

SACRED SEED · HOLISTIC WELLNESS SANCTUARY

NOURISH THE ROOT. ELEVATE THE SPIRIT.

By Brittany Joi Hadley · Nutritionist, Apothecary Crafter & Published Author

"Healing is not a destination, but a return to the rhythms that were always within you. When we bridge practical kitchen nourishment with deep nervous-system alignment, we stop merely surviving our days and start living in true sovereignty."

MEET BRITTANY JOI HADLEY · GROUNDED IN MICHIGAN, SHARED EVERYWHERE

With over 8 years as a Certified Sports Nutritionist, founder of Fresh 2 Go Meal Prep (featured on Channel 7 News), creator of Wild Child Apothecary, founder of Baby Mama University, and author under Sacred Seed Publishing, Brittany Joi Hadley helps women and families restore their gut health, calm their nervous systems, and step into unshakeable personal power.

PILLAR I: HOLISTIC NOURISHMENT (FRESH 2 GO)

Affordable, accessible clean eating that eliminates excuses around time or emotional stress. Flood the body with cellular hydration, raw living foods, and high-vibrational plant-rich meals that heal the gut.

PILLAR II: WILD CHILD APOTHECARY

Small-batch handcrafted botanical remedies—including Lunar Womb Tea, Nervous System Soak, and Sacred Root Body Oil—formulated to soften tension and support your body's natural restorative cycles.

PILLAR III: SOMATIC & NERVOUS SYSTEM GROUNDING

Practical breathwork, daily intention setting, and somatic regulation rituals that bring your body out of fight-or-flight so you can move through life's hardest seasons with calm clarity.

PILLAR IV: SACRED SEED PUBLISHING & EDUCATION

Books, structured journals, and Baby Mama University classes designed to equip women and protective parents with emotional resilience, clear documentation tools, and sovereign leadership.

THE SACRED SEED PHILOSOPHY

"Information without execution is poverty. When you nourish your vessel with intention and anchor your spirit in truth, every area of your life transforms."

— Brittany Joi Hadley · nourishedcollective444@gmail.com · servicesatfresh2go@gmail.com

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THE SACRED SEED DAILY NOURISHMENT & VITALITY RHYTHM

Created from Brittany's 8+ years as a Certified Sports Nutritionist & Founder of Fresh 2 Go Meal Prep.

1. SUNRISE CELLULAR HYDRATION & HERBAL INFUSION (7:00 AM – 11:00 AM)

Before reaching for caffeine or heavy processed foods, wake up your digestive system with 16–24 oz of spring water infused with key lime, trace minerals, or a warm cup of Wild Child Apothecary herbal tea. Hydration clears morning brain fog and signals safety to your adrenals.

2. LIVING ENZYMES & HIGH-VIBRATION DAYTIME FUEL (11:00 AM – 4:30 PM)

Flood your body with raw, water-rich fruits, cold-pressed greens, and simple plant nourishment during peak daylight hours. By keeping daytime digestion light and nutrient-dense, your body redirects energy toward cellular repair, mental sharpness, and emotional steadiness.

3. GROUNDING PLANT-RICH EVENING TABLE (5:00 PM – 7:30 PM)

Transition into the evening with warm, whole-food, plant-based meals—roasted root vegetables, mineral-rich greens, chickpeas, black beans, lentils, quinoa, and clean herbal seasonings. Prep your staples twice a week so busy evenings never lead to stress eating.

4. NERVOUS SYSTEM UNWIND & MINERAL RESTORATION (8:00 PM – SLEEP)

Close the kitchen 2–3 hours before sleep. Draw a warm bath with Magnesium & Lavender (Nervous System Soak), massage warm Sacred Root Body Oil into your shoulders and pulse points, and release the day's mental load onto paper.

THE 5 SACRED KITCHEN & GROUNDING NON-NEGOTIABLES

Check off these 5 foundational habits each day to keep your body and mind aligned:

- [ ] 1. Hydrate First: 24 oz of mineral-rich water or herbal infusion before checking messages or news.
- [ ] 2. Pause Before Eating: Take 3 slow belly breaths before every meal so you never eat in a state of stress.
- [ ] 3. Prep Your Staples: Keep washed fruit, leafy greens, and prepped clean dinners ready in glass containers.
- [ ] 4. Honor Your Boundaries: Protect your peace by stepping away from draining conversations during mealtime.
- [ ] 5. Evening Botanical Ritual: Use herbal tea, magnesium bath salts, or grounding oils to signal deep rest.

