

HEALTHY LIVING WITH TAMMY

THE MONTHLY BUZZ The Rooted Path



Hello Everyone! I hope you all are doing well, and staying happy and healthy! Happy April! In a world that often feels chaotic and fast-paced, grounding offers a path back to balance. Just as trees root deeply into the earth to stand strong through storms, we, too, can cultivate practices that keep us steady, centered, and resilient through all areas of life!

This month's newsletter will be all about grounding. We'll dive into the power of reconnecting with yourself and the earth to find stability, balance, and inner peace. We will look at what it means to be grounded, the benefit to grounding, and practices you can do right at home!

Ancient Wisdom Meets Science

Many ancient cultures have long believed in the healing power of connecting with the Earth, and modern science is now catching up to validate these benefits! Grounding has been around ever since human life was created. From the start they've been walking barefoot, sleeping on natural substances, foraging food, and staying connected to the land. Modern society has largely disconnected us from this practice of being connected to the earth for what it has to offer. Even though we may not think about grounding as much as we should, its time we act upon it and get grounded!



Nurturing a Deeper Connection With the Earth 1 Step at a Time



Grounding, also known as earthing, is the practice of making direct contact with the Earth's surface, whether by walking barefoot, sitting on the ground, or immersing oneself in natural bodies of water. This ancient yet scientifically supported technique has been shown to offer a wide range of physical, mental, and emotional benefits. When the body connects with the Earth, free electrons flow into it, acting as natural antioxidants that help neutralize harmful free radicals, reducing inflammation and promoting cellular healing.

This process is believed to support immune function, improve circulation, and even thin the blood, reducing the risk of cardiovascular issues. Additionally, grounding has a powerful impact on stress reduction, as it helps lower cortisol levels, shift the body from a state of sympathetic (fight-or-flight) dominance to parasympathetic (rest-and-digest) mode, and increase the production of feel-good neurotransmitters like serotonin and dopamine. As a result, many people experience reduced anxiety, improved mood, and better sleep, as grounding plays a role in regulating melatonin production and aligning the body's circadian rhythm. Athletes and those recovering from injuries also benefit from grounding due to its ability to decrease muscle soreness, speed up recovery, and promote faster healing. Cultures throughout history, from the Egyptians and Chinese to Indigenous and Ayurvedic traditions, have long understood the power of connecting with the Earth, using barefoot walking, herbal medicine, and energy practices to maintain health and spiritual balance. In today's modern world, where artificial materials and indoor living have created a disconnect from nature, grounding offers a simple yet effective way to restore balance, boost vitality, and enhance overall well-being. Whether by spending time in nature, practicing mindful barefoot walking, swimming in natural waters, or using grounding mats for indoor connection, incorporating this practice into daily life can have profound effects on physical health, mental clarity, and emotional stability.

Blueberry Arugula Salad



This vibrant spring salad is as nourishing as it is beautiful, featuring a mix of peppery arugula, juicy blueberries, and creamy goat cheese, all brought to life with the unexpected addition of edible pansy flowers. The pansies don't just add a whimsical touch, they're rich in antioxidants and have gentle anti-inflammatory properties, making them both a visual and nutritional highlight. Tossed lightly with a lemon-honey mustard dressing, this salad offers a perfect balance of flavors sweet, tangy, earthy, and floral. It's a grounding, garden-inspired dish that celebrates the season's abundance and invites you to slow down and savor nature's beauty, bite by bite.

What You Need:

For The Salad

- 5 ounces baby arugula
- 2½ cups fresh herb leaves
- ½ medium cucumber,
- 1 cup fresh blueberries
- 2 figs, cut in quarters
- ¼ cup Pecans
- ¼ cup crumbled goat cheese
- pansies (also known as violas, or Johnny Jump-ups)

For The Honey Mustard Lemon Dressing

- ½ cup extra virgin olive oil
- 2½ tablespoons honey
- 2 tablespoons apple cider vinegar
- 1 tablespoon grainy Dijon mustard
- 2 teaspoons fresh lemon juice
- ½ teaspoon kosher salt
- ¼ teaspoon fresh ground black pepper

Mindful Moments

Affirmations are a great way to keep our minds healthy! Feeding it positive things is what it needs! I encourage you to print these affirmations off and put them in a place where you can make a point to read them every day this month. If there are any you do not resonate with or feel resistant to, let me know and I will do a quick check in and see what is blocking you from fully receiving the affirmation.

"I am grounded, safe, and supported by the Earth."

"With each breath, I return to the present moment."

"I am deeply rooted, like a tree standing tall and steady."

"The Earth beneath me holds me and nourishes me."

"Peace begins in this moment, in this breath."

Take a deep breath, place your hand on your heart, and let these affirmations fill you with love and confidence.

Earth Runners were created to rewild our lives in response to the typical modern domesticated lifestyle, which is causing numerous health, psychological and social issues. Through rewilding we aim to bring stronger, healthier, and more resilient individuals and communities back to our society.

In congruence with ancestral wisdom, it's apparent that we need to incorporate more simple nature-based lifestyle practices and outsource less of our life to modern technology. With these earth inspired sandals, we aspire to restore our relationship with nature and to rediscover our primal roots.



Click the link below to get your Earth Runners, sandals that make a difference

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I hope you enjoyed reading this month's newsletter. Have questions or feedback? I'd love to hear from you! You can reach me at:
healthylivingwithtammy@gmail.com
 For more information you can visit
www.healthylivingwithtammy.net
 Blessings to you all!