



black turtle medicine

navigate a life well-lived

true wealth: *living your life masterfully, expressing your radiant energy balanced throughout all 8 domains of your life*

#1 river | navigate to **integrity + adaptability** from **aimless + undisciplined**

season your food with rosemary, tarragon, and marjoram; enjoy bone broths made from marrow and green leafy vegetables; imbibe in rich fats & oils; supplement with melatonin; gather saliva in your mouth & swallow it consciously; indulge in self-care routines and practice good sleep hygiene; luxuriate in water; be of service & find meaningful work

#2 mother earth | navigate to **resourceful + giving** from **resentful + exhausted**

season your food with celery seed, parsley, and black sesame; remineralize with good quality salt & sea vegetables; supplement with trace minerals; tap your teeth together & rub your feet together particularly when you feel anxious or before bed; practice earthing with your bare feet on the land; work the land & help take care of mother earth; develop loving relationships

#3 lightning bolt | navigate to **agility + insight** from **sluggish + unresponsive**

season your food with caraway, fenugreek, ginger, peppermint, bay, dill, fennel, cumin, and cardamom; avoid cold foods & sweets; enjoy papaya and pineapple; supplement with digestive enzymes; practice mindful eating; say grace before meals & rub your belly 36 times in each direction particularly after eating; explore the culinary arts; encourage healthy microbes in living soil; focus on upkeep and maintenance of your home economics

#4 forest garden | navigate to **easeful action** from **stressed + stagnant**

season your food with lemony flavors, sumac, lavender, rose, sage, saffron, and lemongrass; supplement with N.A.C.; build flexibility with simple stretching; avoid excessive exercise; enjoy "forest bathing" regularly; cultivate a food forest garden; build a beautiful life

#5 center | navigate to **balance in a world of change**

#6 father sky | navigate to **expansive vitality** from **frail + impotent**

season your food with orange peel, mace, allspice, nutmeg, star anise, and cinnamon root; sprout your seeds, grains & beans; supplement with honey bee products especially royal jelly and propolis; inhale the morning sunrise & swallow it; do some strategic, financial or estate planning; enjoy arousal in sexuality & preserve the essence/semen; gain a broader perspective through travel

#7 lake | navigate to **creativity + playfulness** from **bored + rigid**

season your food with juniper, chives, sage, thyme, oregano, basil, white pepper, and perilla seeds; rebalance your microbiome by eating more onions, garlic, kimchee, kefir & other live foods; supplement with vitamin c; avoid pathogens; tap gently at the base of your skull; spend time with children & absorb yourself in the magical world of play

#8 mountain | navigate to **stability + stillness** from **stubborn + overburdened**

eat soup made from mung beans & pearl barley; enjoy dandelion in all forms; supplement with chlorella and zeolite; learn to be still through meditation; focus on your navel & your breath; clear your house of toxic chemicals of all sorts including cleaning supplies, cooking oils, cosmetics, electrosmog, glyphosate & clutter; discern what is really important & unburden yourself with that which weighs you down

#9 fire | navigate to **tasteful radiance** from **uninspired + scattered**

season your food with cayenne, vanilla, and clove; supplement with curcumin and tumeric extracts; light a candle & watch the flame; hire a crisis PR firm; invite friends over for a bbq or campfire; enjoy music & the arts; go out dancing