

A detailed botanical illustration serves as the background for the image. It features a variety of plants: a large yellow hibiscus flower with a dark red center on the left; a pink flower with a long, slender stem and heart-shaped leaves in the upper left; a branch with small white flowers and green leaves in the upper right; a branch with small red flowers and green leaves in the lower left; and a branch with a single yellow lemon and small white flowers in the lower right. The central text is enclosed in a white rectangular box with a thin black border.

# **Nested Holistic's Food As Thy Medicine**

# About

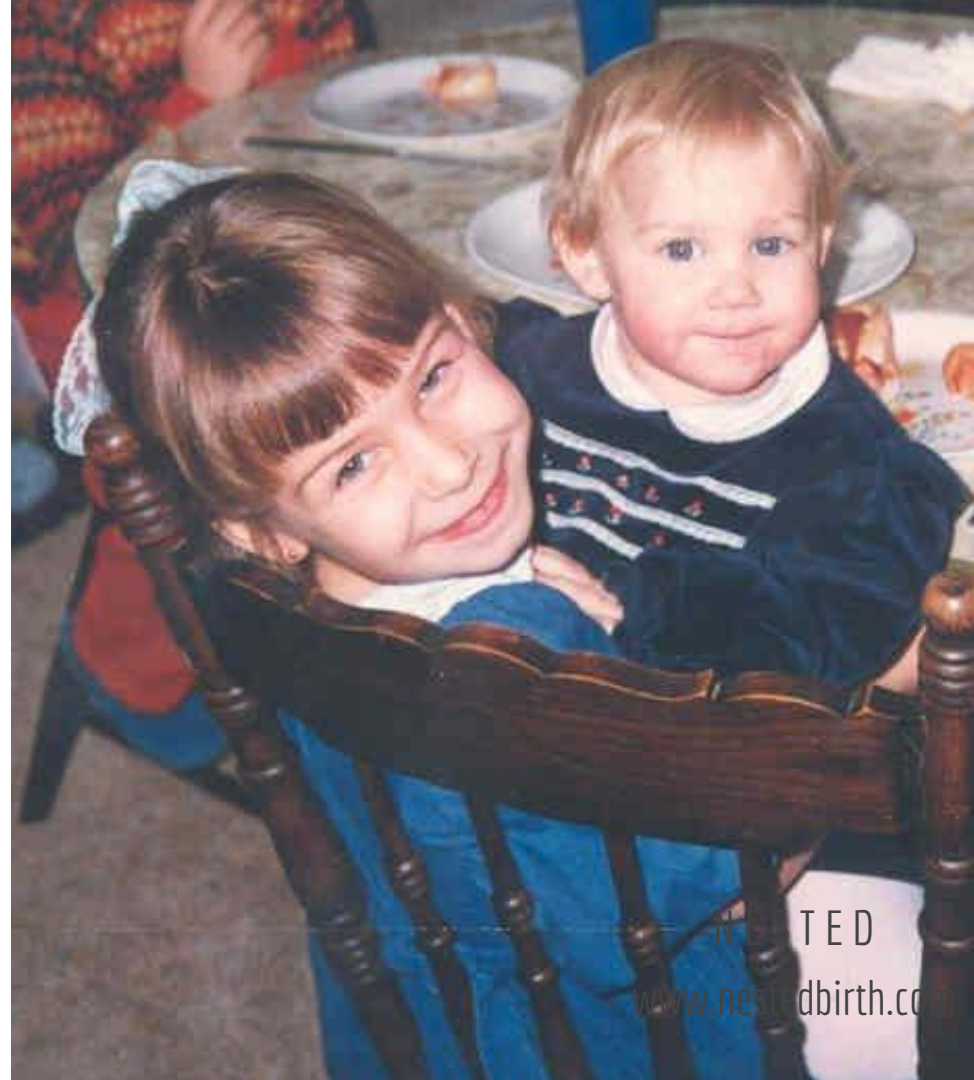
Wife, Mama of 3 children ages 12, 10, and 8,  
Traditional Birth Companion, doula, Reiki,  
ThetaHealing® and Access Bars Practitioner  
dynamic body balancing facilitator and  
aromatherapist



