

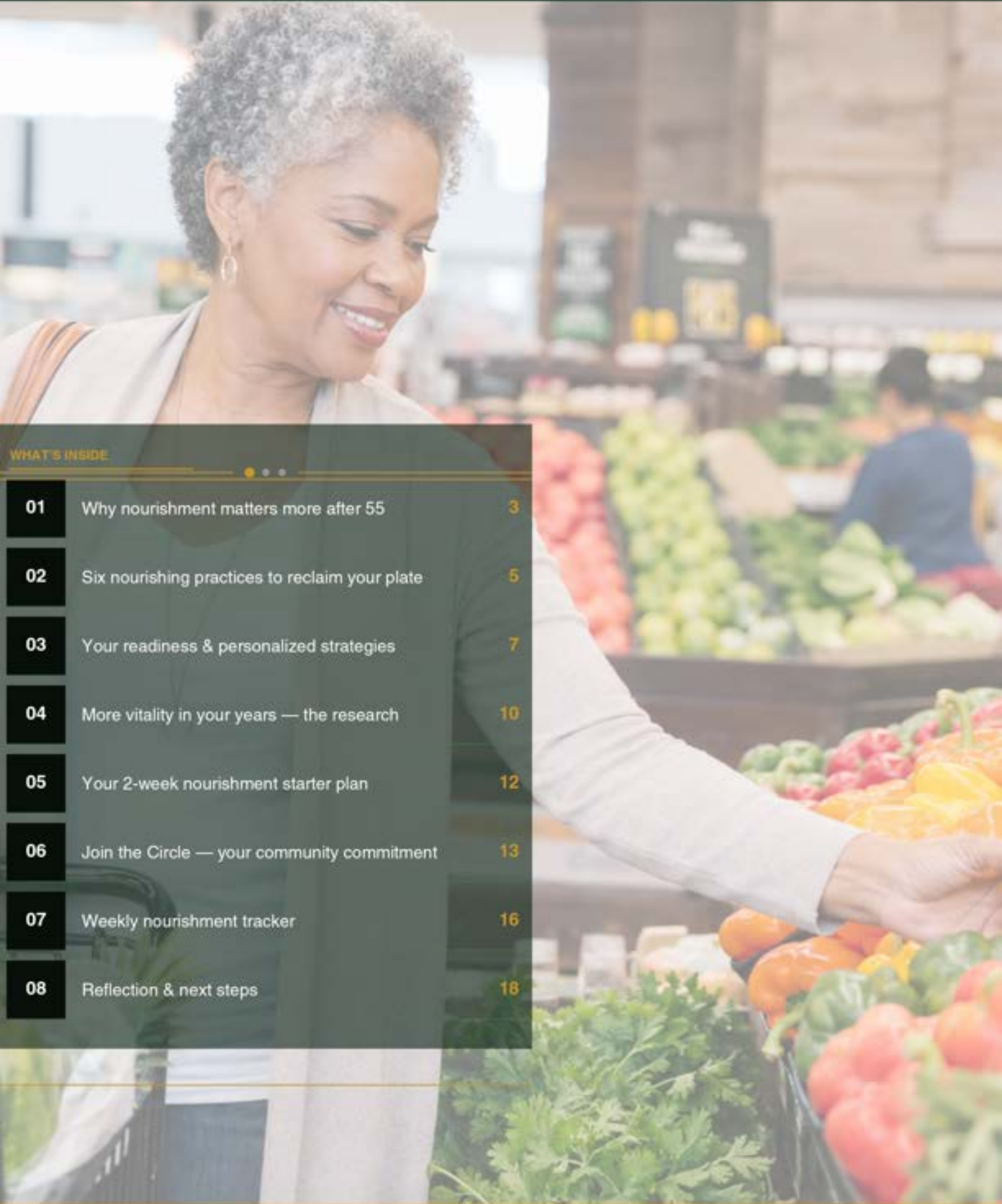


Nourish

Feed your body. Feed your soul.

Food that heals and food that's just plain good.

— at every stage of your life.



