

ROOTED WELLNESS STARTER KIT

A Healing Journey with Lisa Marquart



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WELCOME LETTER FROM LISA

Dear Beautiful Soul,

I'm so honored you're here. Whether you found me through a friend, a garden event, or one of my wellness pop-ups-you've just taken a step toward something bigger than self-care. You've said yes to rooted healing.

I created this starter kit as a love note to women like you-women who carry a lot, give endlessly, and are finally ready to return home to themselves. It's simple, grounding, and practical. Think of it as your soil check-a pause to see what's nourishing you... and what needs composting.

You're not alone in this. We're growing something together.

With deep roots,

Coach Lisa



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Part 1: Root Check – A 5-Minute Reset

Take 5 quiet minutes. Breathe deep. Answer honestly.

How are you really feeling – in your body, mind, and spirit?

What has felt nourishing lately?

What has felt draining?

Where in your life are you longing to grow?

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Part 2: 7 Healing Foods You Can Grow Anywhere

1. Kale – Rich in iron, calcium, and vitamin K. Grows in pots or garden beds
2. Mint – Soothes digestion and nerves. Great in containers.
3. Garlic – Immune-boosting. Plant cloves deep in soil.
4. Lemon Balm – Calms anxiety and supports sleep. Easy to grow in pots.
5. Sweet Potatoes – Grounding and nutritious. Grows well in bins.
6. Tomatoes – Mood and skin-supporting. Needs sun and support.
7. Green Onions – Regrows from scraps in water or soil.



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Part 3: Lisa's Daily Root Ritual

Morning:

- Hand over heart: "Today, I honor what I need."
- Warm lemon water
- 10 deep breaths outdoors

Midday:

- Eat something alive
- Move and stretch
- 3-minute prayer or stillness

Evening:

- Reflect: What was beautiful today?
- One gratitude, one intention
- Phone off early



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Part 4: Rooted Affirmations

- I am rooted, even when the world feels wild.
- My healing nourishes generations.
- I choose rest as a form of resistance.
- I am growing at my own sacred pace.



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Part 5: Your Invitation to Grow Deeper

If this stirred something inside you,
come grow with a caring community.

We're creating a wellness-rooted
movement—where women, families,
and community leaders reclaim
healing through food, faith, and fierce
love.

Founding Members receive:

- Exclusive wellness content and early invites
- Seasonal garden pop-ups and private gatherings
- A welcome gift and your name on our digital honor wall

Become a Founding Member at:
<https://lisamarquart.com/become-a-member>

Let's grow something beautiful
together.

Rooted with you,
Lisa

