



Earth-Aligned Support for Sickle Cell

**Created by Denise Marshall
Integrative Wellness Practitioner**

A Holistic Wellness Guide for Sickle Cell Support

Gentle tools. Everyday care.

Earth-aligned practices for sacred bodies
navigating sickle cell.

Created with lived experience, compassion, and
a deep belief in your power to heal.

by Denise Marshall
Integrative Wellness Practitioner | I Am Well





WELCOME TO YOUR Earth-Aligned Support for Sickle Cell

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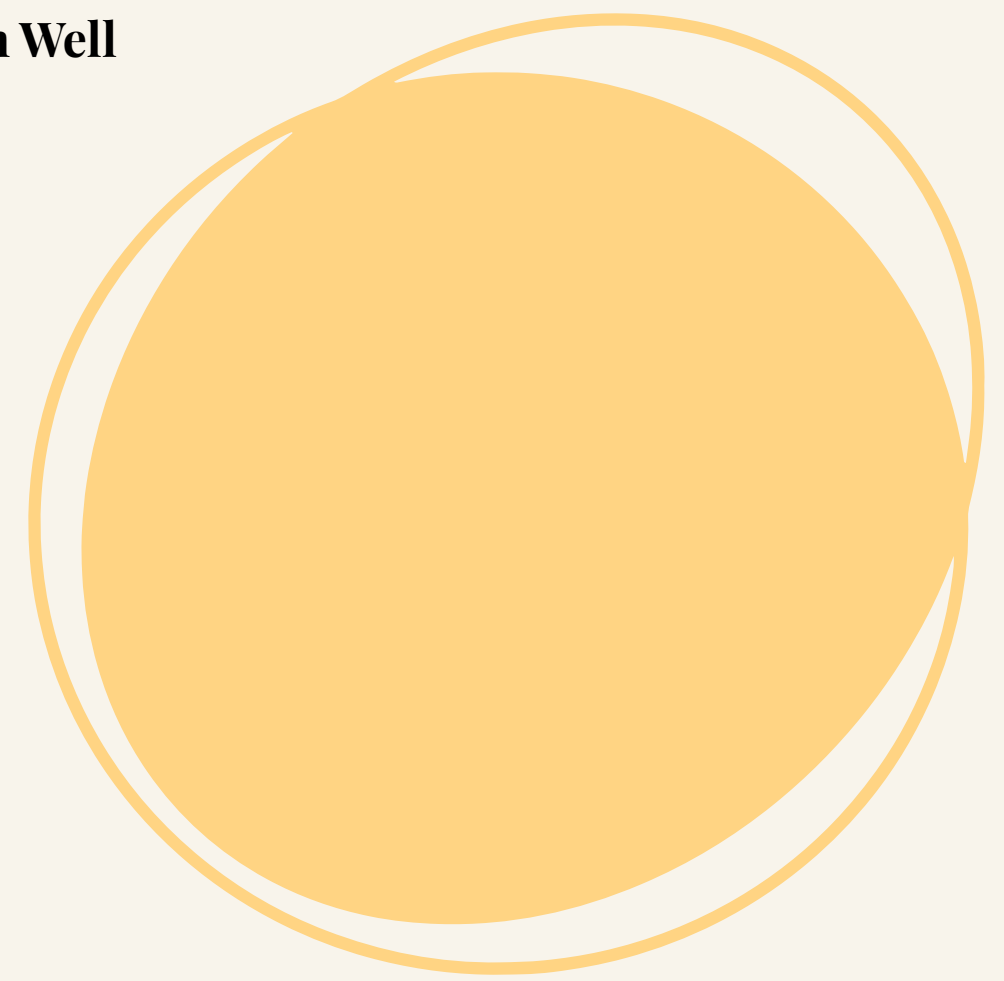
A Message From Dee

Living with Sickle Cell or caring for someone who does is a journey of strength and resilience. As someone who has supported many clients navigating this condition, I have witnessed how holistic care can bring profound relief and restoration.

Through reflexology, therapeutic massage, and nourishing nutrition, many have transformed pain into comfort, fatigue into renewed energy, and overwhelm into grounded calm.

This bundle is a collection of those healing gifts, shared with love and intention to support your body, mind, and spirit.

This resource is designed to empower you with clear, earth-aligned knowledge and tools – from nourishing foods and natural allies to gentle self-care practices and affirmations.



What You'll Find Inside

- Clear, compassionate info sheets about Sickle Cell
- Nutrition guidance focused on blood health and inflammation
- Natural pain and fatigue relief tips
- Daily trackers for hydration, symptoms, and self-care
- Grounding and energy reset tools, including affirmations and meditations
- A reminder that you are not alone on this journey

