

# Nourishing for health and beauty

[Health & Medicine](#), [Beauty](#)



To nourish is usually defined as to make food available for individuals or even other living things such as pets so as to ensure they are healthy and most of all to make them grow. In humans for example, babies require lots of good healthy food for them to grow as without that they will be weak and they will not make it to adulthood. Flourishing on the other hand means to succeed or to grow strongly and fast. Therefore, when anything, be it a human or an animal is said to have to be flourishing, it simply means that it's growing properly and in good health since it's in the ideal conditions.

It is therefore clear that it is impossible for us as humans to flourish without nourishing first. So how do we ensure that we are nourishing so that we can flourish? Having a healthy diet is one of the first things you can do so as to nourish. Consuming whole foods such as a lot of fruits, wild fish, eggs, vegetables, and healthy fats such as nuts are the key to best health you can possibly have. Also, eliminate or reduce the intake of refined sugar and salt which are bad for your health.

Consuming these whole foods while in their natural unprocessed state is the best thing you can do for your body as it will ensure that your body is in constant supply of nutrients it requires so as to flourish. It will also help you to improve your general appearance, it will make you feel much better, and will help you to live much longer as your body will be healthy enough to be able to fight most of diseases. Eating healthy is the first thing you do so as to nourish to flourish but it is definitely not the last.

This is because for us to flourish fully, we must be able to attend to our bodies, spirit, and mind. Eating healthy ensures that our bodies have the

right nutrients they deserve but our mind and spirit also requires to be taken care of and one way of doing that is by ensuring that you have a positive attitude and keep out stress. Some of the things that you can do to ensure that you are nourishing your mind and spirit include;

- Spending some time in nature. This is essential because nature has a way of making us to relax, and if you are relaxed it means that you will be without stress which is harmful to your health as it brings your immune down.
- Exercising regularly. This is one way of ensuring that your body and spirit are nourished as exercising basically engages both the body and mind. There are very many ways of exercising so you simply choose the one suitable to you.
- Meditating. Being able to listen your own thoughts even for a few minutes can do wonders to you. The stillness that comes with meditating takes over your mind, body, and soul, helping you to be able to let everything go.