



8 ROOTS OF WELLNESS

A grounded guide to thriving from the roots up

JOYFUL  ROOTS

Thanks for being here...

Wellness isn't a goal you check off a list—it's a way of life. It's not about "arriving" at wellness, but creating it, day by day, choice by choice. In this eBook, I'm sharing the 8 Roots of Wellness, a framework built from years of herbal learning and life experience. These roots nourish not just your body, but your mind and spirit, creating a balanced, holistic approach to health.

We'll explore each of the 8 Roots: **Nutrition, Creativity/Joy, Movement, Hydration, Herbs, Community, Connection to Earth, and Presence/Embodiment/Ritual.** Together, these roots form the foundation of lasting wellness. Each one deserves attention, and by nurturing them, you'll feel more grounded, resilient, and vibrant.

As you move through this, ask yourself: **Do the daily actions I take move me closer to the outcomes I want?** It's a simple question, but it's the key to making sustainable progress. There's no need for perfection—just small steps toward nurturing your roots, one day at a time.

I've also included a wellness worksheet at the end, to help you set clear goals, stay organized, and **integrate these 8 Roots into your daily life.** Use it to guide your journey and return to it whenever you need a reset.

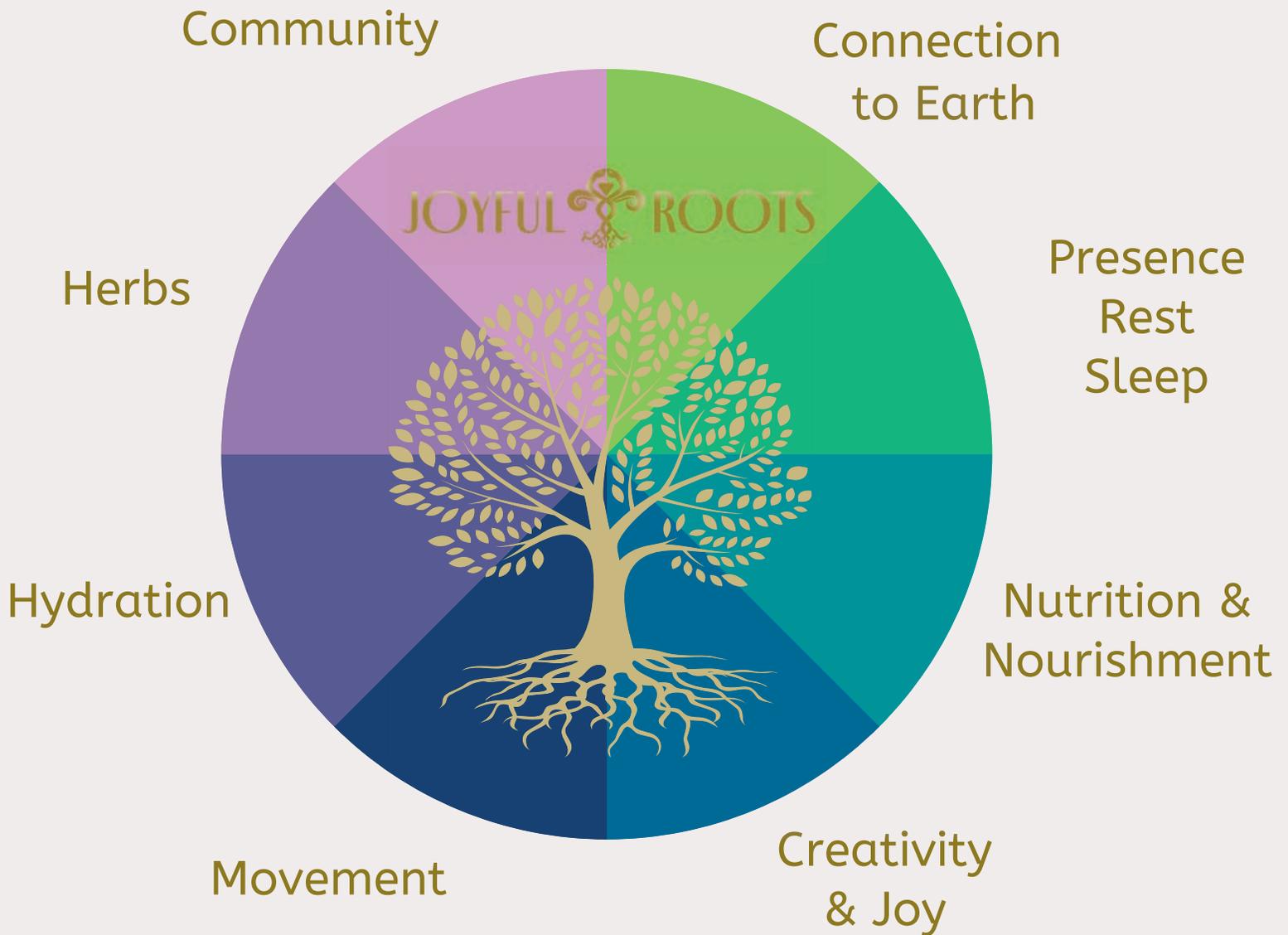
Remember: Wellness is a lifelong journey, not a destination. Let's take this step together, with intention, joy, and a commitment to living our best life—every single day.

