NOTE FROM NICOLE

Dear Bonberi Fam,

Welcome to the Thanksgiving issue! This bulletin is devoted to a holiday that can bring both a lot of joy but also can be entangled in some old fear-based thoughts. With that in mind, in this issue, we are bringing lots of light to this topic, all holiday long by focusing on not only the delicious bountiful dishes of the season but also the emotional attachment that comes along with sitting at the dinner table with our family and friends. I've included the practices that help me on a day to day basis, but especially during the holidays when we could all use a little reminder. Hope you enjoy and have a healthy and happy Thanksgiving!

With Love,
Nicole

HOME FOR THE HOLIDAYS, A BODY LOVE POST

Growing up, I dreaded Thanksgiving. It was probably the most uncomfortable I was in my own skin the entire year. The family time felt forced especially when day to day there was turmoil in my childhood home. While my friends looked forward to spending time with their parents, I had a lot of anxiety surrounding the holiday. As a teenager and well into my twenties, I had not made peace with my body or my soul's hunger so there was a primal fear that lived in me whenever I was around a lot of food or food that made me "uncomfortable". For many years, I would sit at the family table hardly partaking in the abundant food. Maybe I would pick at a dish here and there. But later, after everyone went to sleep, I would binge, desperately trying to fill a void that could truly only be filled emotionally. That was then.

Through much self-work from meditation to therapy to work via my Body Love Course, I have faced my fears head on and focused years on healing old pain and trauma. I am now in a place of healing and love that this controversial holiday no longer triggers me. I can look forward to the holiday and think of wonderful, nourishing dishes to make myself and my family. I look forward to instilling love and warmth around this tradition for my family and friends, but most of all myself.

There are a few tools I continue to rely on if I ever revert back to old fears. READ ON!

MASSAGED KALE SALAD WITH PEPITAS AND STEAMED BEETS

The ideal fall salad! Dark leafy greens, crisp bitter radish and smokey pepitas make this salad a huge crowd pleaser and the perfect "pre-dinner" before the holiday meal.

CRUNCHY QUINOA SALAD

An homage to one of my favorite sides at Hillstone, this quinoa salad is slightly sweet, crunchy and juicy..the perfect crispy counterpoint to the luscious Thanksgiving classics!

FLIGHT OF ROASTED VEGGIES

One really fun way to get the whole table involved in vegetables is doing an array of roasted veggies with dipping sauces! I love doing a variety of roasted cauliflower, delicata squash and broccoli. A creamy turmeric tahini dressing is great for this as well.

CILANTRO SMOKED CHILI CORNBREAD

Probably my favorite traditional dish of the holiday, but we Bonberi-fied it! I love adding savory herbs and spices to this one. Amazing to go with a crunchy kale salad or a smoky chili. Or as dessert!

HOW DO YOU SAY NO TO ALCOHOL WHEN SOCIALIZING?

I usually like to nurse a glass of red wine when at social events and if I can, I'll order a natural or organic version. Otherwise, my go-to move is ordering a club soda with lemon or lime in a short glass. Sometimes just holding a glass or "mocktail" is helpful. But remember, the more comfortable you are saying that you are either sober or not drinking, the more your friends/colleagues/family will be as well!

HOW DO YOU APPROACH MULTIPLE HOLIDAY EVENTS AND STAY GROUNDED?

First of all, I get very comfortable saying no to things I don't absolutely want to go to. Then, I will make sure to have my "pre-dinner" before leaving. Usually this means some raw

veggies, smashed avocado and olives so I know I have my alkaline raw enzymes to help digest any other foods I'll be enjoying at the party! If it's a dinner, I will offer to bring a side or a salad to contribute that way I know I'll have something that I can enjoy.

WHAT IS YOUR GO-TO ORDER WHEN EATING AT A NON-VEGAN RESTAURANT?

I usually go to non vegan restaurants! My favorite thing is to order a big leafy green salad (I'll order two if it's a paltry size), no nuts, no cheese. Then order 2-3 veggie sides like roasted Brussels, roasted potatoes and sauteed spinach.

DO YOU EVER DEAL WITH ADRENAL DEPLETION AS A MOM ESPECIALLY WHEN "FASTING"?

Yes! Whenever I feel depleted I make sure to up my oils/fats in my meals, so more avocado, cold-pressed oils like olive oil, Udo's oil, flaxseed oil and hemp oil. I will also take a B complex supplement. I like MaryRuth Organics or ENP B Complex.

WHAT'S YOUR FAVORITE DESSERT?

I love dark chocolate! Unreal PB cups or Justin's dark chocolate PB cups. If I am having a protein-based meal, Laloo's goat's milk ice cream is my absolute favorite.

WHAT IS NUTRITIONAL YEAST?

Nutritional yeast is a type of deactivated yeast that's sold in either flake or powder form in most natural food stores. It not only adds an instant boost of cheesiness to any dish, but it also provides a good dose of B12, which vegetarians are often deficient since it's mostly only found in animal-based protein sources.

WHY DO YOU SOAK YOUR BEANS?

Soaking beans in water, a piece of kombu seaweed and a splash of apple cider vinegar makes them more digestible and lessens the incidence of bloating or gas. I try to soak my beans the night before, before cooking.

FAVORITE CLEAN TOOTHPASTE?

Desert Essence Wintergreen!

WHAT DO YOU PACK ON A LONG FLIGHT?

Sunchlorella, Activated Charcoal, Lauren's All-Purpose Salve, an Eyemask, Dr. Ohira Probiotics, My Mason Jar

WHAT DO YOU TAKE WHEN YOU FEEL A COLD COMING ON?

5 drops of Oregano Oil diluted in water 5 times a day, Buffered Vitamin C Powder, Extra Ginger in my green juice!

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