

Q&A Categorization

Your Delicious Life

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Emotion Honoring/Releasing

1. Emotions and disease — *September 2019*
2. Fear — *November 2019*
3. Feeling okay about not feeling okay — *May 2020*
4. Releasing stress hormones — *May 2020*
5. Physical sensations/letting go and other others' opinions — *July 2020*
 - a. (See also: Meditation)
6. How to thrive as a Highly Sensitive Person — *July 2020*
7. Emotions and food — *July 2020*
 - a. (See also: Food)
8. Emotions and thoughts — *August 2020*
9. Dealing with ego backlash — *October 2020*
10. Increasing confidence and assertiveness — *October 2020*
11. Expat guilt — *January 2021*
12. Numbing positive emotions — *February 2021*
13. Emotional release and loss — *February 2021*
14. Healing generalized anxiety — *April 2021*
 - a. (See also: Meditation)
15. Navigating grief/loss and food memories — *November 2022*
 - a. (See also: Food)
16. Feeling fear around one's calling — *December 2022*
 - a. (See also: Manifestation/Abundance)
17. Self awareness in real time — *February 2024*
18. Identifying emotions — *May 2024*
19. Guilt and Shame — *June 2024*
20. Worry and decluttering — *July 2024*
 - a. (See also: Rest > Simplicity)
21. Letting go of painful memories — *August 2024*
22. Overwhelm/Crisis — *October 2024*

Food

Food > Zoomed-in/Practical

1. Nutrients low on a vegan diet — *January 2019*
2. Supplements — *January 2019*
3. Dry Fasting — *February 2019*
 - a. (See also: Rest)
4. Oil and bread in the diet — *February 2019*
5. Fermented foods — *March 2019*
6. Olive oil liver flush — *March 2019*
7. Fasting; my fasting practice — *March 2019*
 - a. (See also: Food)
8. Coffee — *March 2019*
9. Salt intake with sweating — *April 2019*
 - a. (See also: Food)
10. Seaweed and iodine — *August 2019*
11. Superfoods — *October 2019*
12. Monitoring nutrients/Cronometer — *October 2019*
13. Distilled water versus spring water — *October 2019*
14. Prediabetes and fruit — *November 2019*
15. Eggplant parm — *November 2019*
16. Dry Fasting — *December 2019*
 - a. (See also: Question above; Rest)
17. Dr. Sebi's Nutritional Guide — *January 2020*
18. Freezing green smoothies — *February 2020*
19. Coconut water and electrolytes — *March 2020*
20. Eating more greens — *April 2020*
21. A dietary blueprint — *April 2020*
22. Cutting down food prep time — *April 2020*
23. What to feed children — *June 2020*
24. Optimal macronutrient ratios for different diets — *July 2020*
25. Raw vegan diet on a budget — *August 2020*
26. Green smoothies and Dr. Esselstyn — *August 2020*
27. Monomeals and getting enough nutrients — *September 2020*
28. Healthy cooked food tips — *September 2020*
29. Winter, warmth, and nourishment — *December 2020*
 - a. (See also: Nature)
30. Processed ingredients in raw food cuisine — *December 2020*
31. Kidney disease stage 2 and a raw vegan diet — *January 2021*
32. Thriving on a cooked vegan diet? — *January 2021*
33. Unctuous diet recommendations — *February 2021*
34. Coffee and the creative process — *February 2021*
 - a. (See also: Self Love)
35. Winter salad recipe ideas — *March 2021*