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SECTION 01

Why nourishment matters more after 55

Nourishment is not a diet. It is not a list of what you cannot have. It is not a punishment for a body that has carried you through decades of life, love, grief, and joy.

Nourishment is the act of feeding yourself — body, mind, and spirit — with intention and pleasure. It is recognizing that food is culture, memory, community, and medicine all at once. It is learning to eat in ways that honor both your heritage and your biology.

“Food is not the enemy. Food is the oldest medicine there is.”

What changes in our bodies after 55

Hormonal shifts change everything

After menopause, declining estrogen affects metabolism, fat distribution, bone density, and cardiovascular health. What you eat directly influences how your body navigates these changes.

Inflammation is the root

Chronic inflammation underlies most conditions that affect women after 55 — joint pain, cognitive decline, heart disease, and more. Anti-inflammatory eating is one of the most powerful tools available.

The gut-brain connection

90% of serotonin is produced in the gut. What you eat directly affects your mood, sleep, and mental clarity — not just your physical health.

Cultural food as medicine

Many traditional African, Caribbean, and Southern foods are deeply nutritious. The problem is not the food — it is how it has been prepared. Reclaiming these foods with healthier techniques honors heritage and heals the body.

Pleasure is not optional

Research consistently shows that deprivation diets fail. Sustainable nourishment includes pleasure, flavor, tradition, and joy. You deserve to eat food that makes you happy.

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Every meal is an opportunity. Every bite is a choice. You do not have to be perfect — you just have to begin.
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SECTION 02

Six nourishing practices to reclaim your plate



The best nourishment is the kind you will actually practice. Here are six accessible, culturally grounded ways to tend to your body through food — with pleasure, intention, and joy. No deprivation. No punishment. Only abundance.

■ Add before you subtract

Instead of focusing on what to remove, start by adding one deeply nourishing food each week. A handful of walnuts. A cup of leafy greens. A serving of salmon. Abundance shifts your relationship to food in ways restriction never can.

Benefits: Sustainable change • Reduces deprivation mindset • Improves nutrition gradually • Builds joy

■ Reclaim your grandmother's recipes

Take a beloved family recipe and find one way to make it more nourishing without losing its soul — bake instead of fry, use olive oil instead of lard, add more vegetables. The flavor and the memory can both survive.

Benefits: Cultural connection • Preserves tradition • Improves nutrition • Brings joy

■ Eat the rainbow

Each color in fruits and vegetables represents a different set of antioxidants, phytonutrients, and anti-inflammatory compounds. Aim for five colors on your plate each day — not as a rule, but as an invitation to play.

Benefits: Anti-inflammatory • Nutrient-dense • Visually appealing • Easy to remember

■ Honor the ritual of eating

Eat at a table, not standing over the sink. Put your phone away. Take three breaths before your first bite. These small rituals activate the parasympathetic nervous system and dramatically improve digestion and satiety.

Benefits: Improves digestion • Reduces overeating • Builds mindfulness • Restores pleasure

■ Hydrate like it is your job

After 55, thirst signals weaken — meaning you can be significantly dehydrated without feeling thirsty. Dehydration mimics hunger, causes fatigue, impairs cognition, and accelerates aging. Aim for 8 cups of water daily, more if active.

Benefits: Improves cognition • Reduces fatigue • Supports kidney function • Improves skin

■ Cook with company

Cooking alone is a task. Cooking with a sister, a daughter, a neighbor — that is nourishment in its fullest form. The conversation, the laughter, the shared knowledge passed across the counter is medicine money cannot buy.

Benefits: Reduces isolation • Shares food knowledge • Creates joy • Builds community



SECTION 03

Your readiness — and personalized strategy

There is no wrong place to be. Take the readiness quiz at thrivewellhealthsolutions.com, then find your level below and follow your personalized strategy.

Starting Fresh with Food

Your relationship with food may be complicated by decades of dieting or conflicting messages. This is your invitation to start gently, without judgment.

