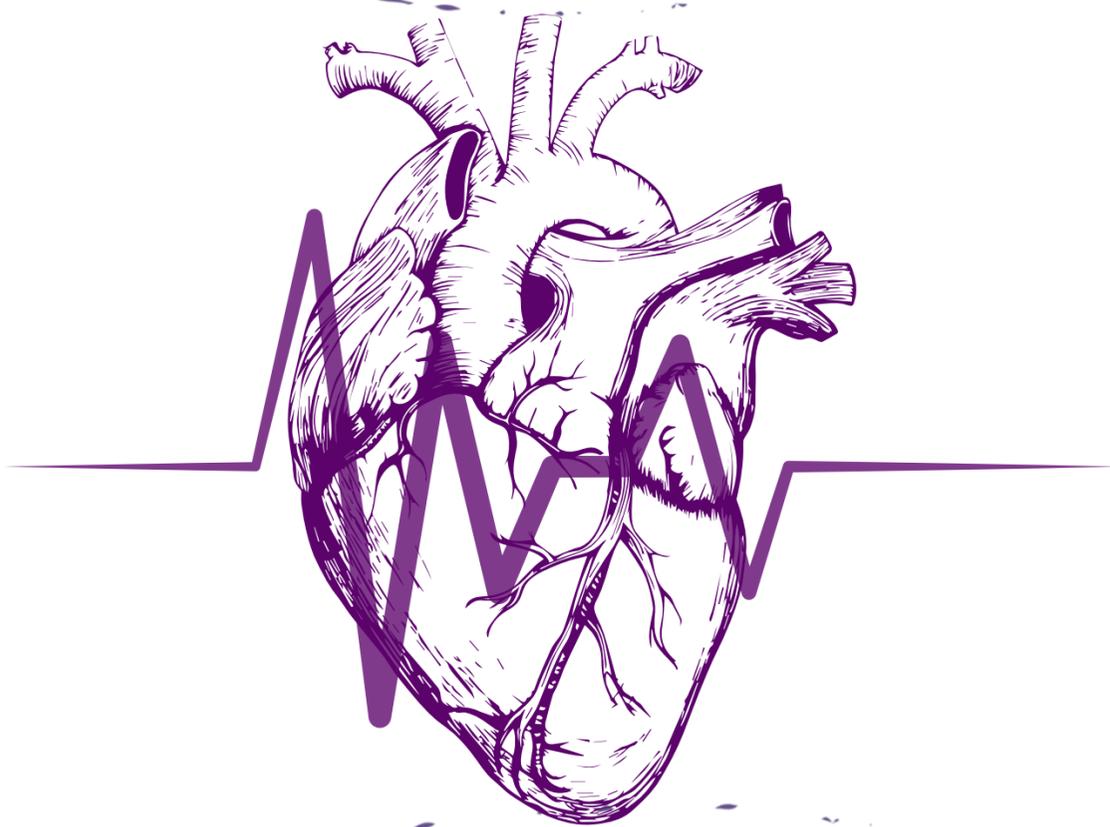


SUPPORT GRIEF PROTOCOL

by Vanessa Berenstein, MA RD FMN CCH



Process grief, heart break
and challenging emotions
with targeted herbs &
Heart Math technology

Disclaimer

This is a general protocol based on research that applies to most people dealing with grief and overwhelming emotions.

This is not an individualized protocol. There are unique recommendations based on individual health needs, medical conditions, and stages of life.

Supplements can never replace a balanced diet! As you follow this supplement protocol, it is essential to pair it with an Anti-inflammatory Diet to achieve sustainable, lasting results.

While the supplements in this protocol are very safe with little to no risk for most individuals, it is always possible to have an adverse reaction. If that is the case, please discontinue the supplement and contact a trusted health professional.

Herbs can have interactions, especially if you are on medications. Please make sure to check interactions and do your research. If you are unsure of how to work with herbs or supplements, please contact a health professional.

Vanessa offers limited wellness programs, herbal, and supplement consultations, and/or can recommend a practitioner that is aligned for you.

Starting Your PROTOCOL

There are various key nutrients needed for a healthy, calm mind and body. Many people with grief, heartbreak or intense emotional stress are often deficient in nutrients. Eating a balanced diet with anti-inflammatory foods can support your healing process and make this protocol more effective.

This protocol addresses soothing the nervous system, heart, and overall stress response through herbal medicine and heart-centered mind-body practices.

Starting Your PROTOCOL



Take these supplements daily for a few months and allow the herbs to gradually support your emotional resilience and nervous system.



Continue taking these herbs for 4-6 months for best results. You may find taking herbs similar to these are helpful long-term.



Continue using the Inner Balance system long term and practicing heart techniques daily for best results.



Check with a health practitioner to customize a protocol if you are not improving on this protocol.