A Gentle Reminder

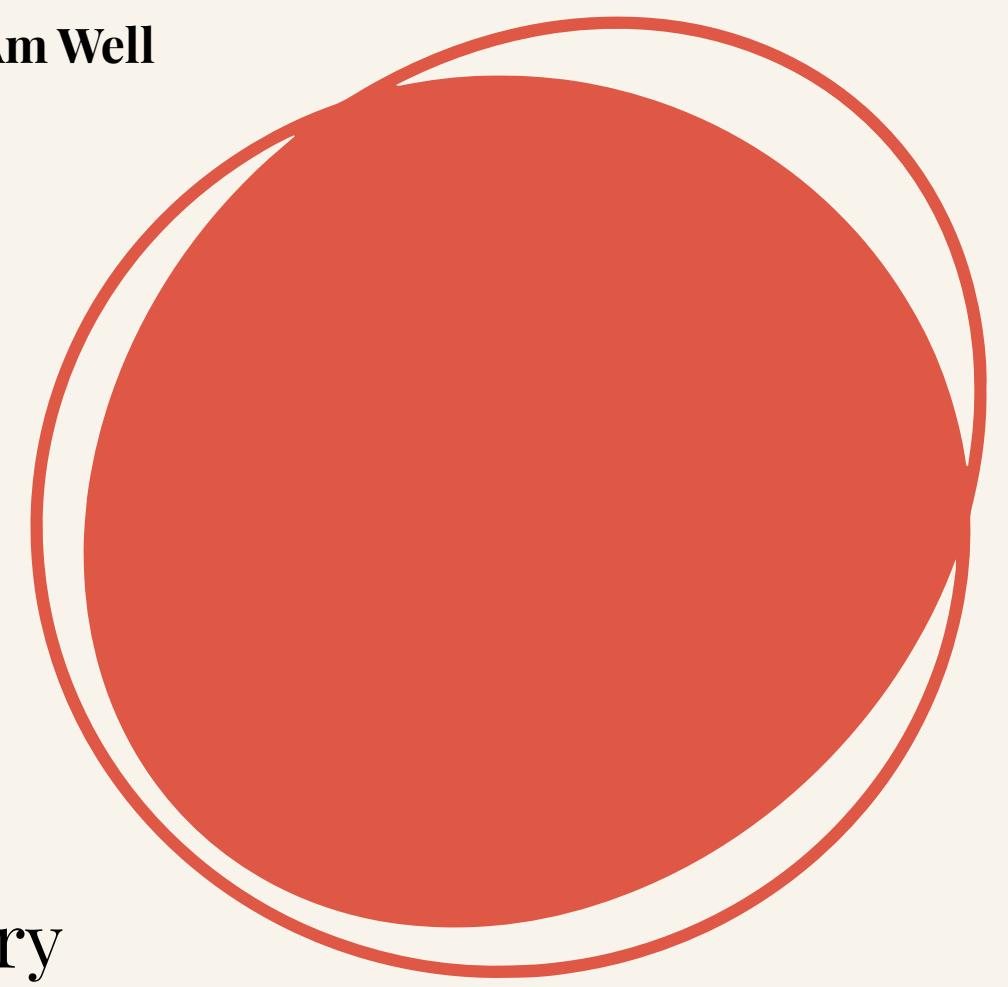
- This toolkit is meant to support, not replace, your medical care.
- Always consult your healthcare provider before making any changes to your treatment, especially when introducing new herbs or supplements.

Thank you for being here. You are held, you are resilient, and you are deeply seen.
Let's begin.

Dee
I Am Well



<https://iamwell.bio>



What Is Sickle Cell?

A Holistic Perspective

Sickle Cell is a genetic blood condition where red blood cells become misshapen- like a sickle or crescent making it harder for them to carry oxygen, flow freely, or live as long as healthy cells.

This can lead to:

- Painful episodes (crises)
- Fatigue or low energy
- Inflammation
- Organ stress over time
- Increased need for hydration, oxygen, and blood nourishment

A Holistic View

While medical care is essential, holistic support can complement it beautifully.

Holistic means looking at the whole person- body, mind, and spirit and responding with care that is:

- Gentle on the body
- Aligned with nature
- Rooted in nourishment, rest, and rhythm

A Holistic View

Hydration is medicine

- Water keeps cells moving and protects organs. Add minerals (e.g., pinch of sea salt or a splash of coconut water) for better absorption.

Food is fuel

- Choose iron-rich, anti-inflammatory foods (like leafy greens, red fruits, omega-3s, herbs like nettle or moringa).

Touch is healing

- Reflexology, massage, and bodywork can reduce pain, boost circulation, and restore calm.

Breathe and rest often

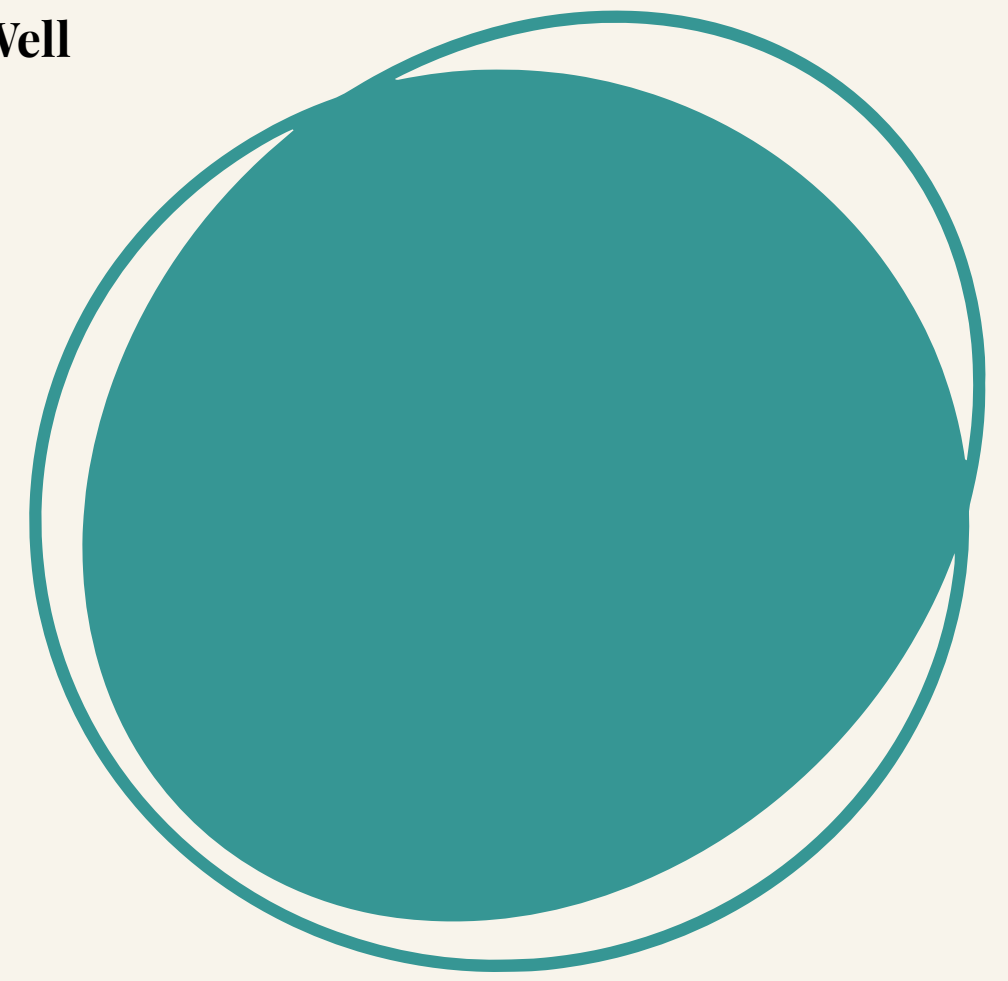
- The body thrives with oxygen and deep rest. Nervous system care reduces crisis frequency.