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# Setting the table

- + Slow down at meal times
- + Sitting down and enjoying a meal as a family
- + Giving thanks and gratitude for the meal
- + You don't need to be a purist
- + Stress is counter-productive to nourishment
- + Unlearn unhealthy habits or beliefs about food
- + Skip the fads/trends



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# Unlearning

- + No or Low fat trend/craze
- + Artificial sweeteners
- + Food as punishment or reward
- + Unhealthy language and attitudes about food
- + Gratitude for the journey, when we know better we do better and we are constantly learning and changing!

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# grassroots healthcare

- + While many traditions, knowledge and recipes were once passed down from generation to generation
- + Our modern society, medicalization has changed how we approach healthcare
- + With the self-help movement, a return to grassroots or folk medicine is happening!
- + Be gentle with yourself as you learn and grow your knowledge/skills. There has been a BIG generational gap
- + Nutrition is foundational, but so is sleep, healthy relationships, nervous system regulation

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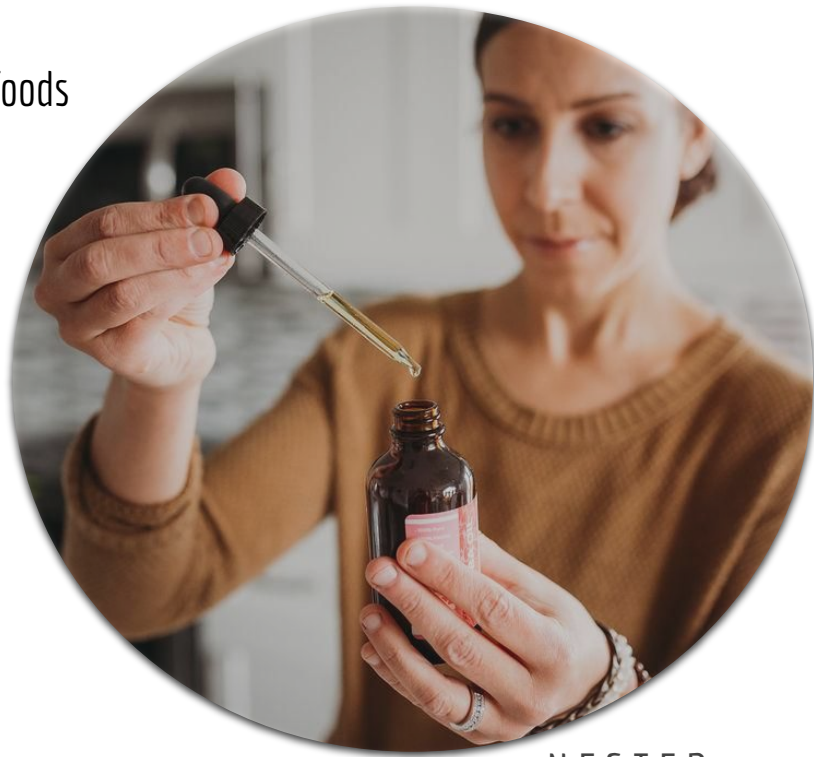


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# Creating a home pharmacy

- + Using nourishing foods like soups, broth and anti-oxidant rich foods
- + The home pharmacy is built using a variety of plant therapies
  - + fresh & dried herbs, tinctures, spices, essential oils
- + Qualify your information from sources that feel in alignment
- + Stay curious about what your body is telling you
- + Try muscle testing! Does my body need or want this? Yes or No



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# Bone broth

- + Vitamin and mineral rich
- + Cost effective way to get the most out of your food!
- + Easy to digest and bioavailable
- + How to make:
  - 4L of water
  - 2 tbsp (30 mL) [apple cider vinegar](#)
  - 2-4 pounds (about 1-2 kg) of animal bones
  - Salt and pepper, to taste
- + Place all ingredients in a large pot or slow cooker.
- + Bring to a boil.
- + Reduce to a simmer and cook for 12-24 hours. The longer it cooks, the better it will taste and more nutritious it will be.
- + Allow the broth to cool. Strain it into a large container and discard the solids.