With care and chamomile,

Kimberly Kling



ROOTS OF WELLNESS





A VITALIST APPROACH

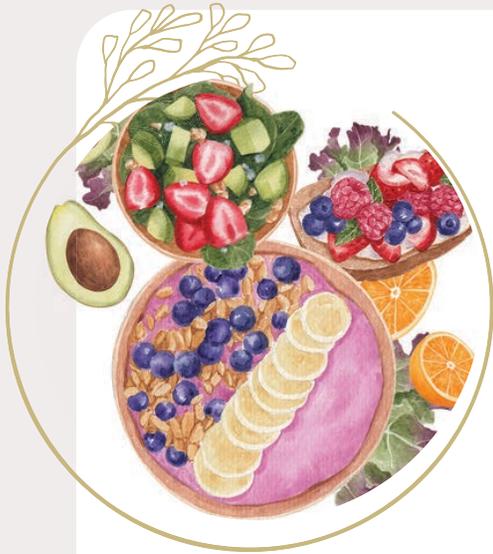
Vitalism is the belief that the body has an innate ability to heal and thrive. As a Vitalist herbalist, I guide you to unlock your own healing power using nature's tools, like herbs, nutrition, and lifestyle practices. Vitalism is rooted in living in harmony with nature, and the **8 Roots of Wellness** are the foundation of that philosophy, supporting holistic health in all areas of life.

Here's how each of the 8 Roots ties into Vitalism:

1. **Nutrition** - How and when do you nourish your body with food?
2. **Creativity/Joy** - What brings you joy and allows you to express your true self?
3. **Movement** - How do you move your body?
4. **Hydration** - How much water do you drink, and what is the quality of it?
5. **Herbs** - Which herbs can you incorporate to enhance your vitality?
6. **Community/Relationship** - How do you nurture relationships and foster belonging?
7. **Connection to Earth** - Do you feel connected to the planet you call home?
8. **Presence/Rest/Sleep** - How do you bring peace and rest into your life?

By nourishing each of these areas, you can create a life in alignment with nature and unlock your body's natural healing power.

NUTRITION & NOURISHMENT



A Personalized Approach

I believe in a personalized approach to nutrition—one that recognizes the unique needs of each individual. While fad diets and "one-size-fits-all" approaches are common, the key is to discover what works best for you. There are some universal principles, though, that can guide our nutritional choices and promote overall vitality.

Nutrient Dense Foods

First, focus on whole, nutrient-dense foods. These foods are packed with vitamins, minerals, and phytonutrients that support energy and health. Avoid processed foods with long ingredient lists, and opt for what's closest to its natural form—think apples and almond butter over packaged snacks. Balance your macronutrients (carbs, proteins, and fats) for sustained energy.



NUTRITION & NOURISHMENT

Seasonal Eating

Seasonal eating is a powerful way to align your nutrition with nature's cycles. By choosing locally available, fresh, and in-season foods, you're not only supporting your body with a diverse range of nutrients, but you're also eating foods that are naturally suited to the season. For example, in winter, root vegetables and hearty greens provide grounding, warming nourishment, while summer brings an abundance of hydrating fruits and leafy greens. Seasonal eating encourages variety, promotes freshness, and helps reduce your environmental footprint by supporting local farmers. It's a simple, sustainable practice that brings balance and harmony to your diet.

Mindfulness While Eating

Stress greatly impacts gut health by disrupting digestion and harming the gut microbiome. When we're stressed, our body prioritizes survival, which can lead to poor nutrient absorption and gut inflammation. Managing stress through mindfulness and relaxation, even if a quick breathing session to calm the body before eating, helps create a balanced environment for your gut, improving digestion and overall well-being.



