

Balancing
Water
Element
with
Food &
Nutrition



Release Stress,
Anxiety, Fear,
and Need for
Control
to Discover
Ease & Flow



Jyllin
Holistic Liberation

**Dietary
Focus**

- **Eat warm foods** like soups, stews, and steamed vegetables.
- **Eat cooked, whole foods that are easy to digest** to save energy on digestion—digesting cold or raw foods and animal products is energy-consuming.
- **Avoid** cold foods, processed salt and processed foods, naturally salty foods such as olives, caffeine, sugars, drugs, tobacco, and alcohol.

**Gut Health
for
Stress
Anxiety
Nervousness
& Fear**

- **Identify food intolerances and remove from diet** until gut is entirely healed. The most common offenders are gluten, dairy, eggs, corn, and soy. See a functional doctor for help, and request testing for intolerances, especially gluten, at cyrexlabs.com.
- **Limit or remove consumption of sugars** — including dairy, many non-dairy milks, alcohol, and processed foods— that harm in many ways, particularly the gut.
- *Unless you have histamine intolerance,* include daily consumption of **prebiotics** in legumes, Jerusalem artichokes, flax seeds, almonds, onion, garlic, berries, oats. Consume **probiotics** daily with any fermented food or drink — ensuring none include ingredients you're intolerant to.

Nutritional Focus

- **Magnesium, Vitamin C, E, and B-Complex** are often depleted with water element imbalance. It is best to **consume these nutrients through whole foods for best bioavailability**, particularly fresh vegetables, seeds, nuts, avocados, and nutritional yeast (fortified with B12 if vegan). If necessary, find quality supplements, activated B-vitamins, or see a functional doctor for further guidance.
- **Do NOT supplement magnesium orally** — it is most easily absorbed through the skin. Find magnesium oil and apply under arms and on belly daily, or dissolve one part water to one part magnesium chloride flakes, store in dark glass, and apply on skin daily.

Herbs

- **Supplement with adaptogens** such as ashwagandha, rhodiola rosea, and ginseng (avoid ginseng that has additional sugars). Use when feeling particularly depleted, anxious, stressed, or nervous. **Use mindfully rather than taking habitually** throughout the year — they will lose their effect and advantage if used too regularly.
- **Licorice and dandelion root** are powerhouses for the kidneys and adrenals and can be taken as capsules or simply steeped for tasty, and warming, tea.