Emotions matter

- Stress can trigger flare-ups. Use grounding tools, creative expression, and safe spaces to release tension.



Important:
This info is supportive, not a substitute for your doctor's advice. Always check before introducing new herbs, therapies, or supplements especially with pain meds, transfusions, or other treatments.



Nutrition For Sickle Cell

Eat to Nourish Your Blood

The food you eat can deeply support your energy, blood quality, and immune strength- or it can contribute to inflammation, fatigue, and crisis triggers.

Here's a simple guide to earth-aligned nourishment for Sickle Cell support.

Nutrient Iron (non-heme) | **Why It Helps** Helps make healthy red blood cells
Examples Leafy greens, lentils, pumpkin seeds

Nutrient Folate | **Why It Helps** Vital for cell repair & new red blood cells
Examples Spinach, avocado, beans, asparagus

Nutrient Magnesium | **Why It Helps** Reduces pain, supports nerves & muscles
Examples Banana, almonds, cacao, dark greens

Nutrient Omega-3s | **Why It Helps** Lowers inflammation, protects organs
Examples Chia seeds, flaxseed, walnuts

Nutrient Antioxidants | **Why It Helps** Fights damage, supports immunity & energy
Examples Berries, red grapes, turmeric, moringa

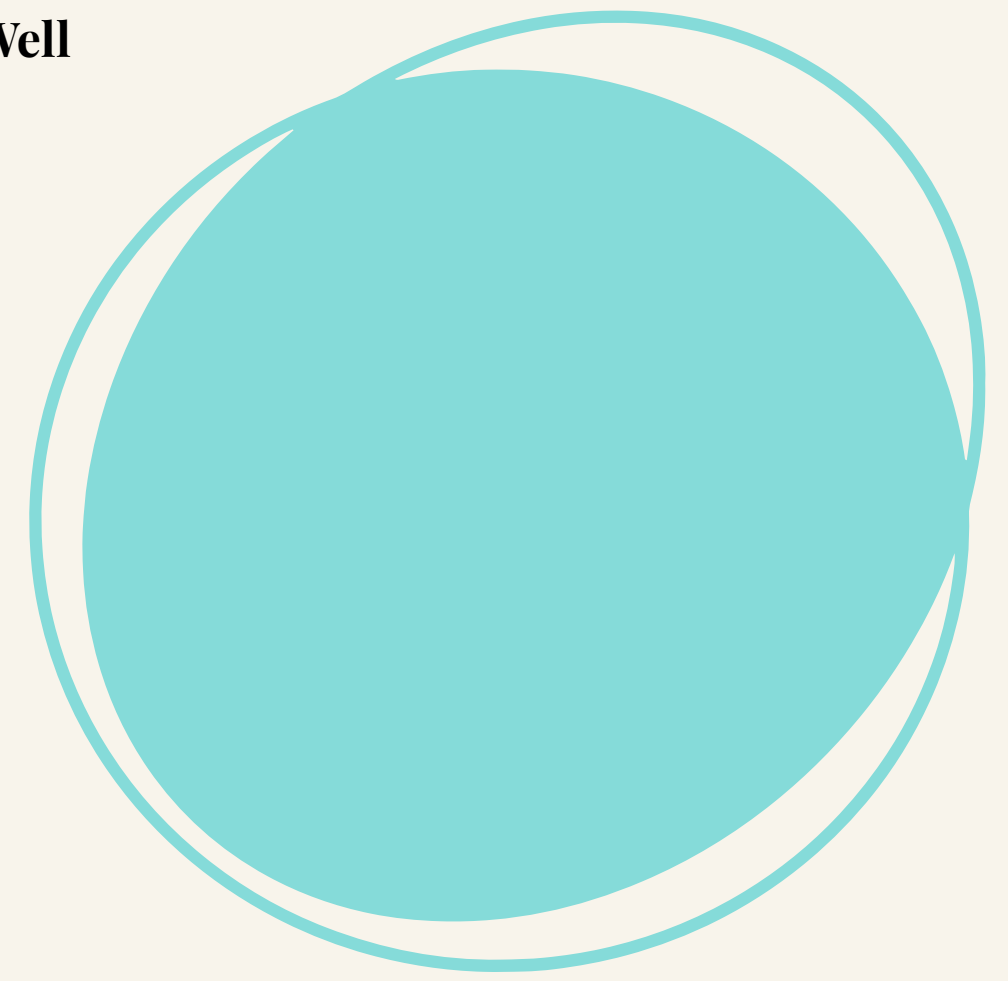
Nutrient Vitamin C | **Why It Helps** Helps absorb iron & boosts immunity
Examples Citrus, peppers, kiwi, guava

Nutrients Hydrating Foods | **Why It Helps** Help thin the blood & support flow
Examples Cucumber, melon, coconut water

Limit or Avoid

- Processed foods (can trigger inflammation)
- Sugary drinks & excessive caffeine
- Alcohol & smoking
- Deep-fried or greasy foods
- Too much red meat or dairy (can affect gut and blood)
- Late nights

Did You Know?



