
Fwd: ● A care package for you! Flores Pope

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Draft

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Warm Regards,

Sonya Flores



Sage Medicine for Reproductive Wellness

We've been thinking of you and wanted to send some love. So here is a care package with some nourishing tips for **body, mind, and spirit**. We provide so many resources for reproductive health to our patients every day. But because they are tailored to each individual, we realized that everyone may not be aware of how **diverse our tool kit** is. It's like the old saying "you don't know what you don't know". So we welcome you to join us virtually for a consultation to ask your health and fertility-related questions... **we have answers for you!** Acupuncture is an AMAZING healing modality but it's only one piece of our Sage fertility program, and now is the time to stay the course or start incorporating all the other aspects.

Building the foundation of a healthy and receptive fertility system involves attending to both the physical as well as emotional aspects of wellness. This is not an easy task. Transforming our relationship with our bodies and minds is a lifelong journey. The key is to **stay on the path**,

moving in the right direction. Very few people, if anyone, can do this on their own. This time, if nothing else, has shown us how important community is. We need our intimate people, family or friends who know us the best and will be there for us through thick and thin. We need scientists and physicians who have big hammers when the job calls for them. And we need **mentors and holistic health experts** who provide physical (action items, lifestyle and nutritional advice), and emotional (mind-body techniques and coping methods), for how to live day to day. This is how **transformation happens**, this is where we gain health and discover resources to get us to the other side. As traditional medicine providers who specialize in reproductive health, we have been honored to walk side by side with innumerable people on their path to wholeness.

Body

Classic Sweet Potato & Lentil Buddha Bowl

Lentils and beans are a good source of folate. Folate (or folic acid) is a very important nutrient for conception and healthy embryos.

Beans and lentils are also a good source of fiber. Getting enough fiber in your diet is key to healthy hormonal balance.

Lentils contain high levels of the polyamine spermidine, which may help sperm fertilize the egg. Interestingly, research has found that spermidine levels are markedly lower in the seminal ejaculate of men experiencing low sperm counts when compared to men with healthier semen.

If you can't access all of the ingredients right now feel free to modify and experiment. The basic idea is a bowl full of legumes, whole grains, green and orange vegetables, and a fermented food.



Servings: 4

Ingredients

- 2 sweet potatoes, cubed & roasted
- 2 cups cooked brown rice or quinoa
- 2 heads broccoli, chopped and steamed or roasted
- 2-3 cups cooked lentils or beans (two 14-oz cans)
- 1-2 cups kimchi or sauerkraut
- fennel seeds, black sesame seeds, and chili flakes

Tahini Miso Sauce:

- 1 tbsp light or yellow miso
- ¼ cup tahini
- juice from ½ a lemon
- 3-5 tbsp water
- dash of cayenne pepper

Steps

1. Combine the sauce ingredients in a bowl, and stir until smooth and creamy. Add more water to thin if you like.
2. Place the sweet potatoes, rice, broccoli, lentils/beans, and kimchi in bowls. Top with tahini miso sauce, fennel seeds, black sesame seeds, and chili flakes.

From sweetpotatosoul.com

Mind



What meditation is, and is not ;)

Spirit

Sage's top 3 Bach Remedies for a Healthy Mindset in Uncertain Times

Flower essences can be very powerful tools for helping us cope with the emotional aspects of trying to conceive. These remedies work on a very subtle energetic level to help us change our mindset in positive and healthy ways. Flower essences are a wonderful addition to any fertility support regimen, and because they are so gentle, they can be used alongside other supplements or medications without fear of interaction.

Aspen

It's easy to feel out of balance and vulnerable during times of intense change and transformation!

Feel Secure. The BACH®* remedy Aspen encourages the positive potential to maintain a state of inner peace and security, regaining assurance of mind. For when apprehensions consume your mind, and unsettling feelings leave you on edge. Face the unknown with your head held high, and take on any moment throughout your day with confidence.

Cherry Plum

With so much happening in the world, compounded by possibly having to postpone fertility treatments and other last-minute changes, it's understandable that we're all feeling this loss of control!

Be In Control. The BACH®* remedy Cherry Plum encourages the positive potential to find clarity in chaotic moments and to think rationally. In life, there may be hectic times when you feel like you might lose control, during those times extra support is vital to regain courage and start to see the lighter side. Stay cool, act rationally, and be in control.

Crab Apple

Nobody is perfect and that is OK! This is a time to be extra gentle to yourself and nourish positivity towards your body.

Accept Imperfections. The BACH®* remedy Crab Apple encourages the positive potential to embrace your body and mind, and accept your imperfections. Obsessive thoughts over imperfections can lead to a poor self-image and a feeling of uncleanness. Learn to accept yourself.

You can purchase these remedies and others [here](#).

We're here to help!

**You can order supplements online using the links
below or contact us for assistance.**

**To schedule a virtual consultation call
512-968-2605.**





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