

TONYA STEINBORN'S

LIVING WELL

LIVE THE LIFE YOU LOVE

JUNE 2023

WAYS TO WELCOME SUMMER SOLSTICE

CEREMONY, FOOD AND FUN

HIBISCUS CHERRY ICED TEA RECIPE

SUMMER SOLSTICE RECIPE

MOTHER GODDESS RETREAT

POWERFUL WEEKEND OF HEALING
CHOOSING THE PATH OF BEAUTY

HOT TOPIC

THE EPIDEMIC OF STRESS
HEALING THE ADRENALS





Guiding the Goddesses

It was an honor and privilege to create a weekend of healing and deep connection at the Great Mother Goddess REBIRTH, REWILD Retreat!

We were blessed with beautiful sunny weather that allowed us to spend most of the retreat at Taylor Head Provincial Park beach and the magical waterfall beside my house. Being in mother nature to do our healing work was exactly the way I had envisioned our time together.

Witnessing the healing and transformations that happened over the three days we were together, was incredible. The power of women gathering and holding space for each other never ceases to amaze me! Tears, laughter and healing creates a strong bond based in love and respect, a sisterhood that will continue to grow long after the weekend is over.

Being called to work with the goddesses is a beautifully chaotic and an intense journey. These energy demand purity of heart and will challenge you to prove yourself worthy. It is not for the faint of heart and yet one of the most rewarding work we can do to heal ourselves, our family and the Divine Feminine and Mother Earth.

Tonya Steinborn

MEDICINE WOMEN



WHY WOMEN'S WELLNESS RETREATS ARE SO POWERFUL!

Women's wellness retreats are important opportunities for women to take time to focus on healing, connection, and self-growth. They offer space to nurture the divine feminine and connect with the inner wisdom and power that all women have access to. These retreats can help women gain clarity, balance, and an inner knowing that guides their decisions and actions in life.

By exploring their connection to the divine feminine, women can build deep and lasting connections with themselves, each other, and the natural world. The power and wisdom of the divine feminine can help heal and guide women throughout their lives, and wellness retreats are wonderful ways to tap into this power.

SISTERHOOD

There is strength in connection with other women. We can support each other, learn from each other, comfort each other, and feel a sense of belonging. Our connections to other women can help us feel less alone, more confident, and more aware of our power and beauty.

A sisterhood of strong connections with other women can help us feel loved and supported, and it can be an empowering force for good in our lives.

A WOMAN IS MORE POWERFUL
THAN SHE KNOWS

HER STRENGTH AND POWER
ARE INFINITE,

SHE CAN DO ANYTHING AND
EVERYTHING,

WHEN SHE HEALS HERSELF
AND HER PAST,

SHE IS UNSTOPPABLE.

Highlights

Great Mother Goddess Retreat May 2023

What a weekend!!

It was a very clear that I was to host the retreat right in my backyard, here on the Eastern Shore on Nova Scotia. This place is magical and I wanted to share that with the sisterhood that was to gather.

The natural energies where needed to ground the deep healing work we were doing and to allow deeper journeying as we connected with our Inner child, wild women and the our matriarchal ancestors line. We all felt the incredible transformations that happened when doing this work with the support of Mother Nature.

Another highlight of the retreat was doing the inner art piece that was part of working with the Inner Child. This was a deeply emotional and empowering activity.

There were so many beautiful moment during the retreat: we journeyed , laughed, created, cried, and connected as a sisterhood. A sisterhood that has continued long after the retreat was over in our private Facebook group, a safe and supportive place for us to continue to support and deepen relationships.

What the women are saying

" Where to start? It was wonderful to spend a weekend with like minded women, women who have been there, done that, and keep being there and doing that. I learned a lot about myself, and how others perceive me, and that healing is like roller coaster, and as you heal the ride becomes less loopy and twist and you can enjoy the scenery and others that are on the ride. 15/10 would recommend. " - T.C , Halifax N.S.

" If you are looking to be with like-minded women, and with an amazing Facilitator, the lovely Tonya Steinborn who is a very genuine, kind, nurturing, loving woman and truly an authentic person, look no further. She has much to teach and speaks from divine wisdom and the heart, and various life experiences I totally trust her and feel well taken care of in her presence. " L.M - Dartmouth, N.S.



