

Healing our power

Additional Resources

Herbs for the Digestive System

Dandelion: Flowers are merely weeds... with a pedigree**

<https://drive.google.com/file/d/1K6xZ06dHno1BnzAjEF-MjKef-qWqj-Uq/view?usp=sharing>

Herbs for the Digestive System**

<https://www.traditionalmedicinals.com/articles/herbalism-anatomy-digestive-system/>

Herbs for Health: Bitter Herbs for Appetite and Indigestion, Steven Foster***

<https://www.motherearthliving.com/health-and-wellness/herbs-for-health-an-appetite-for-herbs>

Lemon Balm, The Herbal Academy**

<https://theherbalacademy.com/a-family-herb-lemon-balm-benefits/>

Medicine of the Trees-The Pine Family**

<https://drive.google.com/file/d/1hcjciAcRVfGCSFS5HQhrcN7YZnb8UyNu/view?usp=sharing>

Marshmallow, *Herb Rally*

<https://www.herbrally.com/monographs/marshmallow/>

Safflower, *Belly Bites***

<http://www.bellybytes.com/herbs/safflower.html#.Wzub7VMvzq0>

Safflower, *Semilla of Ixchel*

https://drive.google.com/open?id=1G-zhUTIOkmDwxQl15HKoY3d7DQTFe3nCp_HqUXWc34o

Slippery Elm, *Gaia Herbs*

<https://www.gaiaherbs.com/products/ingredient/186/Slippery-Elm>

Digestive System

6 Ayurvedic Practices to Improve Your Digestion, *Sheila Patel, M.D.*

<https://chopra.com/articles/6-ayurvedic-practices-to-improve-your-digestion>

How your digestive system works, Emma Bryce, Video**

<https://www.youtube.com/watch?v=Og5xAdC8EUI>

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Your Digestive System & How it Works, *National Institute of Diabetes & Digestive Disease*
<https://www.niddk.nih.gov/health-information/digestive-diseases/digestive-system-how-it-works>

Body Positivity

The Body is Not an Apology: A Resource for Radical Self Love
<https://thebodyisnotanapology.com>

Meet The Woman Who's Decolonizing Body Positivity for Women of Color, *Huffpost*
https://m.huffpost.com/us/entry/us_57101b91e4b06f35cb6f1c9f

#103 Social Justice and Racism in the Body Positivity Movement with Gloria Lucas,
Food Psych
<https://m.youtube.com/watch?v=QPq082C8I6c>

America is Utterly Failing POC With Eating Disorders, *Splinter News*, CW for ED
triggers
<https://www.google.com/amp/s/splinternews.com/how-america-fails-people-of-color-with-eating-disorders-1793858224/am>

Food Justice + Sovereignty

Decolonize your Diet
<http://decolonizeyourdiet.org/>

I tried eating like my ancestors for a week and love it, *Alex Zaragoza*
<https://www.glamour.com/story/i-decolonized-my-diet-a-week>

Indigenous Food Sovereignty
<https://www.indigenousfoodsystems.org/food-sovereignty>

Massachusetts Food Systems Collaborative
<https://www.mafoodsystem.org/resources/organization/>

Solar Plexus Chakra Magick

The Ultimate Guide to Solar Plexus Chakra Healing for Complete Beginners,
*LonerWolf**
<https://lonerwolf.com/solar-plexus-chakra-healing/>

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Sacred Self-Care for your Solar Plexus Chakra, *Jessica Dimas*

<https://jessicadimas.com/sacred-self-care-for-your-solar-plexus-chakra/>

How To Let Your Light Shine Bright, *Lisa Nichols*

<https://m.youtube.com/watch?v=CWpiCOmbVuY&feature=share>

Your Body Language May Shape Who You Are, *Ted Talk Global***

https://www.ted.com/talks/amy_cuddy_your_body_language_shapes_who_you_are/up-next#t-372222

The Joy, M&O (*Jamila Woods*)

<https://m.youtube.com/watch?v=JSqMRLKaJr4>

Spirituality and Social Justice, *Yoga International****

<https://yogainternational.com/article/view/re-imagining-yoga-part-2-spirituality-and-social-justice>

We strive to offer you teachings + wisdom from + that center bipoc communities. Here are is the key for how we acknowledge when teachings are coming from outside our communities:

*white presenting or non-BIPOC identifying

**non-BIPOC

***non-BIPOC, cis man

****to our knowledge their self-identification + lineage