- 1 Drink one extra glass of water each day this week — just one
- 2 Add one colorful vegetable or fruit to one meal each day
- 3 Eat one meal sitting down, phone away, with no distractions
- 4 Identify one meal you eat regularly and find one small way to make it more nourishing
- 5 Join the ThriveWell Circle — you do not have to figure this out alone

Building Nourishing Habits

You eat reasonably well sometimes, but consistency is the missing piece. The goal is making nourishing choices feel automatic and enjoyable rather than effortful.

- 1 Meal prep one thing each Sunday — a grain, a vegetable, a protein
- 2 Add one anti-inflammatory food per week (turmeric, leafy greens, berries, salmon)
- 3 Replace one processed snack with a whole food alternative
- 4 Identify a family recipe to reclaim with a healthier technique
- 5 Track how food affects your energy and mood — the data will motivate you

Nourishing Consistently

You are eating well most of the time. Now it is time to deepen the practice — to connect your food choices to your bigger picture of health and vitality.

- 1 Focus on anti-inflammatory eating as a lifestyle, not a diet
- 2 Explore traditional cultural foods and their healing properties
- 3 Cook with others at least once a week — nourishment is communal
- 4 Begin reading food labels with curiosity, not fear
- 5 Share what you know — your food wisdom can transform someone else's health

Thriving Through Food

Food is already medicine for you. The invitation now is to go deeper — connecting your nourishment to your legacy, your community, and your joy.

- 1 Explore functional nutrition and how food addresses your specific health needs
- 2 Host a nourishing gathering and share your knowledge with others
- 3 Mentor a younger woman in reclaiming cultural foods and healing traditions
- 4 Connect your food choices to your energy, purpose, and spiritual wellbeing
- 5 Lead the Nourish conversation in the ThriveWell Circle

SECTION 04

More vitality in your years — the research

What you eat is among the most powerful predictors of how you age. These statistics come from peer-reviewed research on women, food, and longevity.

30%

reduction in
cardiovascular disease
risk with
Mediterranean-style
eating in women over 55

*PREDIMED Study, New
England Journal of Medicine*

25%

lower risk of cognitive
decline with high intake
of leafy greens and
colorful vegetables

*Rush University MIND Diet
Study*

40%

of chronic diseases in
older adults are directly
linked to poor nutrition

CDC Chronic Disease Report

60%

of women over 55 say
cultural food traditions
are central to their
identity and wellbeing

*AARP Cultural Food Survey,
2022*

Full citations: thrivewellhealthsolutions.com/research

◆
“You cannot pour from an empty plate. Fill yours first.”
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Beyond the numbers

Energy and vitality

Women who eat anti-inflammatory foods rich in whole grains, vegetables, and healthy fats report significantly higher energy, better sleep, and sharper mental clarity.