36. Sleepiness after fruit meal — *April 2021*
37. Hair loss on a vegan diet — *April 2021*
 - a. (See also: Other > Bodily Health > Hair and Skin)
38. Low FODMAP diet — *May 2021*
39. Candida overgrowth — *July 2021*
40. Gut discomfort with fats — *July 2021*
41. Fermented foods and gut health — *July 2021*
42. Problems on a Raw Vegan Diet — *November 2021*
43. High raw vegan while traveling — *December 2021*
44. High oxalate foods — *January 2022*
45. Water intake — *January 2022*
46. Juice feasting — *February 2022*
47. Daily juicing — *March 2022*
48. Anemia on a low fat fruit based plant foods diet — *March 2022*
49. How to eat raw foods until dinner — *April 2022*
50. Getting zinc and omega 3 fatty acids on a raw diet — *October 2022*
51. Oils/ Coconut and Olive oils — a problem in the diet? — *December 2022*
52. Juice vs water fasts/cleanses — *January 2023*
 - a. (See also: Detox > Cleanse)
53. All fruitarian diets — *February 2023*
54. Herbs — *February 2023*
55. Food logging and tracking calories — *April 2023*
56. Intermittent fasting — *May 2023*
57. Healthy cookware choices — *July 2023*
58. How to transition to a raw vegan diet — *August 2023*
59. Gluten and grain sensitivity/ what to substitute for grains — *October 2023*
60. Plant-based diet with food allergies — *November 2023*
 - a. (See also: Bodily Health > Immune System)
61. Vitamin/mineral synergy & omega 3 sources — *November 2023*
62. Fruit and diabetes — *March 2024*
63. Juicing — *April 2024*
64. Nutritional connection to split ends, horny skin, cracked heels — *June 2024*
 - a. (See also: Bodily Health > Skin, Hair, Nails)
65. Low appetite — *October 2024*
66. Pescatarian diet — *December 2024*
67. All fruit diet — *January 2025 (Live Workshop)*
68. Dry Fasting — *September 2025*
 - a. (See also: Question above; Rest)
69. USDA's (U.S. Department of Agriculture) MyPlate — *November 2025*
70. Canary Islands for fruit — *November 2025*

Food > Zoomed-out/Mindset

1. Keeping one's mind off food, Bingeing — *February 2019*
2. Raw vegan and navigating social/food events — *June 2019*

- a. (See also: Relationships)
- 3. Food cravings- discerning their meaning — *July 2019*
- 4. Cravings — *November 2019*
- 5. Mindful eating — *February 2020*
- 6. Tiredness and junk food — *April 2020*
- 7. Emotions and food — *July 2020*
 - a. (See also: Emotion Honoring/Release)
- 8. Veganism- a byproduct of colonization? — *April 2021*
- 9. Following through with your diet (food) intentions — *June 2021*
- 10. How to know one's hunger — *October 2021*
- 11. Dietary transitioning/healing bingeing — *February 2022*
- 12. Guilt around food going bad/food waste — *March 2022*
- 13. Afternoon cravings — *July 2022*
- 14. Preventing relapse when healing binge/restriction eating disorders — *November 2022*
- 15. Navigating grief/loss and food memories — *November 2022*
 - a. (See also: Emotion Honoring/Release)
- 16. Boundaries with food — *June 2023*
 - a. (See also: Self Love)
- 17. Making healthy food choices in the present despite guilt and shame from the past — *September 2023*
- 18. Self consciousness when speaking about one's healthy diet/lifestyle — *October 2023*
 - a. (See also: Relationships)
- 19. Food addiction — *January 2024*
- 20. Not making our meals the main focus of our days — *January 2024*
- 21. Standstill with progress on food goal — *July 2024*
- 22. Do vegetarians have small brains? — *April 2025*
- 23. Cravings for unhealthy vs. healthy cooked food — *May 2025*

Manifestation/Abundance

Manifestation/Abundance > Goals/Manifesting Intentions

1. Manifesting and alignment — *July 2019 (Part 2)*
2. Keeping centered and positive during a stressful real-estate environment — *March 2021*
3. Getting clear on vision and desires/tips for consistency — *December 2021*
4. Transitioning to working from home/being self employed — *March 2022*
5. Feeling fear around one's calling — *December 2022*
 - a. (See also: Emotion Honoring/Release)
6. Cultivating business/work success from a relaxed state — *January 2023*
7. Having courage to go for one's dreams — *March 2023*
8. How to attract clients without social media — *December 2023*
9. Finding peace and alignment at work — *September 2024*

