-inflammatory that reduces vascular swelling, supports blood flow, and protects against long-term risks of CAD.

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GET WELL

THE GASTROINTESTINAL DOMAIN

Our digestive system quietly reflects the stories we carry, stress, fear, grief, and long-held tension often settling in the gut before we ever find the words. Gastrointestinal symptoms all speak to a body working hard to process more than food.

They reveal how overwhelm and bodily discomfort can intertwine. These experiences spread outward, affecting appetite, mood, energy, and the deep sense of safety we feel in our own bodies. The healing foods and herbs in this monograph offer gentle nourishment for this sensitive system, soothing inflammation, supporting digestion, easing spasms, and helping restore balance where stress has taken hold. a compassionate relationship with the gut,

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GASTROINTESTINAL SYMPTOMS

Gastritis | Unexplained vomiting

Pancreatitis | Liver disease

Irritable bowel syndrome | Chronic abdominal pain

FOOD AS MEDICINE

Fennel Bulb - Naturally carminative, fennel reduces gas, eases spasms in irritable bowel syndrome, and supports gentle digestion after meals.

Applesauce - Gentle on the stomach, applesauce provides soluble fiber (pectin) that regulates bowel movements, supports healing in encopresis, and calms irritation in GERD.

Avocado - Packed with healthy fats and fiber, avocado supports nutrient absorption, calms inflammation, and nourishes gut lining integrity.

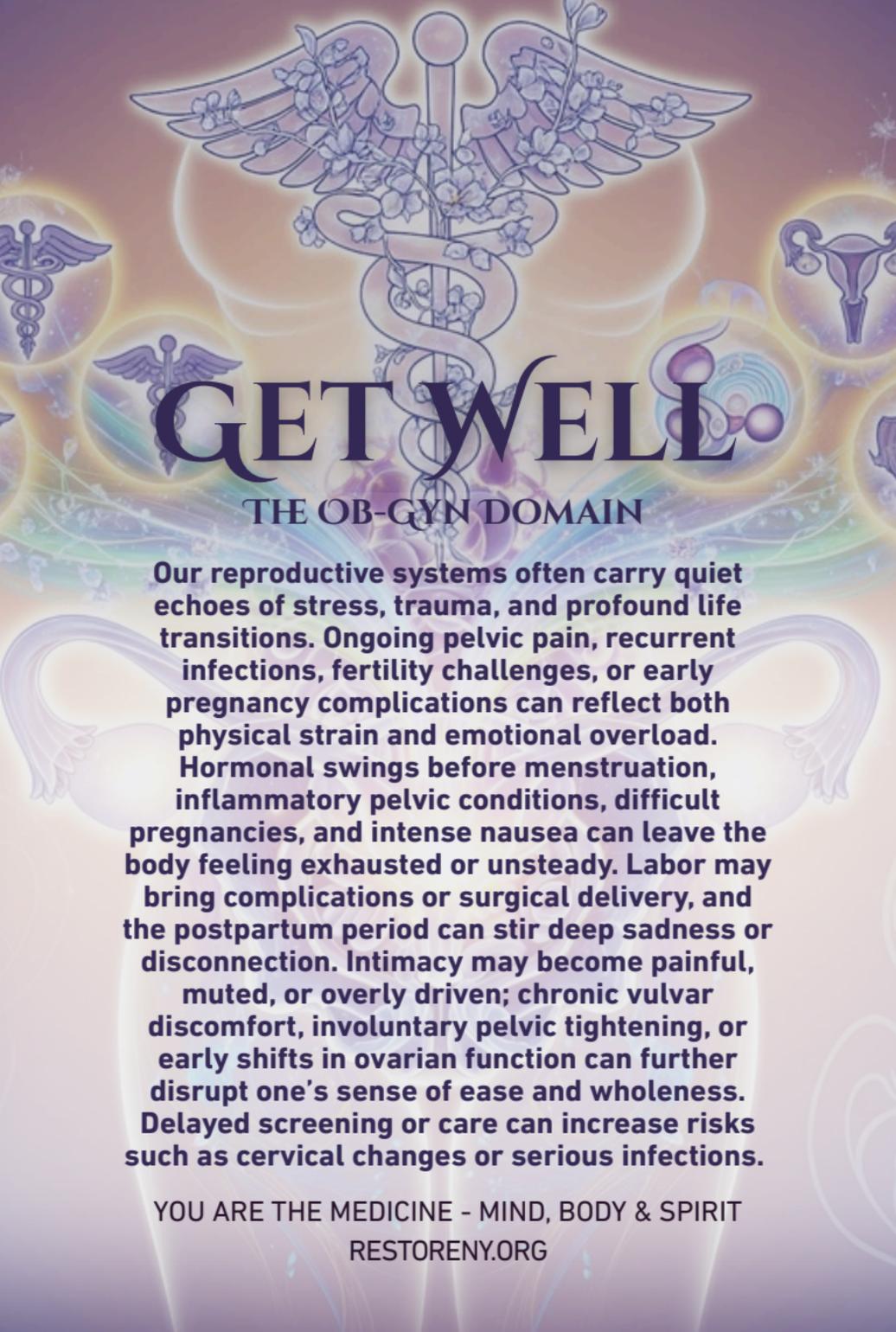
HERBS THAT HEAL

Slippery Elm - Provides mucilage that coats and soothes irritated tissues, calming gastritis, GERD, and chronic abdominal pain.