Folate is often low in people with Sickle Cell, yet it's essential for making new red blood cells daily.

Red and purple fruits contain natural plant pigments (anthocyanins) that help protect blood vessels.

Antioxidants can reduce crisis frequency by protecting red blood cells from damage and boosting overall resilience.

Adding lemon, sea salt, or cucumber to water helps the body absorb it better and stay hydrated longer.

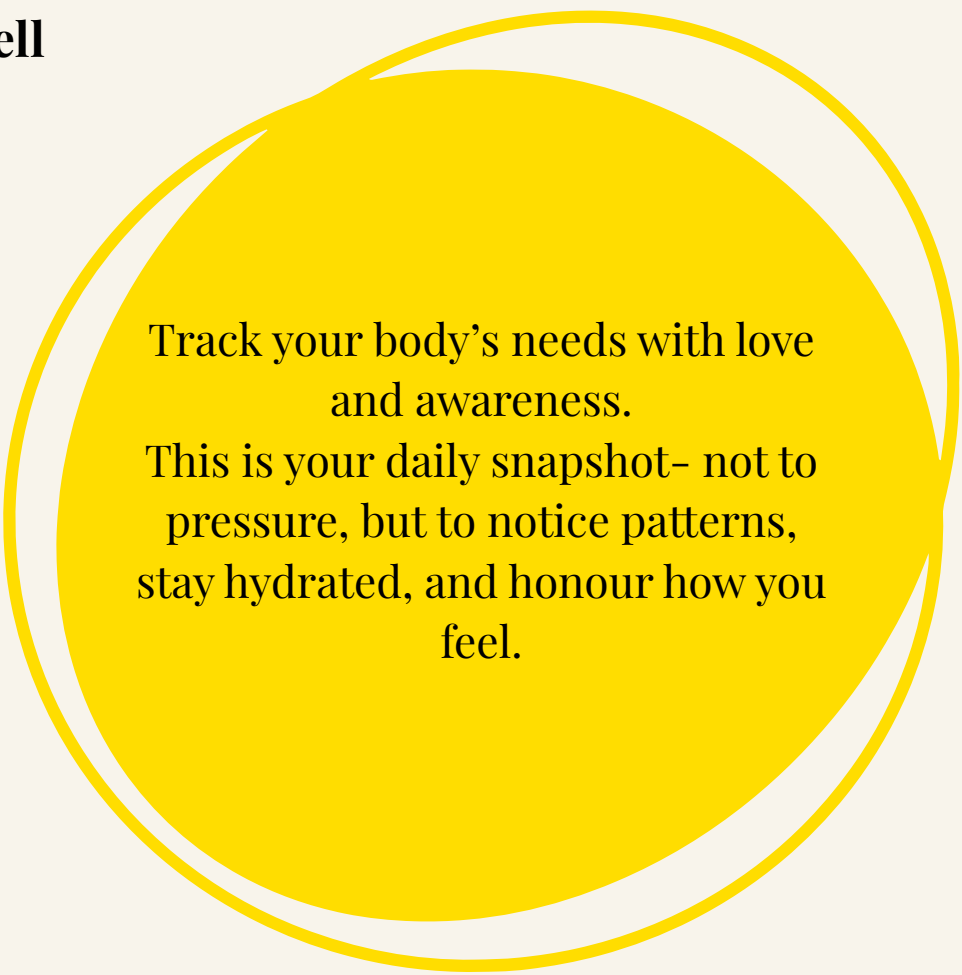
Raw cacao is one of the highest magnesium sources and it supports mood, blood flow, and relaxation.

Oxygen isn't just from the air- foods rich in chlorophyll (like greens or wheatgrass) can support oxygenation in the body.

Moringa contains iron, calcium, protein, AND antioxidants- a true blood-nourishing superplant.

Daily Self-Care Tracker

For Sickle Cell Wellness



Date: _____

Hydration (tick each cup)

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Tip: Aim for 6–8+ cups. Add lemon, cucumber, or sea salt to boost hydration.

Meals & Nourishment

Meal What did you eat?
How did it feel in your body?