CREATIVITY & JOY



Your Built-In Stress Reliever

Life gets chaotic and creativity is your secret escape hatch! Studies (and good old-fashioned intuition) confirm that creative activities lower stress, boost mental health, and even encourage a healthier lifestyle. Whether it's painting, writing, or freestyle dancing in your kitchen, making time for creativity shifts your brain from overdrive to a much-needed exhale. It's not about perfection—it's about expression. And let's be real, we could all use a little more of that.

It's Not About Being "Good"

Here's the thing—creativity isn't a talent; it's a practice. I learned this the hard way after years of priding myself on detailed, realistic art. Then life happened, time was short, and suddenly, my art didn't look "good enough." Enter a couple of intuitive art classes, where I learned to break the rules and actually enjoy the process. This process of breaking free from the rules allowed creativity became fun again. The key? Let go of expectations and just create.



CREATIVITY & JOY



Start Small, Let It Grow

Creativity doesn't have to be a grand production. You don't need a studio, expensive supplies, or hours of free time. Just start—doodle in the margins, rearrange a shelf, scribble a few words in a journal. Five minutes a day can create ripples, shifting your mindset and strengthening your creative muscle over time. Consistency, not scale, is what unlocks your creative flow. And guess what? There's no wrong way to do it.

What Will Bring You Joy Today?

Joy isn't something we find—it's something we create. And often, it's tucked inside the little things: a quiet moment with a cup of tea, a song that makes you dance, the feeling of your hands covered in garden soil. What if, just for today, you let yourself follow what feels good? No pressure, no perfection—just pure, simple joy. Give yourself permission to enjoy something, just because. You deserve it.



MOVEMENT



Rethinking Movement: It's More Than Just Exercise

When we hear “movement,” many of us picture gym memberships, fitness plans, or intense workouts. But here’s the secret: movement is so much more than that. It’s about engaging your body in ways that feel good and accessible to you—whether that’s stretching, rolling, walking, dancing, or even small shifts in posture and breath. Our ancestors didn’t need structured exercise programs; they moved because life required it. And guess what? Their bodies and minds thrived because of it! It’s time to shift our perspective—movement isn’t about punishment or perfection. It’s about living.

Why Movement Matters

Movement, in all its forms, is a powerful force for well-being. It supports cardiovascular health, strengthens muscles, enhances flexibility, and keeps joints mobile. But its benefits go beyond the physical—movement can ease stress, boost mood, sharpen focus, and even improve sleep. Whether it’s stretching, rolling, walking, dancing, or simply shifting positions, every bit of movement helps regulate energy, promote balance, and create a sense of vitality. The key isn’t intensity—it’s consistency. Finding ways to move that feel good for you can unlock a healthier, more joyful life.

MOVEMENT



Make It Your Own

Movement isn't one-size-fits-all. The best kind of movement is the kind that feels good and is accessible to you. Maybe that's gardening, rolling out a yoga mat, stretching in a chair, or having a spontaneous solo dance party (seated or standing!). Even activities like cooking, fidgeting, or shifting positions throughout the day count. If structured exercise motivates you—fantastic! But if not, let's ditch the guilt and embrace movement in ways that fit into your life, on your terms.

Keep The River Flowing

Like a river, our lymphatic system needs movement to stay clear and free of waste buildup. Without a pump like the heart, it relies on physical activity to circulate fluid, flush out toxins, and support immunity. Gentle movement—walking, stretching, rebounding, or deep breathing—keeps this inner river flowing, reducing inflammation and promoting overall vitality.



HYDRATION

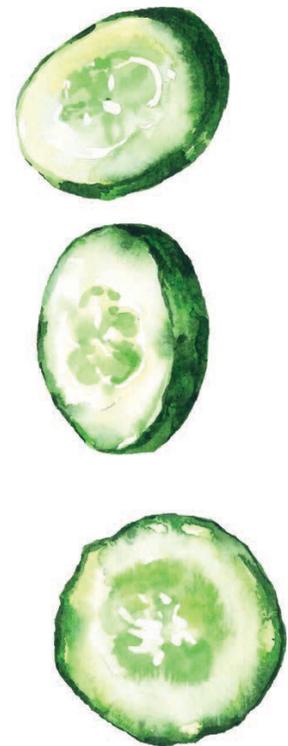


Hydration is a Vital Force

Water is the essence of life, playing a crucial role in our physical and spiritual well-being. Like the Earth awakening in spring, our bodies thrive when properly hydrated, enhancing energy, mood, and cognitive function. Hydration goes beyond just drinking water—it's about replenishing and nourishing ourselves in alignment with nature's rhythms.