'Meeting Tonya has made a huge difference in my life. Her retreats have given me so much joy, hope, confidence, peace and happiness. I have found my true self again. Tonya is a healer and I know her retreats genuinely make the world a better place by giving women their true voice back. I am now a lifelong supporter and participant of her incredible efforts, dedication and passion to help women thrive."

-Kerri Houweling Dartmouth, NS

The Epidemic Of Stress

How to Reduce the Stress Hormone – Cortisol



WWW.TONYASTEINBORN.COM

Reducing Cortisol



General Recommendations

What is Adrenal Fatigue?

Adrenal fatigue is a term used to describe a collection of symptoms that can be caused by long-term stress or exhaustion. It is believed to be caused by the over-activation of the body's stress response system, which can lead to the adrenal glands not producing enough of the hormones needed to regulate the body's stress response. Symptoms of adrenal fatigue include feeling exhausted all the time, difficulty concentrating, difficulty sleeping, low immune system function, body aches, and cravings for salty, sweet and fatty foods.

The body's stress response is triggered by the release of the hormone cortisol from the adrenal glands. Cortisol is responsible for activating the body's "fight or flight" response, allowing it to respond to threats or stressors and to maintain a healthy balance of hormones. When the body is exposed to long-term stress or exhaustion, it can lead to the adrenal glands producing too much cortisol, which can eventually lead to adrenal fatigue.

Adrenal fatigue can be managed through lifestyle changes such as getting adequate rest and reducing stress, as well as through the use of dietary supplements and herbs. It is important to talk to a medical professional if you suspect that you are suffering from adrenal fatigue, as it can be a sign of an underlying medical condition. Treatment may include lifestyle modifications such as exercise, dietary changes, stress management, and supplements to help support the adrenal glands. With the right lifestyle changes, it is possible to reduce the symptoms of adrenal fatigue and improve overall health and wellbeing.

How it Shows Up!

The most common symptom of adrenal fatigue is extreme fatigue, even after a full night's rest. This fatigue is usually accompanied by mental fog or difficulty concentrating. Other symptoms include difficulty getting out of bed in the morning, feeling overwhelmed, difficulty handling stress, and poor sleep quality. Other physical symptoms are low blood pressure, lightheadedness, dizziness, muscle aches, and joint pain.

Nutritional deficiencies can also be common in those with adrenal fatigue. These deficiencies can include potassium, iron, vitamin B12, and magnesium. Low levels of these nutrients can cause further fatigue, poor memory, difficulty sleeping, and anxiety. Additionally, low blood sugar can also be a symptom of adrenal fatigue, as the adrenal glands are responsible for regulating blood sugar. Low blood sugar can cause fatigue, anxiety, shakiness, and irritability.



Diet & Lifestyle

The first step in treating adrenal fatigue is to address the underlying causes. Stress is a major cause of adrenal fatigue, so it's important to identify and reduce sources of stress in your life. This may include things like getting enough sleep, setting realistic goals, and engaging in stress-reducing activities such as yoga and meditation. Additionally, it's important to eat a balanced diet and avoid sugar, caffeine, and alcohol, which can all interfere with your body's ability to cope with stress.

Caffeine can cause an increase in cortisol, a hormone released by the adrenal glands in response to stress. It can also increase blood pressure, heart rate, and alertness. While this can give you a temporary energy boost, it can also lead to increased anxiety and further exhaustion if not used in moderation. It is important to understand that caffeine can be helpful in moderation, but it can also be detrimental to those who are already experiencing adrenal fatigue.

Caffeine can also cause a spike in blood sugar, which can lead to further fatigue. Blood sugar levels naturally rise and fall throughout the day, so when caffeine is consumed and causes a sudden spike, it can lead to energy crashes later in the day. This can be especially damaging for those with adrenal fatigue, as their body is already struggling to regulate its energy. The best way for someone with adrenal fatigue to consume caffeine is to do so in moderation and to avoid large doses.

It is important to be mindful of your caffeine intake if you are experiencing symptoms of adrenal fatigue. Consider reducing your caffeine intake or switching to decaf options. Additionally, ensure that you are getting enough rest, eating a healthy balanced diet, and managing stress levels to help manage your adrenal fatigue symptoms.