Breakfast
Lunch
Dinner
Snacks

Pain Level (circle)

None | Mild | Moderate | High | Crisis

Location of pain: _____

Relief tools used (tick all that apply):

☐ Rest ☐ Reflexology ☐ Breathwork ☐ Warmth ☐ Hydration ☐ Medication ☐ Other: _____

Mood & Emotions

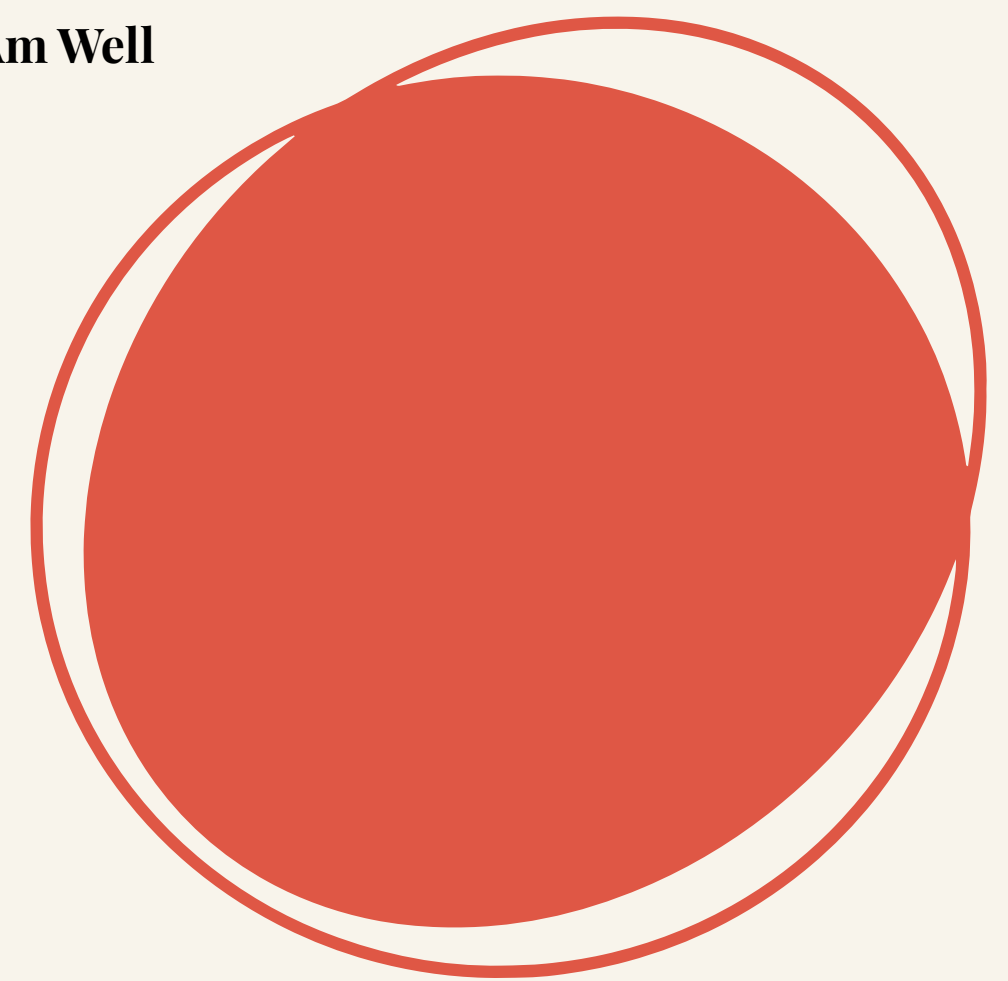
How are you feeling today (emotionally, mentally)?
One thing I’m grateful for: _____
One thing I did to support myself: _____

Medication / Supplement Check

☐ Morning dose taken
☐ Evening dose taken
Notes: _____

Body Notes / Messages

Any symptoms, body sensations, or insights to note:



Emotional and Spiritual Support

For the Journey of Living with Sickle Cell

Sickle Cell is not just a physical experience. It can affect your heart, emotions, sense of peace, and how safe you feel in your body.

This sheet offers gentle practices to tend to your emotional body and nourish your spirit.

Soothe the Nervous System

Chronic stress, trauma, and medical systems can overwhelm the body.

These tools help calm your inner world:

- 5-count breath: Inhale for 5, exhale for 5 (repeat 5x)
- Soft hands on heart: Give yourself warmth and presence
- Legs up the wall: Rest & regulate blood flow
- Nature moments: 5 mins of fresh air, tree time, or sun on your skin

Energetic Boundaries

You don't have to carry everything.

Protect your energy:

- Visualise a golden light bubble around your body
- Use cleansing tools like smoke (sage, frankincense), water, salt, or sound

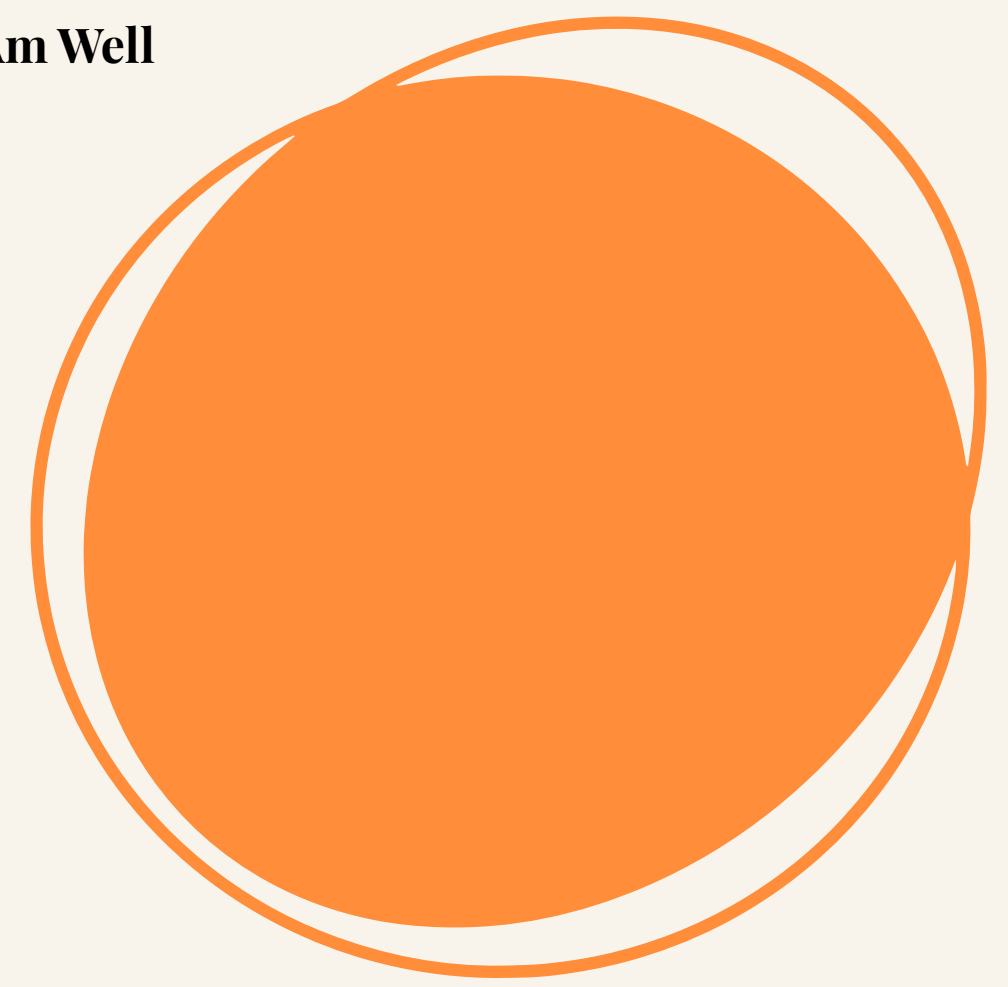
Say: *"I release what is not mine. I call my energy back home."*