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THE INTENTION ORACLE & SOMATIC BREATHWORK RHYTHM

Take a moment to breathe. Draw a grounding truth from our sanctuary to guide your nervous system today.

01 · ROOTED EXPANSION

"I am deeply rooted and gracefully expanding."

Even in seasons of transition, my foundation is steady and my growth is intentional.

02 · NERVOUS SYSTEM SAFETY

"My nervous system is safe to rest."

I release hyper-vigilance and give my body permission to soften into present-moment peace.

03 · INTENTIONAL VESSEL

"I nourish my vessel with intention and love."

Every whole food, herbal infusion, and boundary I choose is an act of self-respect.

04 · SACRED RENEWAL

"Every breath is an opportunity to begin again."

I am not bound by yesterday's heaviness; this single breath resets my rhythm.

05 · NATURAL HARMONY

"I am in harmony with my natural rhythms."

I honor when it is time to build with fire and when it is time to rest in stillness.

06 · QUIET SOVEREIGNTY

"I honor the quiet spaces within my day."

In stillness, my intuition speaks clearly and my next right step becomes obvious.

THE 8-SECOND SOMATIC RHYTHM · BREATHE WITH THE PULSE

Whenever you feel pulled into stress, urgency, or conflict, practice three slow cycles of the Sacred Seed Somatic Pulse:

- EXPAND (4 Seconds): Inhale slowly through the nose, allowing your ribs and belly to soften outward.
- HOLD IN STILLNESS (2 Seconds): Drop your shoulders away from your ears and unclench your jaw.
- CONTRACT & RELEASE (4 Seconds): Exhale gently through parted lips, releasing adrenaline from your chest.

DAILY SANCTUARY ALIGNMENT & REFLECTION SHEET

Print this page to anchor your morning intention, nourishment, and evening gratitude:

TODAY'S DATE & INTENTION: What single word or energy am I choosing to embody today?

HOW I WILL NOURISH MY VESSEL: Water intake goal, living foods, and botanical tea/remedy for today:

WHAT I AM RELEASING TODAY: What worry, external noise, or urgency no longer deserves my energy?

EVENING GRATITUDE & WIN: One way I honored my peace, my body, or my family today:

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WILD CHILD APOTHECARY · CURATED BOTANICAL REMEDIES

Handcrafted in small batches by Brittany Joi Hadley to nourish the body and calm the nervous system:

Lunar Womb Tea · $28
Apothecary Infusion — Organic raspberry leaf, rose petal & chamomile for deep cycle & evening calm.

Nervous System Soak · $35
Bath Ritual — Magnesium-rich Dead Sea salts, lavender & vetiver to melt away physical tension.

Sacred Root Body Oil · $42
Body Care — Warm ashwagandha, calendula & sweet almond botanical oil to ground your vessel.

AUTHOR SNEAK PEEK: SACRED SEED PUBLISHING BOOKS & JOURNALS

Available to Order & Reserve Directly Through Sacred Seed Publishing:

BRIEF EXCERPT FROM BRITTANY'S NEW BOOK, HOW TO MASTER THE COURT SYSTEM:

"There was a time in my life when everything I loved was on the line—my peace, my motherhood, and my sense of reality. Every loss taught me how to build armor that didn't harden my heart. When you learn to regulate your nervous system, anchor yourself in truth, and document solely in calm facts, you reclaim your power." — Order the full book to read more.

FLAGSHIP BOOK · ELEMENT OF FIRE ($28)

How to Master the Court System: Winning the Battle Against the Narcissist in Court

Brittany's powerful survivor guide to emotional regulation, strategic preparation, and protecting your peace in family court.

COMPANION JOURNAL & LOGBOOK ($19)

The Co-Parenting & Court Activity Ledger

Structured logbook & journal designed for clear, factual organization, boundary check-ins, and socio-emotional healing.

ELEMENT OF EARTH & ELEMENT OF WATER BOOKS ($26 EA)

How to Survive a Marriage / Divorce & How to Master Co-Parenting

Companion books exploring emotional grounding during family transitions and peaceful parallel co-parenting.

HOLISTIC NUTRITION & SANCTUARY COACHING

Fresh 2 Go Meal Planning, Grocery Store Label Runs & Consultations

Work with Brittany for custom meal plans, 1-on-1 grocery store label-reading runs, and somatic grounding.

SHOP APOTHECARY, BOOK NUTRITION COACHING OR RESERVE BOOKS WITH BRITTANY

Sanctuary & Books: nourishedcollective444@gmail.com · Fresh 2 Go Nutrition: servicesatfresh2go@gmail.com

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