

FOR THE LOVE OF GUT

August 2025 Newsletter



SUMMER HEAT & KAPHA BALANCE

Summer brings intense heat and humidity that aggravate Kapha. To cool down and balance Kapha, drink ice-cold lemon water, take walks early in the morning before the heat rises, and scrape your tongue morning and night to remove Kapha buildup. To learn more about doshas, click the flower



FOR THE LOVE OF US MEMBERSHIP

Join our community for only \$11.11/month. Includes weekly group health coaching sessions, weekly ancestral eating guidance calls, and full access to our Recipe Bank, eBooks, courses, Dosha identification along with guidance to help you balance your doshas and other wellness tools. Whether you're vegan, vegetarian, or omnivore, there's a seat for you!



FINDS & FORAGING

Discover what's in season: elderberries, prickly pear, blackberries, salmonberries, mulberries, and dandelion greens. Please post your finds in our FB group Maximum Health just click the flower



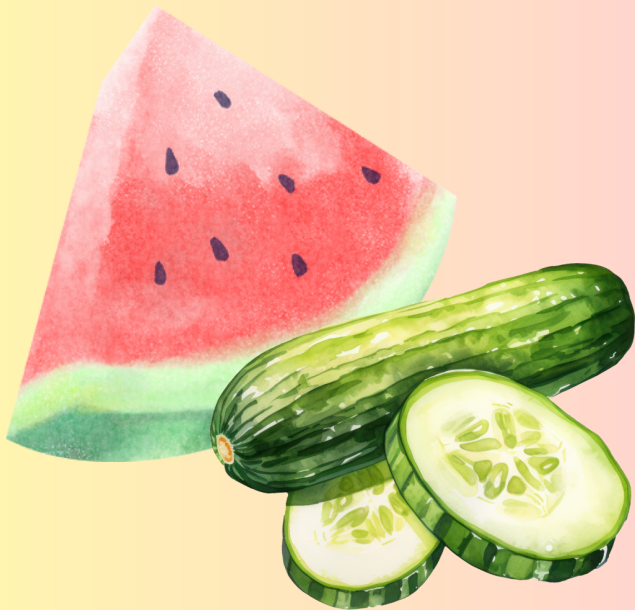
GUT LOVING RECIPES

Watermelon Cucumber Salad

Combine 3 cups cubed watermelon, 1/2 sliced cucumber, 2 tbsp fresh mint, juice of 1 lime, and a pinch of sea salt.

Toss together and chill.

Optional: add feta or pistachios for extra flavor.



GRAIN-FREE FLATBREAD / TORTILLAS



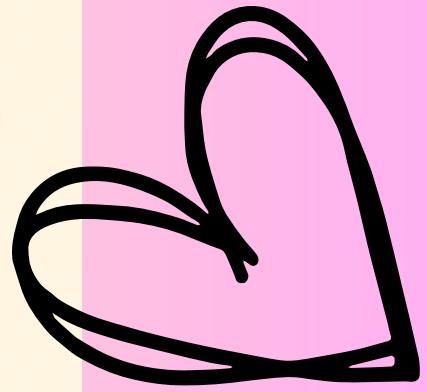
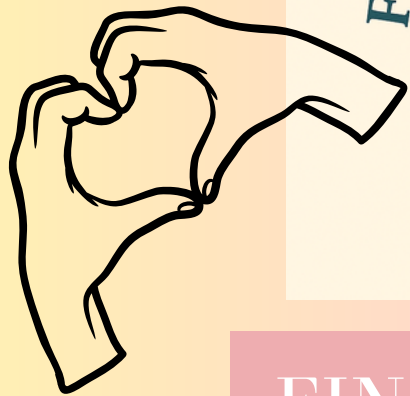
Ingredients:

- 1 cup almond flour
- 1 cup chickpea flour
- 2 tablespoons coconut flour
- 1/2 teaspoon sea salt
- 1/4 teaspoon baking soda
- 2 tablespoons oil
- 3/4 cup warm water

Instructions:

1. In a large bowl, mix together almond flour, chickpea flour, coconut flour, sea salt, and baking soda.
2. Add oil and warm water. Stir until a soft dough forms.
3. Divide dough into equal-sized balls (about 8).
4. Roll each ball between parchment paper or on a floured surface into a round, flat shape.
5. Heat a dry skillet over medium heat.
6. Cook each flatbread for 1-2 minutes per side, or until golden brown and cooked through.
7. Use immediately as tortillas or cool and store for later use as flatbreads.





FINAL THOUGHTS

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THIS SEASON, TAKE TIME TO PAUSE, COOL DOWN, AND RECONNECT.

NOT JUST WITH NATURE, BUT WITH THE NATURE WITHIN YOU. WHETHER IT'S RISING EARLY FOR A PEACEFUL WALK AT DAWN, SAVORING AN ANCESTRAL MEAL MADE WITH LOVE, OR GATHERING A HANDFUL OF WILD BERRIES ON A QUIET TRAIL—THESE SMALL ACTS RETURN US TO OURSELVES. YOUR BODY IS NOT SEPARATE FROM THE EARTH. IT REMEMBERS HOW TO HEAL. IT JUST NEEDS YOUR PRESENCE.

YOUR HEALING ISN'T IN A PILL. IT'S IN THE PAUSE.

IT'S IN EVERY MOMENT YOU CHOOSE TO NOURISH INSTEAD OF NUMB.

TO GROUND INSTEAD OF ESCAPE.

TO LISTEN INSTEAD OF IGNORE.

THIS SUMMER, COME BACK TO WHAT'S REAL.

LET THE SUN WARM YOUR SPIRIT AND THE EARTH STEADY YOUR FEET.

YOU DON'T NEED TO DO MORE. YOU NEED TO REMEMBER.

WITH LOVE,

LAURA