Grounding When in Pain or Overwhelm

Pain can disconnect us.

Use these to anchor:

- Touch something cold, warm, or textured – bring your focus to sensation
- **Speak aloud:** *"I am here. I am safe. My breath is my anchor."*
- Rub your feet with oil or balm – loving touch is powerful medicine



Expression & Release

- Journaling: Let the feelings out without judgment
- Voice: Sing, hum, cry – sound shifts emotion
- Creativity: Art, poetry, or colour can carry what words cannot

Spiritual Anchors

- Create a mini altar with a candle, photo, or item that brings peace
- **Say a prayer or mantra like:** *“My body is sacred. I am held by something greater. Each breath is healing.”*
- Call on your ancestors or guides for strength
- **End the day with a short thank you:** *“Today I survived. That is enough.”*

Mirror Compassion Practice

Look into your eyes in the mirror and gently say: *“I see you. I love you. I am proud of you.”*
Even if it feels awkward – let yourself be witnessed.

Visualise a Safe Inner Sanctuary

Close your eyes and imagine a peaceful place inside you: a forest, a beach, a temple, or a soft glowing room.

Return to it anytime you need rest or safety.

Remember:

“You are more than your diagnosis. You are worthy of rest, peace, and joy – even on hard days.”



Integration & Closing Ritual

Honouring the Journey - One Day at a Time

This ritual is an invitation to slow down, reflect, and gently close your day with intention. Whether you are in pain, in peace, or somewhere in between – this is a sacred pause for you.

Closing Steps

Light a Candle or Dim the Lights

- Signal to your body that it is time to rest and return inward.

Place One Hand on Your Heart, One on Your Belly

- Take 3–5 deep, slow breaths. Feel your body rise and fall.
- Whisper This to Yourself (or out loud): *“I did my best today. My body is healing in ways I may not see yet. I choose to rest now, with love.”*

Massage or Anoint Your Body

- Use oil, balm, or even water. Gently rub your feet, legs, or arms with tenderness. Let each stroke be a blessing.

Give Thanks for One Thing

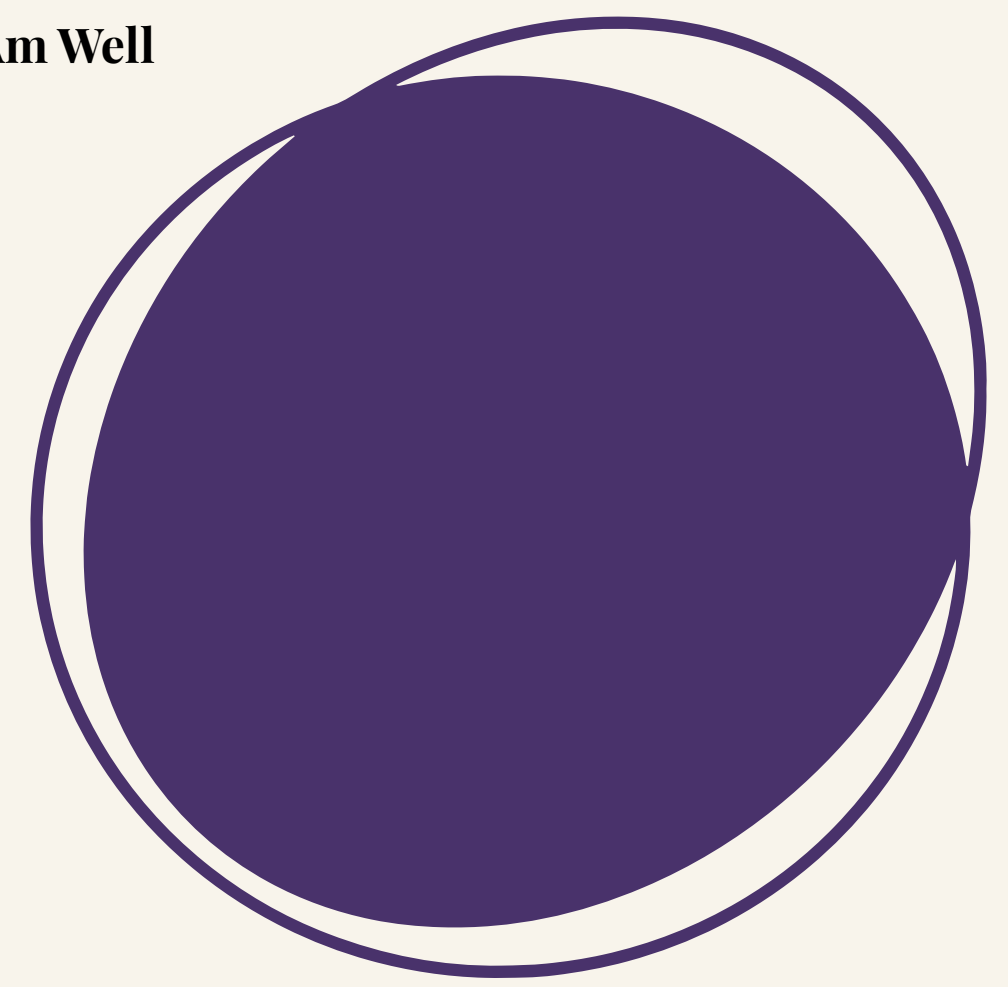
- Big or small – say it out loud or write it down: *“I’m grateful for...”*

