

The Healing Power Of Nature – Your Environment & Foods

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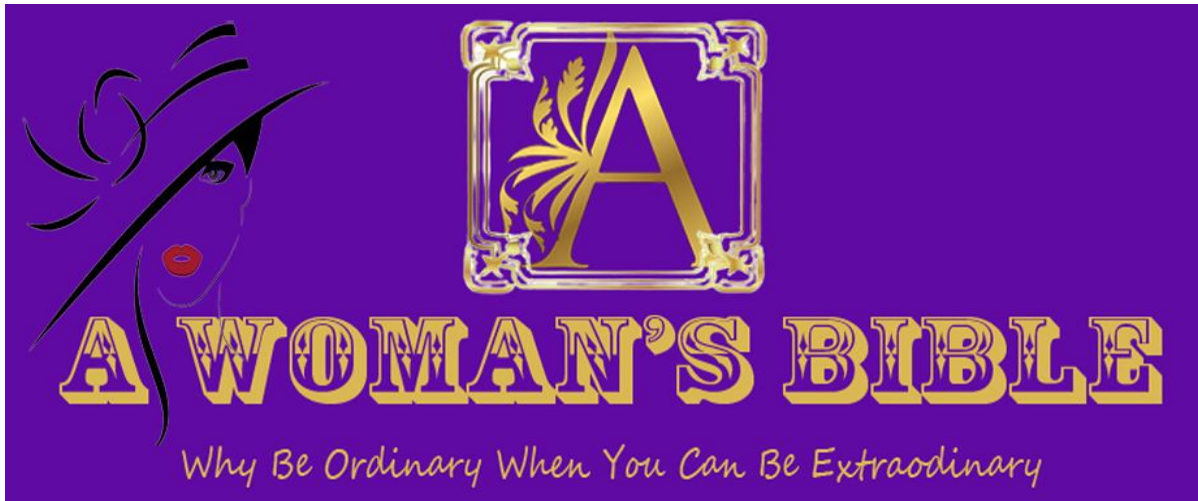
The

Healing Power

of Nature

Your Environment & Foods

Edited by Jacqueline Rose



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Edited by Jacqueline Rose ©

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*“In every walk with Nature,
one receives far more than he seeks”
John Muir*

*“Nature does not hurry,
yet everything is accomplished”
Lao Tzu*

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Your Environment & Foods



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Welcome To The Healing Power Of Nature Your Environment & Foods



As a species, humans have roamed the earth for centuries in search for the perfect place to live. For some a safe place to hopefully bring up a family where they can all live in harmony, learn and grow. For others wanderlust takes hold and traveling to another country looking for a different lifestyle and culture to suit their needs. Or, maybe just another pace of life from the one they find themselves in currently. But what does it really mean to be in an environment that gives us the best chance in life to reach our full potential and live a happy and fulfilled life?

During the lockdown of Covid 19 it unexpectedly through us all into a chaos and brought about many of us asking these fundamental questions such as, “are we really living in the right place or am I enjoying my life?”

I to found myself all those years ago with the outbreak of Covid 19 asking the same thing, which led to this ground-breaking and, dare I say it, brilliant book on “The Healing Power of Nature – Your Environment & Foods.

But before you dive into this wonderful exploration of what starts out simply as a couple of questions how does our environment affects us and what foods should we be eating to nourish our bodies. You might be surprised to learn that a number of people react to these questions when asked, answer in surprisingly different ways; such as there are far more significant things to worry about, never really thought about where I live I have a roof over my head or fresh foods there out of my budget, they look good, but not for me.

While others see their environment, healthy eating, fitness and happiness as vitally important and something that every human being ultimately wants in life. I hope that you belong to this second group of wise souls.

“You can’t make positive choices for the rest of your life without an environment that makes those choices easy, natural, and enjoyable.” – Deepak Chopra

The Healing Power Of Nature – Your Environment & Foods

Within these pages of this book we've got together a group of professionals from around the globe, who work in the health and wellbeing industry. They'll share some tips and thought provoking knowledge on how we can make a difference not only in our own personal spaces but in our communities and for our planet to.

We'll go on to open up a whole variety of topics such as; how our environment can affect our mental health and bring about dis-eases that might not necessarily materialise if we'd just got the place we call home and diet right in the first place. How it's important to have the right relationships with those close to you to support and encourage your goals and aspirations. The toxic products we use daily in our homes and a whole host of other subjects.

Personally, I believe that many of us have such busy lives and as we've taken on more and more that our lives have become a routine, of working off a to do list each day. It's not until something like a once in a lifetime pandemic (we hope) stops us in our tracks to give us time to stand still and evaluate how were living our lives today. "Mother Nature" has been here around us every day but do we take time out to notice her beauty or the changing of the seasons? Are we living in the present, the here and now?