Manifestation/Abundance > Financial Abundance

1. How to nurture and sustain a healthy relationship with money — *June 2022*
2. How to end a constant feeling of lack — *October 2022*
3. Going from individual to shared finances — *September 2022*
 - a. (See also: Relationships)

Manifestation/Abundance > Seasonal and Annual Review

Meditation

1. Racing thoughts/anxiety — *January 2019*
2. Different styles of yoga and creating a consistent yoga practice — *February 2019*
 - a. (See also: Movement Play)
3. Physical sensations/letting go and other others' opinions — *July 2020*
 - a. (See also: Emotion Honoring/Release)
4. Uddiyana bandha — *December 2020*
5. Healing generalized anxiety — *April 2021*
 - a. (See also: Emotion Honoring/Release)
6. Transition and times of change — *July 2021*
7. Bringing freshness to meditation — *December 2021*
8. Tantra — *May 2022*
 - a. (See also: Relationships)
9. Deepening one's meditation practice — *February 2024*

Movement Play (Exercise)

1. Different styles of yoga and creating a consistent yoga practice — *February 2019*
 - a. (See also: Meditation)
2. Suggested YT/social media dance channels — *June 2019*
3. Yoga Mats — *August 2019*
4. Movement Play/Exercises for Scoliosis — *August 2019*
5. Flexible hips — *November 2019*
6. Movement and self sabotage — *October 2020*
7. Running and finding joy and balance with it — *October 2022*
8. Timing: Exercise, sleep, and work — *February 2025*
 - a. See also: Rest > Sleep and Recalibration

Nature

1. Working against biological rhythm/night jobs — *January 2019*
 - a. (See also: Rest)
2. Wake and sleep times in rhythm with Nature — *July 2019 (Part 1)*
 - a. (See also: Rest)
3. Winter, warmth, and nourishment — *December 2020*
 - a. (See also: Food)
4. Learning about the Cosmos — *December 2020*
5. Aliveness versus danger — *May 2023*

Relationships

Relationships > Tribe/Community

1. Overwhelm with digital platforms/long distance connections — *January 2020*
 - a. (See also: Rest)
2. Putting others first — *May 2020*
 - a. (See also: Self Love)
3. Trust — *February 2020*
 - a. (See also: Self Love)
4. Being a role model for children — *November 2020*
5. Loving healthy communication with family — *November 2020*
6. Procreation/Choices around having a child — *May 2019*
7. Putting truths into consistent action, in the presence of others — *September 2021*
 - a. (See also: Self Love)
8. Dancing in front of others — *December 2022*
9. Early childhood education/alternative education options — *June 2024*
10. Unschooling — *March 2025*

Relationships > Sexuality

1. Healing addiction/pornography addiction — *July 2019 (Part 2)*
2. Tantra — *May 2022*
 - a. (See also: Meditation)
3. Fearing expansion — *May 2022*
 - a. (See also: Self Love)
4. Yoni massage — *June 2023*

Relationships > Communication

1. Raw vegan and navigating social/food events — *June 2019*
 - a. (See also: Relationships)
2. Creating healthy boundaries with others — *January 2020*
3. Increasing confidence and assertiveness — *October 2020*
4. Navigating COVID — *June 2021*
5. How to simplify more..and how to deal with loved ones who are not the same boat — *July 2019 (Part 2)*
 - a. (See also: Rest)
6. Setting boundaries with loved ones — *January 2023*
 - a. (See also: Self Love)
7. Communicating difficult topics in our relationships, with authenticity — *September 2023*
8. Self consciousness when speaking about one's healthy diet/lifestyle — *October 2023*
 - a. (See also: Food)
9. Reconnecting with Your Partner — *September 2025*

Relationships > Love

1. Polyamorous relationship — *September 2019*

2. Losing oneself in a relationship — *December 2021*
3. Going from individual to shared finances — *September 2022*
 - a. (See also: Manifestation/Abundance)
4. Alone time in a relationship — *May 2023*
5. Preserving one's energy in an intimate space — *July 2023*
 - a. (See also: Self Love)