Minerals Are Important

Hydration isn't just about water—it's about balance. Essential minerals like sodium, potassium, calcium, and magnesium help regulate fluid balance, nerve function, and cellular communication. Stripping water of its natural minerals, as seen with some filtration systems, can lead to chronic cellular dehydration. Replenishing electrolytes through mineral-rich foods, water enhancements, and mindful hydration practices can help restore optimal health.



HYDRATION



Holistic Hydration

Hydration is more than just drinking eight glasses of water a day. Eating water-rich fruits and vegetables, bathing in natural water sources, consuming herbal teas, grounding through barefoot contact with the Earth, and supporting gut health all contribute to maintaining hydration at a cellular level. Understanding these holistic approaches helps sustain long-term well-being.

Dispelling Hydration Myths

Common hydration misconceptions can lead to imbalances. Relying solely on thirst isn't always a reliable indicator of hydration, drinking excessive water can be harmful, and clear urine doesn't always mean you're properly hydrated. True hydration is about balance—paying attention to factors like electrolyte levels, diet, activity, and environmental conditions ensures your body is getting the water it truly needs.



For my homemade mineral electrolyte recipe, [click here](#).

HERBS



A Plant-Human Connection

Working with herbs is more than just consuming them for their physical benefits—it is about developing a relationship with the plants themselves. When we take the time to observe an herb's growth cycle, smell its aroma, and experience its effects firsthand, we move beyond intellectual knowledge and into embodied wisdom. This deep connection allows us to better understand which herbs work best for our unique constitution and how to integrate them into our daily routines in a meaningful way.

Herbal Rituals for Daily Life

Herbs can be woven into simple daily rituals to enhance well-being. Starting the morning with a warm herbal infusion, such as lemon balm for clarity or nettles for nourishment, can set the tone for the day. Evening rituals like drinking chamomile tea or applying a lavender-infused body oil can support relaxation and restful sleep. By integrating herbs into these small yet intentional moments, we create a foundation for consistent self-care that aligns with nature's rhythms.



HERBS

Seasonal Herbal Support

Just as nature shifts through the seasons, so too do our bodies and their needs. Herbs can be chosen to align with the changing seasons—warming, circulatory herbs like ginger and cinnamon in the winter, cooling herbs such as mint and hibiscus in the summer, and immune-supporting herbs like elderberry and astragalus during seasonal transitions. Tuning into the energetics of each season and adjusting herbal support accordingly can help us stay balanced and resilient year-round.



A Gateway to Intuition

One of the most beautiful aspects of herbalism is that it encourages us to trust our intuition and listen to our bodies. While scientific knowledge and traditional wisdom provide guidance, personal experience with herbs is also invaluable. Paying attention to how an herb makes you feel—physically, emotionally, and energetically—can provide insight into what your body truly needs. Developing this intuitive approach allows for a more personalized and empowering relationship with herbal medicine.



COMMUNITY

Collective Wellness



Beyond individual well-being, community plays a critical role in collective healing. Whether recovering from a shared crisis, supporting marginalized groups, or addressing social injustices, a strong community fosters resilience and healing. Through open conversations, active listening, and shared experiences, people can process trauma together, provide mutual support, and work toward solutions. Creating inclusive spaces where all voices are heard strengthens the sense of belonging and fosters emotional and social healing.

The Role of Nature

Spending time in nature as a community strengthens relationships and well-being. Activities like group hikes, outdoor yoga, gardening, or park clean-ups boost physical health while fostering meaningful connections. Sharing outdoor experiences promotes grounding, stress relief, and appreciation for the land. It also fosters a sense of environmental responsibility and deepens social bonds.



COMMUNITY



Shared Purpose

When a community comes together with a shared purpose—whether it's advocating for social change, supporting a local cause, or working toward sustainability—it fosters a sense of unity and empowerment. Purpose-driven communities inspire action and create lasting impacts that extend beyond individual contributions. Whether it's organizing mutual aid networks, creating neighborhood safety initiatives, or simply coming together to uplift one another, a shared purpose strengthens connections and reminds us that we are all part of something greater than ourselves.