Bone and joint health

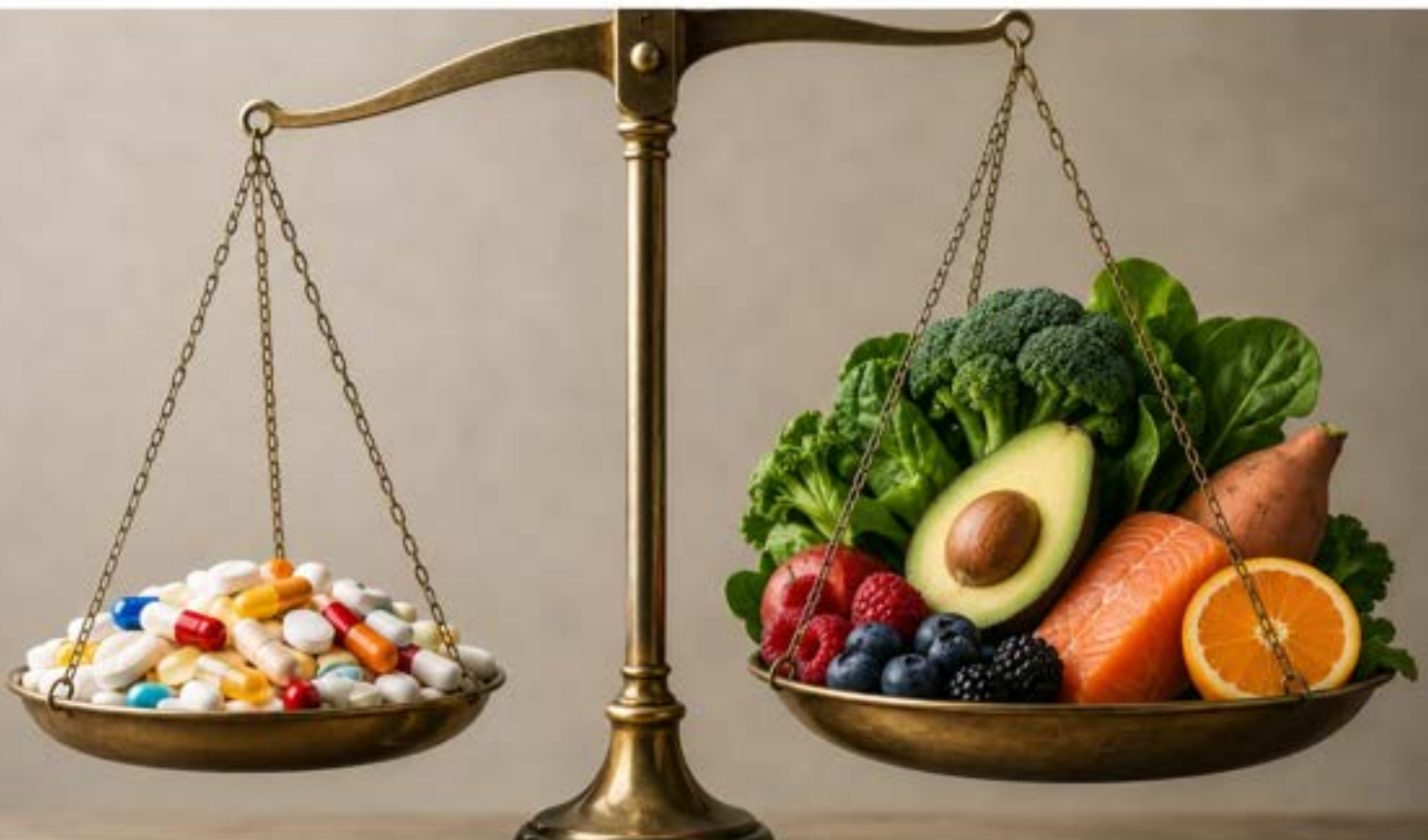
Calcium, vitamin D, magnesium, and anti-inflammatory foods directly protect bone density and reduce joint inflammation — among the most common concerns for women after 55.

Heart protection

Cardiovascular disease is the leading cause of death in women over 55. A diet rich in plants, healthy fats, and fiber is among the most effective forms of heart protection available — more powerful than most medications.

Mood and memory

The gut-brain axis means what you eat directly shapes how you feel and think. Fermented foods, omega-3s, and colorful vegetables feed the brain as much as the body. Nourishment is mental health care.



SECTION 05

Your 2-week nourishment starter plan

Start where you are. Add before you subtract. Show up for your body with intention and pleasure. That is the whole plan.

Week 1 — Add abundance

Day	Practice	Time	Notes
Mon	Add one colorful vegetable—	—	Add it to whatever you are already eating. No extra cooking.
Tue	Eat one meal sitting down	—	Phone away. No TV. Just you and your food. Notice how it tastes.
Wed	Drink 8 glasses of water	—	Set a reminder if needed. Your body will thank you by Friday.
Thu	Reclaim one recipe	—	Take a family favorite. Find one small way to make it more nourishing.
Fri	Add a colorful fruit	—	Berries, mango, papaya, watermelon — whatever brings you joy.
Sat	Cook with someone	—	A friend, a daughter, a neighbor. Make nourishment communal.
Sun	Rest & reflect	—	How did your body feel this week? Write one thing you noticed.