Supplements

. One supplement that has been shown to reduce cortisol levels is ashwagandha. Ashwagandha is an adaptogen, meaning it helps the body adapt to stress. Studies have shown that ashwagandha can significantly reduce cortisol levels, as well as improve sleep and reduce anxiety. It is available in supplement form and can be taken daily to help reduce cortisol levels and improve overall health.

Ashwagandha is an herb that has been used for centuries in Ayurvedic medicine to promote overall health and well-being. It is believed to have a number of benefits, including reducing stress and anxiety, improving mood, and boosting immune function. In addition, Ashwagandha has been shown to help reduce cortisol levels in the body. This makes it a popular supplement for those looking to manage stress and anxiety.

Magnesium is another supplement that is believed to help reduce cortisol levels in the body. Magnesium is an essential mineral that plays a role in over 300 biochemical reactions in the body. It is important for maintaining healthy bones, muscles, and nerves, and is also believed to help reduce stress and anxiety. In addition, magnesium has been shown to help regulate cortisol levels in the body, making it a popular choice for those looking to manage stress and improve overall health.

Overall, Ashwagandha and Magnesium are two popular supplements for reducing cortisol levels in the body. Both supplements have been shown to have a number of health benefits, including reducing stress and anxiety, improving mood, and boosting immune function. If you are looking to manage stress and improve your overall health, these supplements may be worth considering as part of a healthy lifestyle.



SUMMER SOLSTICE 2023

Connecting with Nature: How to Celebrate Summer Solstice

Summer solstice, also known as midsummer, is the longest day and shortest night of the year in the Northern hemisphere. According to astrology, the summer solstice is the time of year that marks the beginning of the season of Cancer, making it a powerful time for growth, transformation, and connection. Here are some ideas on how to celebrate summer solstice in a way that honors the season and aligns with the themes of new beginnings, self-expression, and abundance.

A photograph of three women with long red hair, wearing floral crowns and dresses (one blue, two green), standing and sitting on a rocky shore next to a lake. One woman is sitting on the ground, another is standing behind her, and the third is standing to the right. They are holding bouquets of flowers. A small lantern is on the ground near the woman sitting. The background shows a lake and trees under a blue sky.

Five Ways to Celebrate Summer Solstice

1. **Make a Summer Solstice Altar:** An altar can be a powerful spiritual practice for any season, but it is especially meaningful to create one for summer solstice. Start by finding a space in your home or outdoor area that is meaningful to you. Then, gather items that represent the themes of summer solstice, such as crystals, flowers, candles, and photos. Set your intention for why you are creating the altar and take the time to savor the energy of the space.
2. **Celebrate with a Summer Solstice Feast:** Food is always an essential part of any celebration, and summer solstice is no exception. Consider preparing a feast that reflects the themes of summer solstice, including fresh fruits, vegetables, and bright colors. Take the time to enjoy your feast with friends and family, and don't forget to save room for summer solstice treats like ice cream or sorbet.
3. **Practice Meditation or Yoga:** Summer solstice is a powerful time for inner growth and transformation. Consider practicing meditation or yoga to quiet the mind and connect with the natural rhythm of the season. If you are new to meditation or yoga, there are many resources available online that you can use to learn the basics.
4. **Honor the Sun:** The summer solstice marks the longest day of the year, so it makes sense to celebrate the power of the sun. Consider taking a hike or spending time outdoors on summer solstice to bask in the warmth and energy of the sun. You could also create a sun ritual by drawing a sun on your skin with sun-safe paint or by creating a sun catcher to display in your home.
5. **Give Thanks:** The themes of summer solstice include gratitude and abundance, so take the time to express gratitude for all the blessings in your life. This could include writing a gratitude list, praying or meditating on gratitude, or sharing your gratitude with others through acts of

Hibiscus Cherry

SUMMER SOLSTICE
TEA SPRITZER

SERVES 4

Ingredients

Base:

- 3/4 cup fresh cherries
- 1 tablespoon dried hibiscus flowers
- 1-2 tablespoons honey
- juice of 1 lemon
- 1 cup pineapple juice
- 1/2 cup vodka optional
- sparkling water, for topping