Close With a Visual or Prayer

- Imagine a warm golden light covering your body from head to toe – a blanket of peace and protection. Or say: *“I trust in the process. I am loved. I am safe.”*

You are not alone. You are healing in ways that matter.

Feel free to return to this ritual anytime – even just one breath at a time.



Resource & Support Guide

Empowered Wellness for Sickle Cell Living

You are not alone on this journey. Below are holistic, practical, and community-rooted resources to support your path. Use what resonates, and return as needed.

Holistic Support & Education

Nutrition for Sickle Cell

- Learn how iron-rich, oxygen-supporting foods like leafy greens, blackstrap molasses, plant-based iron, and antioxidants can boost daily vitality.

Gentle Therapies

- Reflexology, massage, aromatherapy, EFT, and sound healing may reduce stress, improve circulation, and offer deep relaxation. Always consult a qualified practitioner.

Hydration Boosters

- Add cucumber, lemon, sea salt or herbal infusions to your water for mineral support and improved absorption.

Herbal Allies (with guidance)

- Herbs such as nettle, dandelion root, and moringa may support blood, liver, and overall energy. Always speak to a practitioner who understands your health profile.

Community & Connection

Sickle Cell UK Charities & Support Hubs

- Sickle Cell Society (UK): www.sicklecell society.org
- OSCAR Sandwell
- Sicklekan Support Group
- Local NHS community groups

Online Safe Spaces

- Look for Facebook groups, wellness forums, or Instagram pages that centre the voices of those living with Sickle Cell. Follow holistic and culturally informed practitioners you trust.



Resource & Support Guide

Daily Rituals to Return To

- 5-minute breath or grounding check-in
- Warm foot soak or hand massage
- One page of journaling or gratitude
- Bedtime body scan with soft music or prayer
- Nature or sunlight moments when possible

Get More Support

You can download more tools, trackers, and healing resources from:

<https://iamwell.bio>

Follow on Instagram for updates:

@iamwellholistictherapies

@iamwellmeditations

@islingtonhealingnetwork



Thank You for Being Here

You are sacred. Your journey is valid. Your healing matters.

Whether you explored one page or all of them, this bundle was created with love — for you, your body, and your spirit.

You are more than a condition. You are a living ecosystem of wisdom, resilience, and light.

There may be days when pain speaks louder than peace — on those days, I hope you remember:

Healing is not a straight line. It's a spiral.

Your rest is productive.

You are allowed to ask for help.

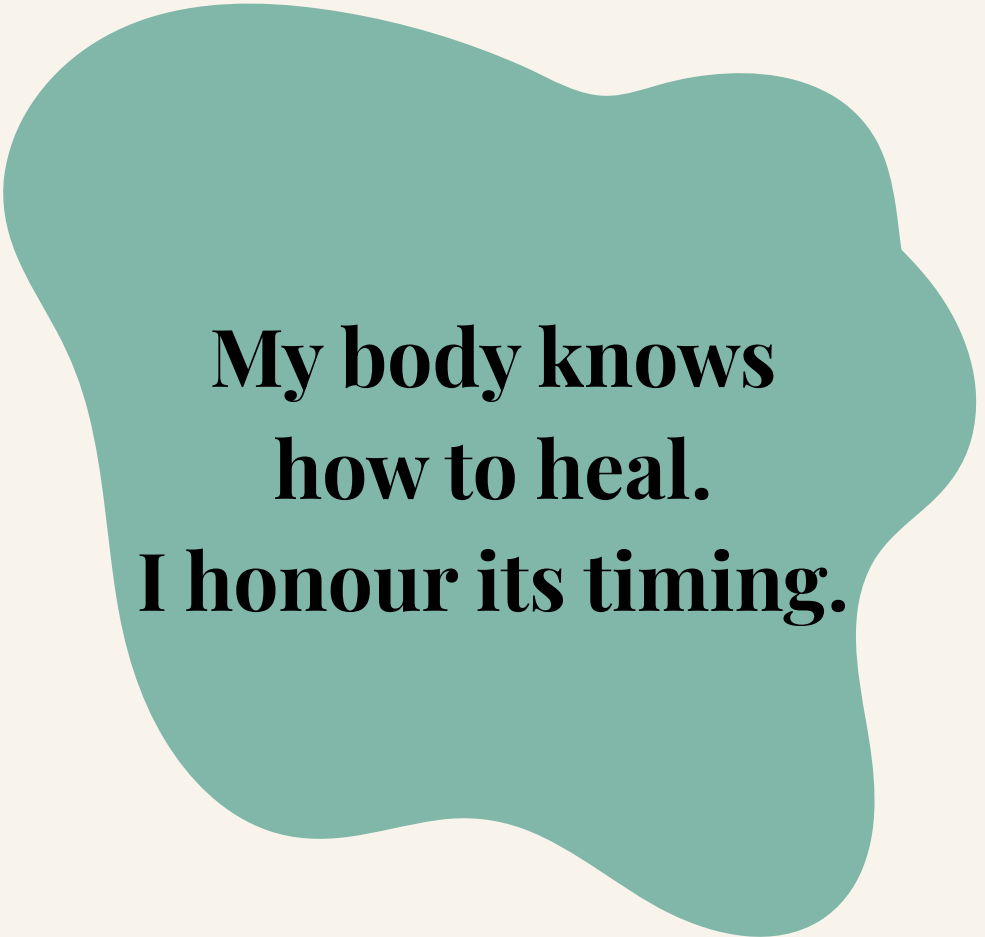
You are enough, exactly as you are.