Week 2 — Deepen the practice

Day	Practice	Time	Notes
Mon	Add leafy greens	—	Spinach, collards, kale, or arugula. In a smoothie counts.
Tue	Try an anti-inflammatory spic—e	—	Turmeric in your eggs. Ginger in your tea. Small shifts matter.
Wed	Meal prep one thing	—	Cook a grain, roast vegetables, or prep a protein for the week.
Thu	Eat mindfully again	—	Back to the table. Back to presence. Notice what has shifted.
Fri	Add a fermented food	—	Yogurt, kimchi, sauerkraut, or kefir. Feed your gut microbiome.
Sat	Share a nourishing meal	—	Cook something beautiful and share it. Joy is a nutrient too.
Sun	Share in the Circle	—	Post your week in #NourishYourself. Tell us what changed.

SECTION 06

Join the Circle — your community commitment

Food has always been community. The kitchen table has always been the most sacred space. When you share what you are learning about nourishment — your wins, your struggles, your grandmother's recipes — you feed more than yourself.

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***“You cannot pour from an empty plate. Fill yours first —
then share the abundance.”***
◆

**Step 1 — Make your commitment**

Write down one nourishing practice you are committing to this week. Be specific: not “I’ll eat better” — but “I will add one colorful vegetable to every meal this week.”

**Step 2 — Share it in the Circle**

Post your commitment in the ThriveWell Circle. Tag it #NourishYourself so your sisters can find you and cheer you on. Visit: thrivewellhealthsolutions.com/community

**Step 3 — Check in every week**

Every Sunday, return to the Circle and share your progress. Even a small win counts. Did you drink more water? Cook one nourishing meal? That matters. Share it.

**Step 4 — Celebrate each other**

When a sister shares a recipe, a victory, or a question about food — show up. Respond. Encourage. The kitchen table gets richer when more women pull up a chair.

My nourishment commitment this week:

I commit to:

I will do this practice:

My why:



SECTION 07

Weekly nourishment tracker

Log your nourishment practice each week. The “Color count” column tracks how many colors appeared on your plate that day — aim for 5. Share your weekly summary in the ThriveWell Circle every Sunday with #NourishYourself.

Week 1

Day	What I nourished with	How I felt	Colors	In Circle
Monday				■
Tuesday				■
Wednesday				■
Thursday				■
Friday				■
Saturday				■
Sunday				■

Total days: Most nourishing meal:

Shared in Circle? ■ Yes ■ No

Week 2

Day	What I nourished with	How I felt	Colors	In Circle
Monday				■
Tuesday				■
Wednesday				■
Thursday				■
Friday				■
Saturday				■
Sunday				■

Total days: Most nourishing meal:

Shared in Circle? ■ Yes ■ No

Week 3

Day	What I nourished with	How I felt	Colors	In Circle
Monday				■
Tuesday				■
Wednesday				■
Thursday				■
Friday				■
Saturday				■
Sunday				■

Total days: Most nourishing meal: Shared in Circle? ■ Yes ■ No

Week 4

Day	What I nourished with	How I felt	Colors	In Circle
Monday				■
Tuesday				■
Wednesday				■
Thursday				■
Friday				■
Saturday				■
Sunday				■

Total days: Most nourishing meal: Shared in Circle? ■ Yes ■ No

SECTION 08

Reflection & next steps

Use this page to reflect on your nourishment journey. There are no right answers — only honest ones. Come back every few weeks.

1 What nourishing change felt most natural and sustainable this week?

2 What got in the way of eating well, and what would I do differently?

3 How did the food I ate affect my energy, mood, or sleep?

4 What is one nourishment goal I want to set for the next two weeks?

5 What cultural or family food tradition do I want to reclaim or share?



Continue your journey with ThriveWell

Take the Nourish readiness quiz

thrivewellhealthsolutions.com — get your personalized nourishment strategy.

Join the Circle community

Share your commitment with #NourishYourself, check in weekly, grow with your sisters.

Explore the other 4 pillars

Body & Movement. Mind & Spirit. Connect. Legacy & Purpose.

Download all 5 pillar guides

Each pillar has its own guide, quiz, tracker, and personalized strategies.



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