***'Thousands of tired, nerve-shaken, over-civilized people are beginning to find out that going to the mountains is going home. Wilderness is a necessity.'* John Muir**

I hope that you've had a chance to find Nature again post lockdown and all the beautiful things she has to offer us. If not, we have a treat install for you between these pages. Not only is nature free but it's all around us. Even if you live in a busy city a simple plant in your home or office space can bring joy by way of its healing power to ground you and enhance the important things in life.

***"Nature literally has the power to heal.
By slowing us down and letting yourself notice the smell, sound and feel of nature, you become present, aware and often experience less stress.
You become less busy" – Lettie Stratton***

If you're looking to grow your knowledge and gain a better understanding of how important your own environment is and how nourishing your body with the nutrients it needs to keep your wellness. Then this book will provide you with the tools you need to make those changes to live a healthier, happier, more rewarding life. For all the great gems of wisdom in this book, I am eternally grateful to our team of wise and wonderful contributors. Producing this book has made me realise we are all responsible for creating our perfect living space to enhance our lives. It often start us on an amazing journey with just a couple of questions...

Enjoy the read...

Jacqueline

Jacqueline Rose:
Editor of A Woman's Bible
Editor of The Energy Healing Magazine
Palette Knife Artist Jacqueline Rose Art

Holistic Interiors: Naturally Healthy Home Design

The Natural Connection

Humans are organic beings. As such, our bodies crave a connection with nature. We need to be part of our surroundings. A disconnect can cause imbalance; a feeling that things just aren't right. Over time, these can develop into health issues causing both physical and mental symptoms.

Our endocrine systems are controlled by our pituitary gland, which is nourished and nurtured by natural light. Our innate ability to absorb that energy affects our whole quality of life. By exposing our bodies daily to fresh air and natural daylight we are supporting our immune system. This boosts our defences both mentally and physically against stress and managing change. Our homes can really affect our ability to absorb this energy. Living in accommodation without sufficient light and airflow can cause a variety of symptoms. We might feel drained, fatigued, or depressed. Our ability to concentrate may be affected, leaving us feeling dull, fuzzy and struggling with memory, brain fog or decision-making. It can even lead to viral and bacterial infections.

Life-Giving Energy

The focus of holistic interior design is creating healthy spaces. Reducing the impact of geopathic stress and EMF (electric and magnetic forces) radiation as well as creating free-flowing spaces to encourage Chi (life-nurturing energy). Maximising natural light and ventilation and reducing stagnant Sha (negative energy) build-up.

Although named differently in various religions and cultures, Chi is often thought of as ley lines where energy runs through the earth. Our bodies have these same energy lines, known as meridians. It is this energy that when aligned can create abundance, health and vitality. When blocked, however, it can cause imbalance, poor health and a feeling that something's not quite right. Our energy levels are suppressed and we don't feel ourselves.

Re-orientating and decluttering your home often provide much more usable space. The priority is to align the space to maximum advantage and to benefit from the resources already available. Using natural sunlight and shade to reduce light, heat, air conditioning and other energy use.

If you'd like to find out more pick up your copy of:

The Healing Power Of Nature Your Environment & Foods today to see there really is an exciting way to live life with Mother Nature.

About The Author



Amy Walden is a Holistic Interiors Expert and Founder of the Sustainable and Holistic Interiors Agency, Thrive by Design Ltd. With sustainability at heart, she reimagines spaces using holistic design principles (art, science, sustainability, biophilic design, psychology & intuition). This multi-sensory approach creates meaningful, purposeful spaces where comfort is as important as how your home looks.

Her focus is designing naturally beautiful, healthy, happy homes to help you and the planet thrive. Feel Good Spaces that promote sustainability and benefit both air quality and health. Bespoke homes where people feel happy and well, designed completely around their personality, values and desired behaviours. Spaces that nurture, improving the wellbeing of homeowners and the planet.

Naturally anti-trend, she focuses on sustainable purchasing. Vintage, upcycled, recycled, ethical and bespoke pieces take longer to source but are worth it. Good pieces you love that last.

As well as interiors and home renovation, her 15+ years of experience also includes designing products, furniture, flooring, lighting, textiles and accessories. A qualified Holistic Interior and Product Designer, she also works with local expert craftspeople to create bespoke pieces and future family heirlooms for clients to cherish.

The Healing Power Of Nature – Your Environment & Foods

Design projects include consumer product ranges to home interior design, styling & staging, retail concessions and flagship London store, office rebranding, exhibition stands and renovation of her 1930s home. She's also taught design and worked with craft cooperatives in El Salvador as Design Consultant for Oxfam Trading.

When not rearranging the furniture or finding treasure, Amy loves writing, learning new skills and spending time with friends, family, her 9-year-old daughter & two black cats.

Recently featured in Ideal Home, House Beautiful and zoopla.com, she's also a finalist for IPSE's 2023 Sustainability Award.

To Find Out More About Amy And Thrive By Design Visit:

Website: <https://thrivebydesign.co.uk>.