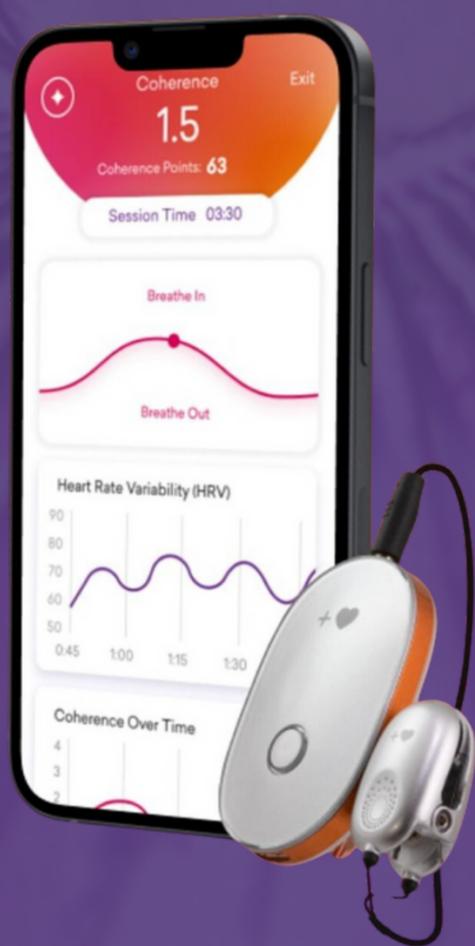
A close-up photograph of lavender flowers in shades of purple and blue, filling the background. A dark purple, semi-transparent circular graphic is overlaid on the center of the image, containing the text.

Supplements are most potent with lifestyle shifts.

- ✦ Pair these supplements and heart exercises with an Anti-inflammatory Diet for the best results!
- ✦ Exercise is another powerful way to enhance the effects of this protocol. Gentle cardio, pilates, hiking, or rebounder trampoline are highly recommended.
- ✦ Working with a Somatic therapist, bodyworker, or trauma-informed practitioner could further support your healing process.

This protocol bundle contains:

Inner Balance System



This technology helps you learn how to harmonize your heart rhythm and reduce stress. It is a heart rate variability tracker that syncs to your phone. Using it over time brings awareness to the thought patterns and habits that create imbalances. Anyone approaching grief or heart ache would benefit from developing a deeper connection to their heart through Inner Balance.

This protocol bundle contains:

Mushroom Hot Chocolate

Make a comforting hot chocolate with adaptogenic, antioxidant rich mushrooms that support the stress response.

Mix into heated or frothed non-dairy milk or hot water. You can also mix into black tea, coffee, golden milk, or smoothies.



This protocol bundle contains:

Hawthorne Supreme



Hawthorne is an ancient grief herb that physically aids heart tissue healing, blood vessel strength, and overall heart function. It's super high antioxidant content helps restore the body after periods of high stress or grief. While research mainly explores Hawthorne's potency in physical heart conditions, it has been used for centuries to emotionally and spiritually support those who are grieving or feel broken hearted.

This protocol bundle contains:

Enhanced Stress Relief

Lemon Balm and L-Theanine help calm the nervous system during periods of grief or heart break. They also support healthy sleep, which can often be affected during the grieving process.



Taking in the morning and evening supports sleep through relaxing the nervous system without causing sedation or sleepiness.

Protocol Schedule

Time of day	Brand name	Supplement/Practice	Dosage
AM upon waking (empty stomach)	Inner Balance	Heart Breathing	5-20 min
Breakfast	Gaia Herbs	Hawthorn Supreme	1 cap
	Life Extension	Enhanced Stress Relief	1 cap
	Real Mushrooms	5 Defenders Hot Chocolate	2 tbsp in heated nondairy milk
Bedtime (empty stomach)	Gaia Herbs	Hawthorn Supreme	1 cap
	Life Extension	Enhanced Stress Relief	1 cap
	Inner Balance	Heart Math Meditation	5-20 min

Playing with Your Inner Balance System

Download Inner Balance App: Get a Baseline

To start your journey with the Inner Balance technology, it is helpful to have your sensor on and connected to the app while you go about your usual routines to get a baseline of how often you are in or out of heart coherence. As you practice heart math techniques, you can observe which activities and practices improve or worsen heart coherence.

Try the tools in the Heart Math App

Once you have gotten an idea of your general state of heart coherence, you can use this app to try different meditations and techniques to see which ones have the greatest effect on your heart coherence, calming, and overall feeling of balance. Experiment with heart breathing techniques and other tools on this app twice a day, even if it is just 5 minutes to start your day and 5 minutes before bed.

Playing with Your Inner Balance System

Which meditations and activities are best for you?

If you already have meditation styles, breathwork or other relaxation modalities that you practice, you can use the Bluetooth sensor while practicing those to see how they affect your heart coherence. Some practices may work better than others. This is key information to keep you in a state of greater heart coherence over time. As you recognize the feeling associated with heart coherence and find the practices that work for you as an individual, it will become easier and easier to connect to heart coherence. With heart coherence comes greater ease, relaxation, resilience, calmness, less reactivity, and overall better health outcomes.

Don't measure heart coherence during exercise or strenuous activities.

It is normal to get out of heart coherence while you are physically more active or doing strenuous activity.

Learn More about Heart Math

[What is Heart Coherence?](#)

[Review on Heart Math
Inner Balance Sensor](#)

[Science of Heart Math](#)



✦ May this protocol help you process grief with greater ease, get healthier, improve your mood, and feel more empowered and energized on your healing path.

✦ If you have been doing this protocol as directed for 2 months and are still struggling with unresolved grief and challenging emotions that are not improving, please reach out to Vanessa for a consultation or see an integrative psychotherapist trained in Somatic Psychology, Transpersonal Psychology, or IFS (Integrated Family Systems).



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