# Bone broth

## Additional Tips!

In order to make the most nutritious broth, it's best to use a variety of bones — marrow bones, oxtail, knuckles, and feet. You can even mix and match bones in the same batch.

Adding vinegar is important because it helps pull all of the valuable nutrients out of the bones and into the water, which is ultimately what you will be consuming.

You can also add vegetables, herbs, or spices to your broth to enhance the flavor.

Common additions include garlic, onion, celery, carrot, parsley, and thyme. These can be added right away in step one.





# Bone broth + Ningxia gummies!

This is a fun and easy recipe combining two of my favourite things to add a little extra boost for the kiddos

## Ingredients

- 1 cup ningxia red (or juice of choice)
- 3 Tbsp. grass fed beef gelatin
- 1 Tbsp. honey
- 1-2 Tbsp. Bone Broth

Heat the ningxia, honey and bone broth to a boil. Add gelatin and whisk until dissolved, remove from heat and pour into chosen gummy molds. Place in fridge to set for approx 30 mins



# Ningxia Red

- + Powerful antioxidant blend
- + Wolfberry is in the same family as goji
- + Inflammation, overall health, whole body wellness
- + A little goes a long way!
- + Use in smoothies, popsicles, gummies or syrup



# Ningxia for the whole family

- + Smoothies: 1 banana, 1 scoop of balance complete \* optional, 1 avocado, 2 scoops of yogurt, 1 sachet of ningxia red, frozen strawberries/raspberries, filtered water
- + Freeze Ningxia Red sachet for a instant ningxia pop
- + Freeze smoothie mix into homemade popsicles

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# Ningxia + Elderberry Syrup

## Ingredients

- 3.5 cups filtered water
- 1/3 cup dried organic black elderberries (or 2/3 cup fresh or frozen)
- 1/3 cup dried organic Ningxia wolfberries
- 2 TBSP organic ginger (grated)
- 1 tsp organic cinnamon
- ½ tsp organic ground cloves
- 1 cup organic raw honey (Manuka)



# Ningxia + Elderberry Syrup

- Pour the water into a medium saucepan and add the elderberries, wolfberries, ginger, cinnamon, and cloves.
- Bring to a boil and then cover and reduce to a simmer for about 45 minutes to 1 hour until the liquid has reduced by almost half.
- Remove from heat and let cool until it is cool enough to be handled.
- Mash the berries carefully using a spoon or other flat utensil.
- Pour through cheesecloth and a strainer into a glass jar or bowl.
- Discard the berries and let the liquid cool to lukewarm.
- When it is no longer hot, add the honey and stir well.
- When the honey is well mixed, pour the syrup into a mason jar or glass bottle
- Store in the fridge and take when under the weather-  $\frac{1}{2}$ -1 teaspoon for kids and 1 tablespoon for adults

**Instant Pot option:** Put all ingredients except honey in pot, seal lid, and set manually for 9 minutes on high pressure. Vent pressure and strain. When cooled to room temperature, stir in the honey



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# Sea buckthorn berry

- + Grows well in Canadian climate!
- + Powerful food that contains Vitamin A,C,K + E
- + Good source of iron, calcium, magnesium, potassium, copper and zinc
- + A little goes a long way!
- + Freeze them for a boost over the fall and winter months
- + Eat them on their own or in smoothies or syrup



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# Probiotic + Prebiotics

- + Best source is fermented foods like sauerkraut, kimchi, kefir, etc
- + If you know you aren't getting enough fermented foods in your regular diet you may consider adding a probiotic
- + I will supplement at times throughout the year maybe a couple of times a week not daily for myself and my kids
- + Let's not underestimate the power of playing in the dirt and not over sanitizing everything!



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# Vitamin D

- + Healthy relationship with the sun
- + Fatty fish, egg yolks, mushrooms, yogurt, cod liver oil
- + In the fall and winter you may consider adding in a vitamin d supplement
- + Work with a naturopathic doctor to monitor your vitamin d levels
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