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First and foremost...

Welcome to the Nature Nurture Health Newsletter!

This newsletter is designed to keep you up-to-date on happenings at Nature Nurture Health.

As founder and content creator of this site, my mission is to explore health from a biopsychosocial-environmental perspective. I believe that health is complex, including body, mind, spirituality, circumstance, community, and environment. I hope to bring awareness to these holistic health concepts. I will also share healthy recipes that are both delicious and nutritious, explore how to live more sustainably for people and planet, and bring you evidence-based integrative medicine content.

Click on the links above to learn more and read-on to explore!

Haley Brennan,
Founder of NNH



Recipe of The Week: Adobo Seasoning

Learn to make a healthier adobo seasoning! This quick and easy recipe packs all of the flavor of store-bought adobo with only 1/5th of the sodium per serving. Make in batches and store in an airtight container for months of seasoning.

Ingredients:

- 4 Tbsp(s), Garlic Powder
- 2.5 tsp, Salt
- 2 tsp(s), Black Pepper
- 2 tsp(s), Oregano
- 0.5 tsp, Gound Turmeric

Recipe makes approximately 40 servings – 0.5 tsp/serving.

Tbsp = Tablespoon, tsp = teaspoon

Directions:

1. Measure and combine all spices in a jar.
2. Shake jar until seasonings well combined.
3. Use seasoning with cooking or store it for future recipes.



[Link to Adobo Seasoning Recipe Here.](#)

[Link to Instagram Reel to Make Adobo Seasoning Here.](#)



VISIT OUR WEBSITE FOR FULL ARTICLES AND TO LEARN MORE!

The Creative Corner

The First Embrace

The first embrace
Warm and enveloping
Feeding body and soul
With the purest affection
Realized by tearful eyes.



By Haley Brennan

A labor of love
As we grow and develop
Legs kicking touched gingerly
A gentle song
Lulls us to sleep.

We arrive
Blinded by light
Hands reaching out
Calmed once more
By your embrace.

Poem by Haley Brennan (2023)