Directions

- 1. Add the cherries to a medium size pot. Use a muddler or a fork to mash the cherries up until they are almost pulp like. Add 1 cup of water and bring to a boil over high heat. Remove from the heat, add the hibiscus flowers. Cover and let steep for 10 minutes. Strain into a pitcher, pressing out any juice from the cherries with a fork, discard the hibiscus flowers and cherries.
- 2. Add the honey, lemon juice, pineapple juice, and vodka. Chill until ready to serve.
- 3. To serve, pour over ice and top with sparkling



Sept 29-Oct 1st 2023



The Elements of Healing
Women's Wellness Retreat

Women's Wellness
All-Inclusive Retreat at

Liscombe Lodge Resort

Nature Lover's Dream Destination



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Elements of Healing – Women's Wellness Retreat

Liscombe Lodge Wilderness Resort, Sept 29-Oct 1st 2023

All- Inclusive Retreat Options

Liscombe Lodge Resort is a nature lover's dream destination on the Eastern Shore in Nova Scotia. Experience natural beauty while making memories to last a lifetime.

- Two night stay at Liscombe Lodge, each room has its own private balcony overlooking stunning views of the river and wilderness.
- Two full breakfast buffets with chef attended omelet station
- Two gourmet lunch menu choices with non-alcoholic beverage
- Gourmet dinner menu options with non-alcoholic beverage and dessert, Saturday night
- Private one hour riverboard cruise
- Spa night, luxury spa experience while learning valuable self care techniques
- Indoor swimming pool and hot tubs

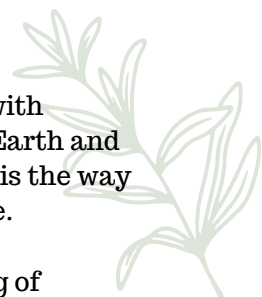
All meals are included during the retreat served at the Riverside Restaurant

Single Occupancy Rate \$1167.00

**Double Occupancy Rate
Per Person \$ 932.00**

Weekend Workshops & Activities

Elements of healing is focused on reestablishing deep connections with universal source energy, Mother Earth and most importantly ourselves! This is the way to healing, wholeness and purpose.



This loss of connection and feeling of separation has left us wounded and feeling alone. Loss of connection may cause a variety of health issues, depression and loss of purpose.

Are you ready to heal by finding your true self, to feel deep purpose and joy in your life once again!

- Hands on healing
- Sound healing
- Heart centered Pranayama Breathwork clearing and activation
- Working with the elements for deep connection and healing
- Shamanic journeying to connect with our power animals
- Working with the trees,
 - Tree breathing meditation
 - Sacred Celtic Tree healing - Celtic Ogham
- Fire releasing ceremony
- Art therapy
- Time for nature walks, Journaling and Yoga by the river

Register @ www.tonyasteinborn.com



Soul Seekers Podcast

Find us on Spotify & Amazon

Tonya Steinborn & Amy Murphy

Delve deep into the mysteries of life, death and everything in between.

Amy Murphy and Tonya Steinborn are an eclectic soul sister duo who are Alchemists, Healers, Witches and Paranormal Investigators. They keep it raw & real as they share their own journey and connect with guests as they seek topics of Healing, Paranormal, Esoteric, Spiritual, Witchcraft and so much more!!

Amy and Tonya have spent lifetimes immersed in this work.

Combined, they have overcome deliberating anxiety, a crippling spinal injury, deeply traumatic events and emerged as fearless light barriers!



Amy Murphy

MY SOUL SISTER AND BEST FRIEND

Amy has a background in TV and Film and a successful career as an entrepreneur. Her whole life she has been a seeker of many things including the wonders of life, the paranormal, holistic living and much much more.



Tonya Steinborn

I shares my back story on how I came to be the powerful, strong, educated, fearless medicine woman that I am today!

I share how I overcame struggles and trauma in my life and how it shaped who I am today.

It is a success story of true perseverance and triumph, always leading with love, deep empathy and experience.



"Amazing group! Met them one evening during an investigation at the Lizzy Borden house and they were so kind and invited me to join them the next day at the Freetown Forest. Truly amazed by them. They're so knowledgeable and really created an accepting environment for all those around willing to learn more about the paranormal. So happy to have met them during my small getaway!" - Alexandra Corri Davenport