Celebrating Traditions & Culture

Community provides a space to honor and celebrate traditions, customs, and cultural heritage. Whether through seasonal festivals, shared meals, storytelling, or music, these traditions create a sense of continuity and belonging. They remind us of our roots, connect us to our ancestors, and help us understand the diverse backgrounds of those around us. By embracing and sharing cultural traditions, we not only preserve them for future generations but also create opportunities for deeper understanding and appreciation within our communities.



CONNECTION TO EARTH

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PRESENCE, REST, SLEEP



Rhythm of Rest and Renewal

In a world that constantly demands more from us, it's easy to overlook the simple yet profound necessities of presence, rest, and sleep. These aren't luxuries—they are essential components of a balanced, healthy life. When we cultivate presence, we engage more fully with our lives. When we prioritize rest, we allow our bodies and minds to heal. And when we honor sleep, we give ourselves the deep restoration needed to function at our best. Together, these practices create a foundation for true well-being.

The Power of Presence

Presence is about fully inhabiting the moment—giving our attention to what is happening right now without dwelling on the past or worrying about the future. When we cultivate presence, we engage with life more deeply, appreciating small joys and navigating challenges with greater clarity. Simple practices like mindful breathing, savoring a meal without distractions, or pausing to appreciate nature can anchor us in the present. The more we practice presence, the more we train our minds to find peace in the here and now.



PRESENCE, REST, SLEEP



The Importance of Rest

Rest isn't just about taking breaks; it's about actively allowing our bodies and minds to recover. In a culture that equates productivity with worth, rest can feel indulgent—but it's a necessity. Restful moments throughout the day, whether in the form of stillness, gentle movement, or simply doing something that brings joy, help lower stress levels and restore energy. Without adequate rest, we run on empty, increasing our risk of burnout, illness, and emotional exhaustion. True rest is an act of self-respect.

The Sanctity of Sleep

Sleep is the deepest and most sacred form of rest, a non-negotiable pillar of well-being. While we sleep, our bodies repair, our brains process emotions, and our nervous systems reset. Poor sleep affects everything—mood, focus, immune function, and even our ability to experience joy. Creating a nightly routine that signals to the body it's time to wind down—dim lighting, calming tea, avoiding screens—helps cultivate restful, restorative sleep. Protecting our sleep is one of the most powerful ways we can care for ourselves.





WELCOMING HERBS INTO YOUR WELLNESS JOURNEY:

Herbs have been cherished for centuries as allies in our pursuit of balance and vitality. Each plant carries its own unique wisdom, offering gentle support for our bodies, minds, and spirits. In alignment with the 8 Roots of Wellness – Nutrition, Creativity & Joy, Movement, Hydration, Herbs, Community & Relationships, Connection to Earth, and Presence, Rest & Sleep – these herbal companions can help nurture and restore different aspects of your well-being.

That said, we are all beautifully unique, and what works for one person may not be the right fit for another. As you explore these herbs, listen to your body, start slowly, and seek guidance if needed. Whether sipped as tea, blended into meals, or simply appreciated in nature, may these plants inspire curiosity, connection, and a deeper sense of wellness in your daily life.

NUTRITION

Supporting Digestion & Absorption

- **Nettle** – Rich in vitamins and minerals, supports overall nourishment.
- **Dandelion Root** – Aids digestion and liver function.
- **Oatstraw** – Rich in minerals, deeply nourishing and supporting sustained energy.
- **Ginger** – Stimulates digestion and soothes inflammation.
- **Slippery Elm** – Supports gut lining and soothes digestive discomfort.



CREATIVITY & JOY

Uplifting & Heart-Opening

- **Lemon Balm** – Calms the nerves and enhances joy.
- **Calendula**– Uplifts mood and promotes comfort.
- **Hibiscus** – Supports heart health and encourages a sense of delight.
- **Damiana** – Stimulates creativity and a joyful spirit.
- **Rose** – Opens the heart and nurtures emotional expression.

MOVEMENT

Energy & Circulation



- **Cayenne Pepper** – Boosts circulation and energy.
- **Ashwagandha** – Enhances stamina and endurance while reducing stress.
- **Rosemary** – Stimulates circulation and mental clarity.
- **Hawthorn** – Strengthens the heart and cardiovascular system.
- **Gotu Kola** – Supports physical vitality and mental focus.