Dandelion Root - Supports liver and pancreatic health, stimulates bile flow, and gently detoxifies the digestive system in cases of liver disease or pancreatitis.

Peppermint - Relaxes smooth muscle in the gut, reduces spasms, and supports relief in irritable bowel syndrome and chronic abdominal discomfort.

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GET WELL

THE OB-GYN DOMAIN

Our reproductive systems often carry quiet echoes of stress, trauma, and profound life transitions. Ongoing pelvic pain, recurrent infections, fertility challenges, or early pregnancy complications can reflect both physical strain and emotional overload. Hormonal swings before menstruation, inflammatory pelvic conditions, difficult pregnancies, and intense nausea can leave the body feeling exhausted or unsteady. Labor may bring complications or surgical delivery, and the postpartum period can stir deep sadness or disconnection. Intimacy may become painful, muted, or overly driven; chronic vulvar discomfort, involuntary pelvic tightening, or early shifts in ovarian function can further disrupt one's sense of ease and wholeness. Delayed screening or care can increase risks such as cervical changes or serious infections.

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OB-GYN SYMPTOMS

Chronic pelvic pain | Increased STIs

Teen Pregnancies | Abortion

Spontaneous Therapeutic Infertility

FOOD AS MEDICINE

Flaxseeds - Rich in lignans and omega-3 fatty acids, flaxseeds support hormonal balance, reduce inflammation, and ease symptoms of premenstrual dysphoric disorder and early menopause.

Pomegranates - Packed with antioxidants and polyphenols, pomegranates strengthen vascular health, support fertility, and protect reproductive tissues from oxidative stress and inflammation.

Lentils - High in iron, folate, and plant-based protein, lentils nourish reproductive health, support pregnancy, and help restore energy in cases of anemia or postpartum fatigue.

HERBS THAT HEAL

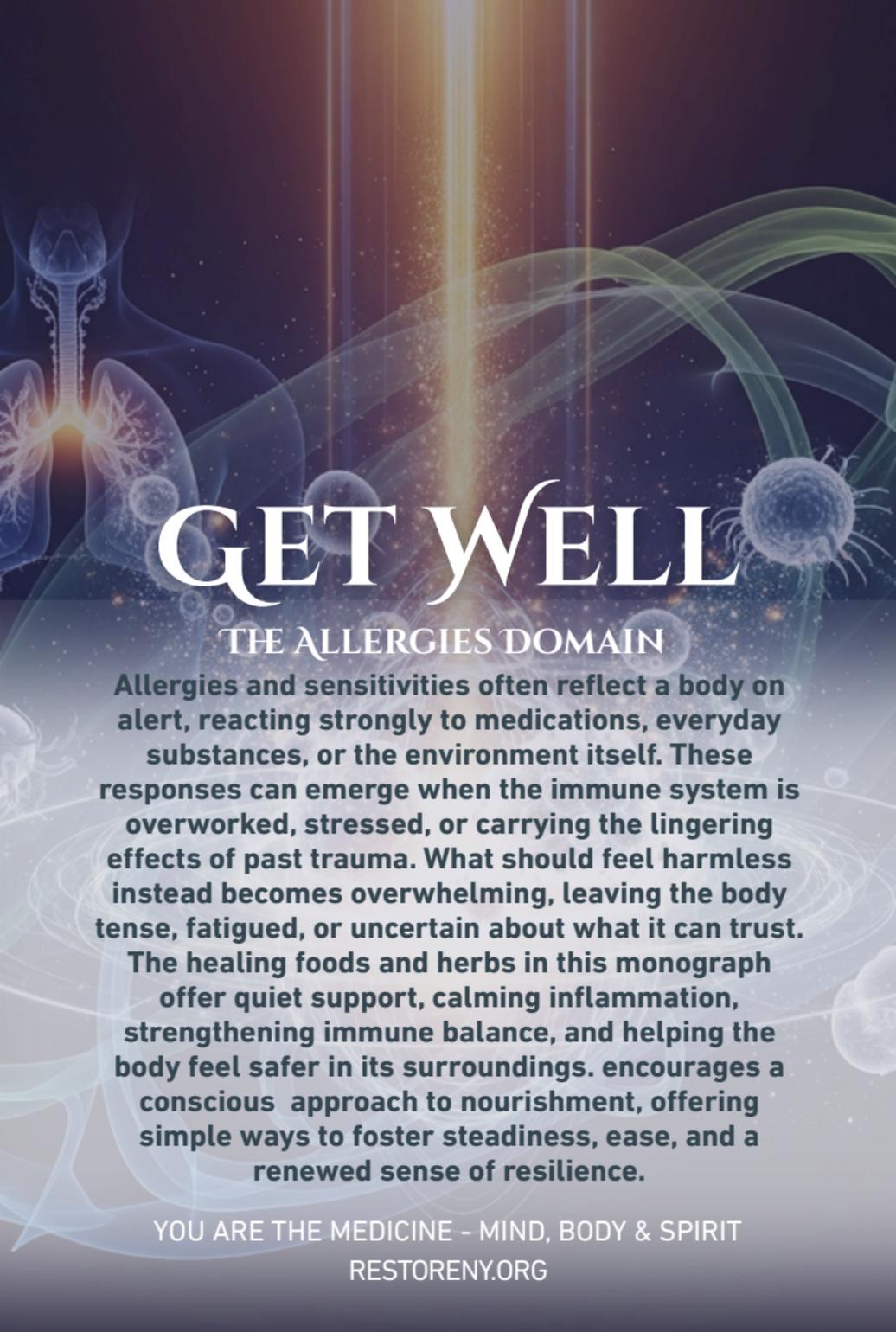
Red Raspberry Leaf - Traditionally used to tone uterine muscles, raspberry leaf supports pregnancy, eases labor, and strengthens reproductive tissues.

