

*Which  
Element  
Mama are  
you?*

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# Wood Element Mama

You love taking your littles on adventures & giving them new experiences. You are courageous & can adapt with the seasons of motherhood. When you are tired you feel irritable & snappy. Sour flavours like sourdough, lemon or fermented foods are good for Wood Element Mamas.

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# Fire Element Mama

You live for seeing your children experience joy & the sound of their laugh is your favourite sound. When you feel overwhelmed you feel heart palpitations, anxiety & mental restlessness. Bitter flavours like dandelion tea, arugula or collard greens are good for the Fire Element Mama.

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# Earth Element Mama

You have always been nurturing, even before becoming a mama. Creating a loving home, cooking & nurturing your child's natural talents fills your heart. When you feel 'off' you feel digestive upset. Natural sweet flavours are good for the Earth Mama like yams, carrots & fruit.

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# Metal Element Mama

Organizing & planning bring you a sense of peace. You enjoy creating aesthetic & 'feel good' spaces in your home. You appreciate when your child expresses their boundaries with you & others. You feel like you've failed when things don't turn out as you'd planned. Pungent flavours like garlic, ginger & radishes are good for the Metal Element Mama.

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# Water Element Mama

You have a vision & willpower to bring your creative visions to life. You love imaginary & artistic play with your children. You love to take bath & connect skin to skin with your babies. When you feel fear, it hangs on & is difficult to release. Salty flavours like himilayan salt, seaweed & seafood are good for the Water Element Mama.

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