

# Life Fully Nourished Is Delicious

In this fast-paced world, finding time to focus on our well-being has become a challenge for many. We often prioritize work, responsibilities, and commitments, neglecting the importance of a fully nourished life. But what if we told you that leading a life filled with nourishment can be deliciously fulfilling?

When we talk about nourishment, we don't solely refer to the food we consume. Nourishment encompasses a holistic approach to one's overall well-being, covering physical, mental, and emotional aspects. It means nurturing our bodies with healthy food, engaging in meaningful activities, fostering positive relationships, and cultivating self-care practices.

## The Power of Nourishing Foods

Food plays a significant role in achieving a fully nourished life. Consuming a balanced diet rich in nutrients not only fuels our bodies but also affects our mental and emotional health. When we choose whole, unprocessed foods, we provide our bodies with the essential vitamins, minerals, and antioxidants needed for optimal functioning.

**LOVE FOOD**  
THAT LOVES YOU BACK  
LIFE FULLY NOURISHED IS DELICIOUS



DOROTHY HOLTERMANN

## Love Food that Loves You Back: Life Fully

**Nourished is Delicious** by Dorothy Holtermann (Kindle Edition)

★★★★☆ 4.8 out of 5

Language	: English
File size	: 1168 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 159 pages
Lending	: Enabled



A well-nourished body functions at its peak, boosting energy levels, improving digestion, enhancing cognitive performance, and strengthening the immune system. By incorporating a variety of colorful fruits, vegetables, whole grains, lean proteins, and healthy fats into our diet, we can experience the true joy of a life fully nourished.

## **Nourishing Beyond Food**

While nourishing foods are undeniably vital, a fully nourished life goes beyond what we put on our plates. It encompasses taking care of our mental and emotional well-being. Engaging in activities that bring us joy, practicing mindfulness, and fostering positive relationships all contribute to a wholesome and fulfilling life.

Engaging in regular physical exercise not only keeps our bodies fit and healthy but also aids in stress reduction and the release of endorphins, the feel-good hormones. Whether it's walking, dancing, yoga, or any other form of physical activity, finding something that truly resonates with us is key to unlocking the deliciousness of a fully nourished life.

Moreover, a significant aspect of a fully nourished life is establishing meaningful connections with others. Humans are social beings who thrive on interaction and intimacy. Spending quality time with loved ones, nurturing supportive relationships, and surrounding ourselves with positive influences adds depth and flavor to our daily existence.

## **The Importance of Self-Care**

In the pursuit of a life fully nourished, we must not forget the importance of self-care. Taking time for ourselves and prioritizing our well-being is not selfish; it's a necessity. Engaging in self-care practices allows us to recharge, rejuvenate, and maintain a healthy balance in our lives.

Self-care can take many forms, whether it's indulging in a warm bubble bath, reading a good book, practicing meditation, or simply taking a few minutes each day to appreciate our achievements and practice gratitude. By treating ourselves with kindness and compassion, we enhance our overall well-being and savor the deliciousness of a life fully nourished.

## Unleashing the Deliciousness Within

Now that we have explored the various aspects of a fully nourished life, it's time to put it all into action and taste the deliciousness that awaits us. Remember that nourishment goes beyond the physical; it encompasses our mental, emotional, and spiritual well-being. It's about finding the perfect balance that allows us to thrive and experience life to its fullest.

So, let's take a step towards a fully nourished life. Let's savor every bite of nutritious food, relish meaningful moments with loved ones, pursue activities that light our souls on fire, and indulge in self-care practices that replenish our spirits. Let's embrace the deliciousness that lies within and live a life fully nourished.

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Love Food that Loves You Back is a book based on Dorothy Holtermann's personal experience of:

- Successfully losing 70lbs.
- Lovingly reclaiming her health and happiness.
- Eliminating a ten-year dependence on prescription drugs to manage anxiety, depression and insomnia.