Vitex (Chaste Tree Berry) - Balances progesterone and estrogen, supports fertility, and eases symptoms of PMS and premenstrual dysphoric disorder.

Dong Quai - A classic herb in women's health, dong quai nourishes blood, supports menstrual regulation, and eases pelvic pain and hormonal imbalance.

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GET WELL

THE ALLERGIES DOMAIN

Allergies and sensitivities often reflect a body on alert, reacting strongly to medications, everyday substances, or the environment itself. These responses can emerge when the immune system is overworked, stressed, or carrying the lingering effects of past trauma. What should feel harmless instead becomes overwhelming, leaving the body tense, fatigued, or uncertain about what it can trust.

The healing foods and herbs in this monograph offer quiet support, calming inflammation, strengthening immune balance, and helping the body feel safer in its surroundings. encourages a conscious approach to nourishment, offering simple ways to foster steadiness, ease, and a renewed sense of resilience.

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ALLERGIES SYMPTOMS

Multiple medication intolerance

Environmental sensitivities

FOOD AS MEDICINE

Citrus Fruits (Oranges, Grapefruits, Lemons) - Rich in vitamin C, citrus fruits strengthen immune defenses, reduce histamine reactions, and help calm inflammation triggered by environmental sensitivities.

Apples - Contain quercetin, a natural antihistamine that stabilizes immune responses, reduces allergic flare-ups, and supports steadiness in cases of multiple sensitivities.

Broccoli - Packed with vitamin C and antioxidants, broccoli supports detoxification pathways, calms inflammation, and nourishes resilience against medication intolerance.