Relationships > Other

1. Institutionalized racism — *June 2020*
2. Creating space from abusive people — *January 2021*
3. Comparison to others/low self worth feelings — *April 2021*
 - a. (See also: Self Love)
4. Peace and advocacy – *September 2021*
 - a. (See also: Rest)
5. How to navigate stalking — *September 2023*
6. Dealing with Cluster B personalities/toxic encounters — *November 2025*

Rest

Rest > Detox and Cleanse

1. Detoxing as a gradual change — *June 2020*
2. Dry Fasting — *February 2019*
 - a. (See also: *Food*)
3. Dry Fasting — *December 2019*
 - a. (See also: Question above; *Food*)
4. Psoriasis and fasting — *February 2021*
 - a. (See also: Other > Bodily Health > Skin and Hair)
5. Juice vs water fasts/cleanses — *January 2023*
 - a. (See also: *Food*)
6. Eczema/Detox reactions — *March 2023*
 - a. (See also: Rest > Detox)
7. Fasting — *December 2023*
8. Dry Fasting — *September 2025*
 - a. (See also: Question above; *Food*)

Rest > Sleep and Recalibration

1. Working against biological rhythm/night jobs — *January 2019*
 - a. (See also: *Nature*)
2. Dreams and the subconscious mind — *January 2019*
3. Ground / Floor sleeping — *March 2019*
4. Fasting; my fasting practice — *March 2019*
 - a. (see also: *Food*)
5. Sleep — *April 2019*
6. Difficulty with bedtime/sleeping — *May 2019*
7. Pillows for sleeping — *June 2019*
8. Wake and sleep times in rhythm with Nature — *July 2019 (Part 1)*
9. Reading as an evening ritual — *July 2019 (Part 1)*
 - a. (See also: *Nature*)
10. Naps — *August 2019*
11. Overwhelm with digital platforms/long distance connections — *January 2020*
 - a. (See also: *Relationships*)
12. Sleep challenges — *July 2020*
13. Night sweats — *December 2020*
14. Sleeping on the floor — *October 2021*
15. My Evening Routine/Rituals — *November 2021*
16. Our “night life”- vivid dreams — *August 2022*
17. Burnout — *March 2024*
18. Sleep and honoring one's desired bedtime — *February 2025*
19. Timing: Exercise, sleep, and work — *February 2025*
 - a. See also: *Movement Play*

Rest > Peace and Spirituality

1. Spirituality — *February 2019*
 - a. Connectedness to others, nature, and self noted in answer
2. What is sacred space? — *February 2019*
3. Astrology — *April 2019*
4. What are we made of? — May 2019 (Considering instead/in addition Emotional Release because the context of this question was emotions)
5. Developing quiet peaceful strength — *December 2019*
6. Resources on universal love — *February 2020*
 - a. (See also: Self Love)
7. Self Love and the Divine — August 2020
 - a. (See also: Other > Self Love)
8. Celebrating the holidays during Covid — *November 2020*
9. Entering the void of silence and dealing with distractions — *September 2021*
10. Peace and advocacy — *September 2021*
 - a. (See also: Relationships)
11. My prayer practice — *October 2022*
12. Aligning our 5th chakras with the Divine's 5th chakra — *September 2023*

Rest > Simplicity

13. How to simplify more..and how to deal with loved ones who are not the same boat — *July 2019 (Part 2)*
 - a. (See also: Other > Relationships)
14. Travel and environmental impact — *April 2020*
15. Home, minimalism, and how to let go — *April 2020 (Addendum)*
16. Curating information feeds/social media — *September 2021*
17. Worry and decluttering — *July 2024*
18. Fixation vs freedom with decluttering — *September 2024*

Self Love

Self Love > Intuition

1. Intuition — *November 2019*
2. Fearing expansion — *May 2022*
 - a. (See also: Relationships > Sexuality)
3. Personal growth/ Ego and intuition — *August 2022*
4. Listening the “gurus” versus listening to yourself — *October 2023*