Dorothy Holtermann's previously privileged life collapsed after both of her dual residences were subject to disasters: 9/11 at Battery Park City, Manhattan and Hurricane Katrina at Seaside, Florida.

Consequently, for the next decade she suffered from anxiety, depression, obesity and insomnia and became addicted to the drugs to treat these debilitating conditions.

Dorothy's wake-up call came when her doctor told her "You are not going to live your life span!" and offered her a single simple solution in the form of a calorie book. After discounting the calorie counting approach, Dorothy experienced a transformation in her health and well being by exploring delicious foods that fed her body, mind and spirit.

Loving the food that loved her back fueled a new life of loving self-care, better relationships, a new career, and an astonishing revelation of life's true purpose. If Dorothy can do it, maybe you can do it too.

“Dorothy’s extensive nutritional knowledge will contribute significantly to enhancing the longevity of our species.”

– Dr. Cliff Inkles, DC NYC

“With her beautiful courageous heart, Dorothy is a force in the evolution of growth and healing.”

– Dr. Adam Turner, MD

“Dorothy possesses a deep knowledge of a wide array of healing modalities to bring about the restoration of body, mind, heart, and soul.”

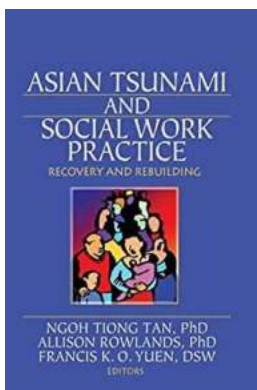
– Tom Monte, Bestselling Author

Find Dorothy at [www.nurturenaturenutrition.com](http://www.nurturenaturenutrition.com)



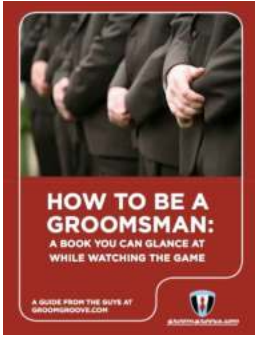
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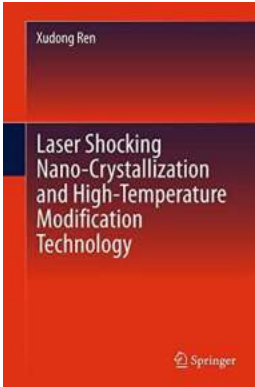
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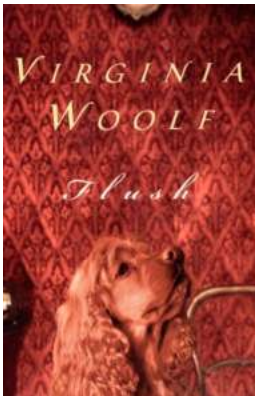
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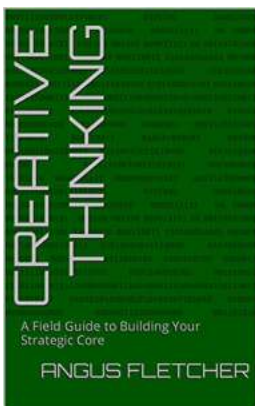
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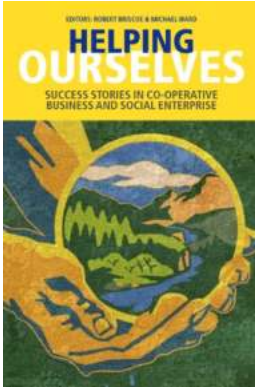
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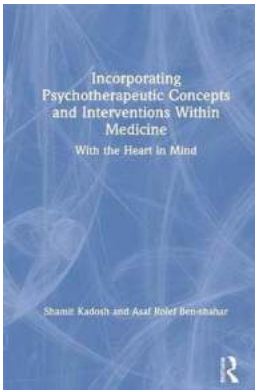
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