HERBS THAT HEAL

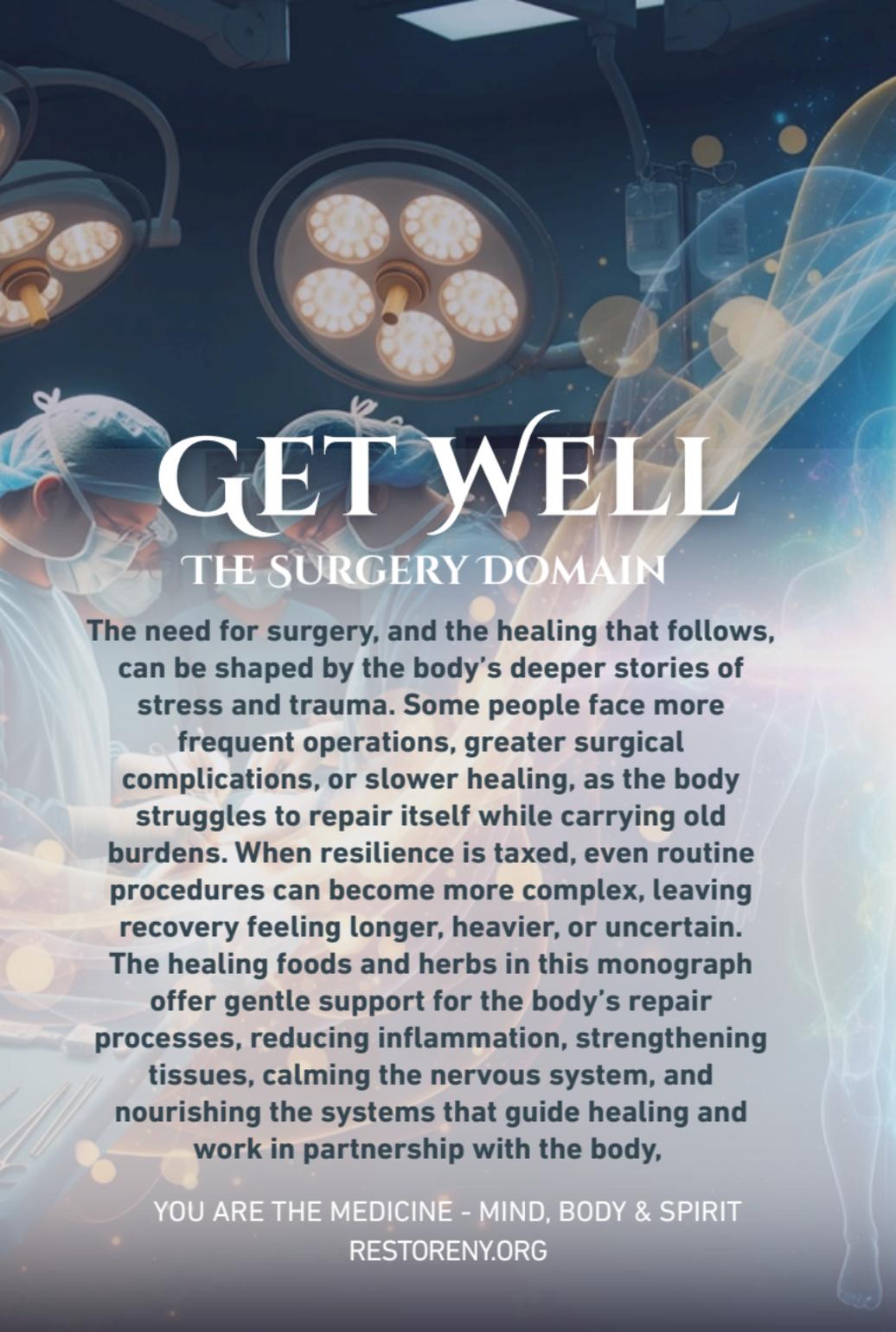
Nettle Leaf - Acts as a natural antihistamine, reducing sneezing, itching, and inflammation while supporting immune steadiness in environmental sensitivities.

Butterbur - Traditionally used for allergic rhinitis, butterbur calms histamine pathways, reduces inflammation, and supports respiratory ease.

Turmeric (Curcumin) - Potent anti-inflammatory that calms immune overactivation, reduces swelling, and supports resilience against chronic allergic responses.

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GET WELL

THE SURGERY DOMAIN

The need for surgery, and the healing that follows, can be shaped by the body's deeper stories of stress and trauma. Some people face more frequent operations, greater surgical complications, or slower healing, as the body struggles to repair itself while carrying old burdens. When resilience is taxed, even routine procedures can become more complex, leaving recovery feeling longer, heavier, or uncertain. The healing foods and herbs in this monograph offer gentle support for the body's repair processes, reducing inflammation, strengthening tissues, calming the nervous system, and nourishing the systems that guide healing and work in partnership with the body,

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SURGERY

Increased surgical procedures in general
More complications from surgery
Higher rate of surgical failure

FOOD AS MEDICINE

Bone Broth - Rich in collagen, amino acids, and minerals, bone broth supports connective tissue repair, strengthens ligaments, and nourishes the gut to aid recovery after surgery.

Citrus Fruits (Oranges, Grapefruits, Lemons) - High in vitamin C, citrus fruits promote collagen synthesis, strengthen blood vessels, and accelerate wound healing while reducing inflammation.

Eggs - Provide protein, choline, and essential vitamins that support tissue repair, stabilize energy, and strengthen resilience during post-surgical recovery.

HERBS THAT HEAL

Turmeric (Curcumin) - Potent anti-inflammatory that reduces swelling, supports tissue repair, and strengthens resilience against surgical complications.

Calendula - Known for its wound-healing properties, calendula soothes irritated tissues, reduces infection risk, and supports gentle recovery.

Gotu Kola - Enhances collagen synthesis, strengthens connective tissue, and supports scar healing after surgery.

Chamomile - Calms the nervous system, reduces anxiety, and supports relaxation, helping the body recover with steadiness and ease.

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