Self Love > Celebration and Gratitude

Self Love > Healthy Boundaries and Release Work

1. Empathy and boundaries — *February 2020*
2. Self judgment — *May 2020*
3. Comparison to others/low self worth feelings — *April 2021*
 - a. (See also: Relationships)
4. How not to let passions take over your life — *April 2022*
5. Burning my journals — *August 2022*
6. Setting boundaries with loved ones — *January 2023*
 - a. (See also: Relationships)
7. Social media numbers — *May 2023*
8. Boundaries with food — *June 2023*
 - a. (See also: Food)
9. Preserving one’s energy in an intimate space — *July 2023*
 - a. (See also: Self Love)
10. Imposter syndrome — *November 2023*
11. Boundaries — *November 2024*

Self Love > Play and Creativity

1. Coffee and the creative process — *February 2021*
 - a. (See also: Self Love)
2. Content creation — *December 2020*

Self Love > Self Care/Love

1. Inner Child healing — *May 2019*
2. Self Love — *September 2019*
3. Resources on universal love — *February 2020*
 - a. (See also: Other > Spirituality)
4. Putting others first — *May 2020*
 - a. (See also: Relationships)
5. Self Love and the Divine — *August 2020*
 - a. (See also: Other > Spirituality)
6. Structure without strictness — *November 2020*
7. A less dramatic way of recognizing what needs to change? — *April 2023*

8. Self forgiveness — *August 2024*
9. Creating a safe home now after past traumatic home — *September 2024*
10. Creating healthy routines and avoiding disorientation and overwhelm during travel — *November 2025*

Self Love > Other

1. Trust — *February 2020*
 - a. (See also: Relationships)
2. Hair and change — *October 2020*
3. Putting truths into consistent action, in the presence of others — *September 2021*
 - a. (See also: Relationships)
4. Cultivating uniqueness without isolation — *February 2023*
5. How to feel more like oneself when making changes — *August 2023*

Bodily Health

Bodily Health > General/Other

1. Salt intake with sweating — *March 2019*
 - a. (See also: Food)
2. Natural prevention of overheating/heat exhaustion — *March 2019*
3. Healing crisis — *June 2019*
4. High dose Vitamin C therapy — *October 2019*
5. Cold extremities — *January 2020*
6. Incense toxicity — *June 2020*
7. Body maintenance checklist — *May 2021*
8. Scoliosis — *May 2021*
9. Radiation from technology devices — *July 2021*
10. Heavy metals — *December 2021*
11. Holistic and natural treatment of migraines — *January 2023*
12. Swelling of lower extremities — *July 2023*
13. Supporting the lymphatic system — *July 2023*
14. Collagen and sea moss supplements — *December 2023*
15. Chronic pain — *December 2023*
16. Urine therapy — *October 2024*
17. B12 for children — *November 2024*
18. How to heal astigmatism and myopia naturally — *December 2024*
19. B12 supplements and heavy metals — *November 2025*

Bodily Health > Cardiovascular Health

1. High Blood Pressure — *April 2023*
2. Preventing diabetes and hypertension — *November 2024*
3. How to lower heart rate to optimal levels — *November 2024*
4. Familial hypercholesterolemia — *January 2025 (Live Workshop)*

Bodily Health > Endocrine/Hormonal Health

1. Progesterone production — *October 2019*
2. PMS and perimenopausal symptoms — *December 2019*
3. Copper IUD and bleeding — *April 2020*
4. Pregnancy and impact on hormonal health — *February 2022*
5. Essential oils and hormonal imbalance — *February 2022*
6. Dropping progesterone levels — *February 2024*
7. Symptoms during perimenopause — *January 2025 (Live Workshop)*
8. Hypothyroidism — *June 2025*

Bodily Health > Foot Care

1. Bunions + healthy footwear — *February 2020*
2. Foot care, healing of bunions and corns — *September 2021*
3. Foot and toe strengthening — *September 2021*

