

Meet
Porsha Bentivegna
Advanced Holistic
Nurse, MSN,
AHN-BC, RN



Hi Porsha, every day, we talk about how much execution matters, but we think ideas matter as well. How did you come up with the idea for your business?

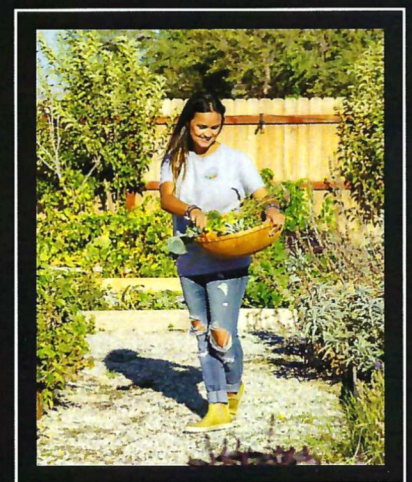
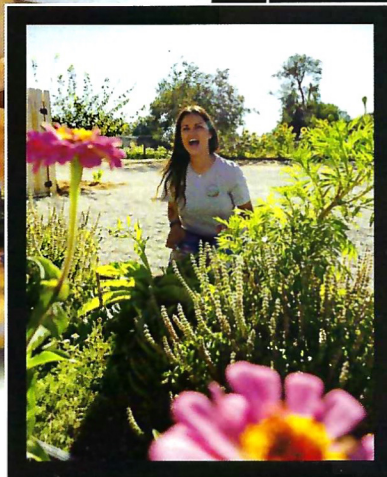
I had figured out a solution to my problem, a problem I knew so many other people suffer from as well. I realized in my nurse management role through chart audits that patients were lacking the education to treat the root cause of their ailments. Factors like focused nutrition, environment, culture and spiritual beliefs among others were absent in the inclusion of patient care plans. I believed with proper education and alignment people could actually heal from the root cause and not just mask a symptom with a pill, a pill that more likely than not causes other issues, in my experience. I earned my Board Certified Advanced Holistic Nurse Credential and was ready to apply my skillset and make a difference.

Without any warning, I walked into work one night and was handed a phone and told I was running the hospital as house supervisor and we were at war with a virus nobody knew anything about. COVID19 quickly took our world hostage and I was at the forefront. The energy in the hospital was dark, people were terrified, distressed, families panicked, nurses and support staff exhausted. People were dying at alarming rates.

Like so many others, I quickly became engulfed with depression, anxiety, fear, hopelessness, and anger.

The day after I had loaded bodies into a semi-truck I felt my soul shift and I finally reached out for help. I was desperate and for the first time in my life I turned to a magical plant spirit. Under the dark starry night in Joshua Tree California, I surrendered and asked the universe to guide me. The plants spoke to me and I was told I would grow food as medicine, I would help others learn how to care for themselves and their families, connecting Mind, Body, and Spirit.

I left my acute nursing career shortly after and founded Mesquite Garden with a mission to help as many people heal and live a holistic lifestyle while growing food as medicine.



Can you give our readers an introduction to your business? Maybe you can share a bit about what you do and what sets you apart from others?

I have over 15 years of mental health training and experience since starting my journey at the age of 21 working in the Correctional Rehabilitation Facility. I earned my Masters degree in Administrative Nursing and hold my Board Certified Advance Holistic Nurse credential. Over the last decade my journey has lead me into specialties consisting of Acute Behavioral Health, School Nursing, Telemetry and ICU, Labor and Delivery, and I ended my involvement with acute care in nurse management with one of the best known health care organizations in the nation.

As an Advance Holistic Nurse I'm dedicated to offering whole person care to clients in need. Rather than treating a specific issue, I look at the client from a different perspective and together with my client, examine their lifestyle to develop a plan on how to improve their overall health and wellness. By encouraging self-care, providing tools and education, I empower my clients to find new ways to maintain their health and foster a stronger connection to their mind, body, and spirit through a variety of holistic wellness-based practices. You are what you eat! So eat good! I believe in the power of growing food as medicine. We are living proof of the amazing benefits it provides. Since our plant based journey started our physical, mental, and spiritual wellness has excelled. The universe guided me right into our 3 acre property where Mesquite Garden was founded. I now grow, harvest, and preserve our own food and medicine and love teaching others how to do the same.

I specialize in working with plant medicine. I believe the universe is constantly communicating with us and if we just slowed down and listened many of the answers we're looking for are right in front of us. Walk outside, see a bunch of weeds? Chances are they're medicinal and provide a remedy you actually need. My path to working with Plant Medicine is simple, I suffered severely from migraines since I was a teenager. I've tried every medication made for it and none of them worked, if anything made me worse. In addition, I entered the lowest energetic frequency of my life and needed help overcoming it. Finally, in desperation, I turned to one very magical plant spirit who not only diminished the severity of my migraines but opened up my true souls purpose to just how I'm meant to help others heal. I was able to heal myself and experience how quickly my manifesting skills turned my dreams into reality. I began studying and applying plant medicine in my daily life, for my family, and within my holistic nurse practice.

So many people are suffering today and I believe it's due to the disconnect from our mind, body, and spirit. Living to work, fueling your energy on poisonous and low nutrient dense foods, developing crippling mental health disorders, while dying a slow death to one of many health morbidities is a choice. The power of choice is yours, I chose to get happy, to get healthy, and I want to help as many people as possible do the same.

Let's say your best friend was visiting the area and you wanted to show them the best time ever. Where would you take them? Give us a little itinerary - say it was a week long trip, where would you eat, drink, visit, hang out, etc.

Wow! My favorite spot in the city is Mesquite Garden. Hundreds of people have visited and just like me share how happy and fulfilled they are by the time they leave. Their smiles and laughter radiate positive energy. The power of a living garden with nature surrounding you and good food is incomparable. The benefits of green care and gardening are backed by scientific research and I can tell you first hand I have witnessed the healing energy enter strangers within minutes of harvesting food, medicine, or even just watching pollinators do the universes work.

My second favorite place is Joshua Tree. The energy and vibe is also healing. The beautiful sky and incredible national park never disappoints. The art and community is beautiful and I think everyone should visit at least once in their life. I recommend visiting on a night with astronomical significance, like a meteor shower or new moon, bettering your view of the incredible night sky.

Shoutout is all about shouting out others who you feel deserve additional recognition and exposure. Who would you like to shoutout?

The easiest question by far! The biggest shout out to my best friend, my biggest supporter, my beautiful husband, Dom. You believe in my dreams and collectively help me manifest them into reality. You push me to not give up, remind me to practice what I preach, and you are always by my side unapologetically loving me more than I knew was possible. Thank you for being on this journey with me.

A special shout out to my children, Rylee, Ezekiel, and Luca. Going plant-based overnight, starting and working a farm to grow food as medicine is not what you envisioned happening when I said I was making some changes. I am beyond thankful for how easy you've made this transition to holistic living. I am so grateful for your trust, love, and support while keeping me grounded.

Lastly, a shout out to my late mother-in-law and my father-in-law, John, for giving me the tools and enhancing my mindset to execute the development of Mesquite Garden.

Forever grateful, I love you guys.