May this be a companion you return to again and again, even if just for one breath, one ritual, or one reminder that you are never alone.

With Peace, Love & Light

Denise Marshall

I Am Well | Integrative Wellness Practitioner

A large, irregular, organic shape in a muted teal color, resembling a watercolor splash or a soft-edged blob, centered on the page. It serves as a background for the main text.

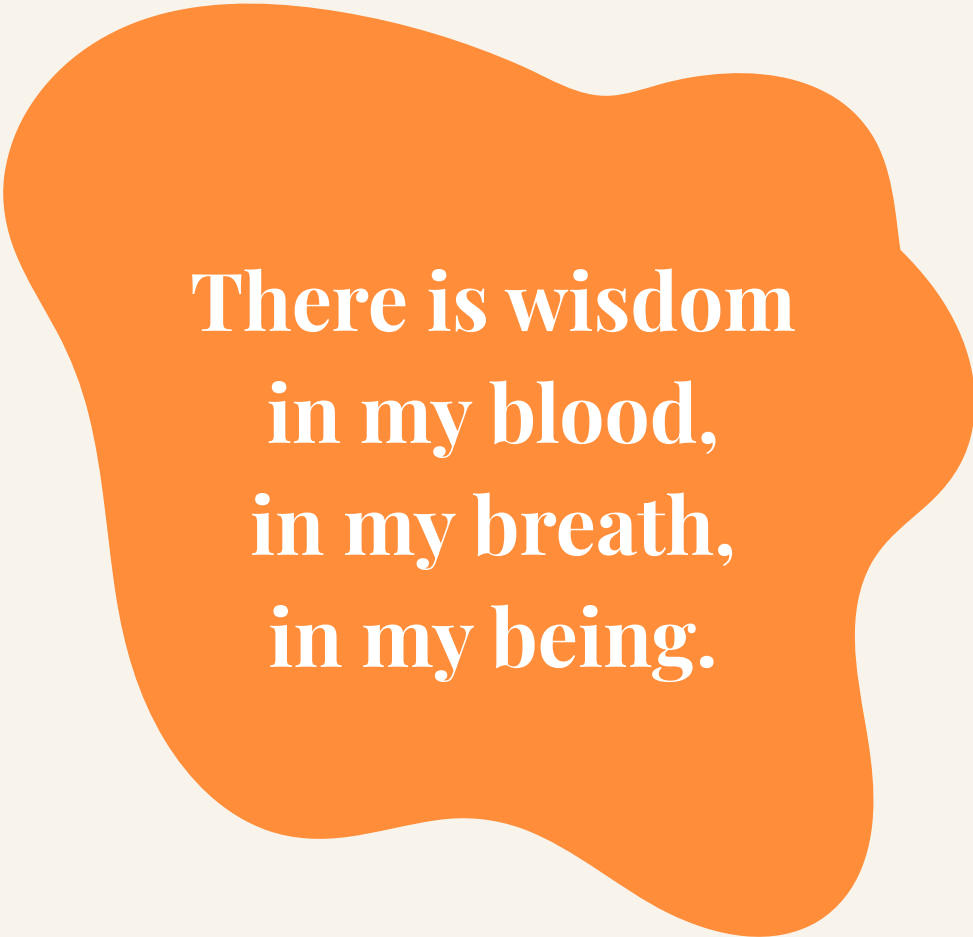
**My body knows
how to heal.
I honour its timing.**

**I am not my diagnosis.
I am a living,
breathing miracle.**


**I am allowed to rest.
My rest is sacred.**

**Even on hard days,
I am held -
by breath, by love,
by life itself.**


**My energy is mine.
I choose what I carry
and what I release.**



There is wisdom
in my blood,
in my breath,
in my being.



**Today I give myself
softness,
even if the world
feels hard.**



I am safe to be
supported.
Healing flows to me
and through me.

**Breathe in through your nose for 4...
Hold for 2...
Breathe out slowly through your mouth
for 6.
Feel your feet.
Name one thing you can hear, see,
and feel.**

**Whisper to yourself:
*“I return to my body. I return to my
breath. I am home.”***

Mini Grounding Ritual

Breathe in through your nose for 4...

Hold for 2...

**Breathe out slowly through your mouth
for 6.**

Feel your feet.

**Name one thing you can hear, see,
and feel.**

Whisper to yourself:

***“I return to my body. I return to my
breath. I am home.”***