4. Foot supination — *August 2024*

Bodily Health > Immune System & Infections

1. Allergies and self muscle testing — *December 2019*
2. Histamine reactions — *March 2020*
3. Staph infections — *April 2020*
4. Childhood vaccines — *June 2020*
5. Coronavirus, masks, fear, and navigating it all — *September 2020*
6. How to keep Colds/Coughs/Viruses at Bay — *November 2021*
7. Covid — *February 2022*
8. Vaccinations for children — *May 2022*
9. Seasonal allergies — *May 2023*
10. Plant-based diet with food allergies — *November 2023*
 - a. (See also: Food)
11. Vaccines — *July 2025*

Bodily Health > Gut/Gastrointestinal Health

1. Burping — *March 2019*
2. Acid reflux — *March 2020*
3. Stools — *May 2021*
4. Colon cancer prevention — *August 2021*
5. GERD/Acid reflux — *October 2021*
6. Endoscopies and colonoscopies — *December 2021*
7. Bloating from fiber? — *June 2022*
8. GERD — *January 2023*
9. Blood from the rectum — *February 2023*
10. Prebiotics and Probiotics — *February 2024*
11. Less invasive colon cancer screening options — *April 2024*
12. Adaptogens and gut health — *August 2024*

Bodily Health > Nervous System

5. Burning feet — *May 2020*

Bodily Health > Oral Health

1. Teeth grinding — *February 2019*
2. My teeth care practice — *April 2021*
3. Oral care — *September 2024*

Bodily Health > Skin, Hair, and Nails

1. Body hair and testosterone concern — *January 2019*
2. Male hygiene/dry itchy skin/body odor — *January 2019*
3. Protecting against UV skin damage — *April 2019*
4. Dark circles under the eyes — *May 2020*
5. Psoriasis and fasting — *February 2021*

- a. (See also: Other > Rest > Detox/Fasting)
- 6. Hair loss on a vegan diet — *April 2021*
 - a. (See also: Food)
- 7. Dandruff — *August 2021*
- 8. Ethical and non toxic makeup brands — *August 2021*
- 9. Oil cleansing — *December 2021*
- 10. More on oil cleansing and water/herb body washing — *January 2022*
- 11. Skin tags: cause and treatment options — *November 2022*
- 12. Healthy natural nail care — *January 2023*
- 13. Eczema/Detox reactions — *March 2023*
 - a. (See also: Rest > Detox)
- 14. Preventing dry skin in the cold/winter climates — *December 2023*
- 15. Dry hair — *February 2024*
- 16. Nutritional connection to split ends, horny skin, cracked heels — *June 2024*
 - a. (See also: Food)
- 17. Bromine pools and our skin — *June 2024*
- 18. Skin moles — *August 2024*
- 19. Healthy hand sanitizing/washing options — *March 2025*
- 20. Angular Cheilitis — *April 2025*
- 21. Castille soap and the skin lipid barrier — *May 2025*

Bodily Health > Reproductive Health

- 1. Yoni Eggs — *January 2019*
- 2. Fertility Awareness Method — *August 2020*
- 3. Bras and breast health — *May 2021*
- 4. Suggestions for a healthy pregnancy and childbirth — *March 2024*
- 5. Recovering from emergent C section — *November 2024*
- 6. Low libido — *June 2020*

Bodily Health > Weight

- 9. Weight gain — *March 2019*
- 10. BMI — *October 2019*
- 11. How to release mid-section/abdomen extra weight — *January 2021*
- 12. Fears around weight loss — *June 2023*

Other

- 1. Living a delicious life; my personal wellness — *April 2019*
- 2. Learning styles — *August 2019*
- 3. Cold showers/water — *August 2019*
- 4. Essential oils — *March 2023*

Updated: December 5, 2025

5. When one loses touch with one's well-being — *April 2019*
6. Struggling with desired health practices/making habits effortless — *May 2019*
7. Moving — *August 2025*
8. Laundry — *August 2025*