HYDRATION

Fluid Balance & Electrolytes



- **Cucumber (Herbal Infusion)** – Hydrating and cooling.
- **Marshmallow Root** – Supports moisture retention in tissues.
- **Moringa** – Rich in electrolyte minerals and vitamins.
- **Chia Seeds (Gel-Infused Drink)** – Helps with hydration and nutrient absorption.
- **Red Clover** – Supports detoxification and fluid balance.

HERBS

Vital Energy & Resilience



- **Tulsi (Holy Basil)** – Enhances stress resilience and supports energy, balance, and emotional well-being.
- **Turmeric** – Reduces inflammation, promotes mental clarity, and boosts overall vitality.
- **Maca** – Boosts energy and hormone balance.
- **Schisandra** – Supports resilience to stress.
- **Eleuthero (Siberian Ginseng)** – Increases stamina and overall well-being.

COMMUNITY & RELATIONSHIP

Heart & Emotional Support



- **Reishi** – Builds emotional balance and shared well-being.
- **Elderberry** – Encourages communal well-being and immune support.
- **Green Tea** – Boosts mental clarity and encourages meaningful conversations and collaboration.
- **Motherwort** – Protects the heart and nurtures emotional strength.
- **Lavender** – Nurtures peace in relationships.

CONNECTION TO EARTH

Grounding & Rooting

- **Burdock** – Supports supple joints and skin, circulation, and overall vitality.
- **Comfrey** – Aids tissue regeneration and joint health.
- **Astragalus** – Boosts energy, stamina, and immune resilience.
- **Elecampane** – Supports respiratory health and a balanced microbiome.
- **Shiitake** – Roots the body in vitality, enhancing immune health and overall strength.

PRESENCE, REST, SLEEP

Calming & Restorative

- **Valerian Root** – Deeply relaxing and aids sleep.
- **Passionflower** – Soothes the mind and nervous system.
- **California Poppy** – Supports gentle relaxation and sleep quality.
- **Skullcap** – Eases stress and promotes deep rest.
- **Chamomile** – A classic, yet potent, herb for relaxation and calming the body.



Roots of Wellness Goals Worksheet

Let's bring the Roots of Wellness to life! That's where the real transformation happens. For each of the eight roots, write down one to three ways you'll nurture and strengthen them. To make the most impact, choose action steps that are clear, measurable, and achievable. You can set your intentions for the entire year or refresh your focus each month by printing a new worksheet.



ROOTS OF WELLNESS	ACTION STEPS
Nutrition	(Examples: Eat 5 servings of colorful veggies per day. Have a nutrition and herb-packed smoothie every morning.)
Creativity/Joy	(Examples: Indulge in making art at least once per week. Hike on Saturdays. Spend 30 minutes of free play with my children every day.)
Movement	(Examples: Walk outside for 20 minutes every day no matter what the weather. Spend 30 minutes practicing yoga every morning, etc.)

ROOTS OF WELLNESS	ACTION STEPS
Hydration	(Examples: Drink 64 ounces of water every day. Mineralize my water. Sturcture my water. Find a local spring to collect water from, etc.)
Herbs	(Examples: Get to know one herb each month by studying it and ingesting it. Drink nourishing herbal infusions 4 days per week.)
Community	(Examples: Go to a local art class. Get involved in the PTO at my child’s school.)
Connection to Earth	(Examples: Find a local favorite nature spot and spend time there weekly. Start a nature journal and use it once a week, etc.)
Presence/ Embodiment/ Ritual	(Examples: Practice breathwork every morning for 15 minutes. Sit outside and do nothing once every day.)



ABOUT KIMBERLY:

Kimberly Kling is a clinical herbalist and the guiding force behind Joyful Roots in Southern Arizona, where she helps her community (locally and beyond) cultivate inner wellness through earth-centered herbal care. Rooted in a deep reverence for the healing power of plants, Kimberly's journey began in childhood, crafting 'magical plant stews' and forging connections with Michigan's native flora. Her background in Landscape Architecture and engineering provided a foundation for understanding the intricate relationships between plants, people, and the land. However, it was motherhood and a personal health crisis that led her to clinical herbalism—deepening her passion for holistic wellness. Now, Kimberly integrates traditional wisdom with modern herbal practices, empowering others to reconnect with plant wisdom for vibrant health and well-being.

LET'S CONNECT:



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