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The Bittersweet Balance

*A Gudi Padwa reflection on wellness, patience, and both
sides of nourishment.*

The Nourished Roots

GOODNESS WITHIN

By Pooja Kothari

Founder & Curator, The Nourished Roots

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 OPENING NOTE

On Gudi Padwa — the start of the Hindu New Year — we begin with a simple ritual: tasting bitter neem and sweet jaggery.

*“A reminder that life, like health,
is never just one flavour.”*

The Bitter Comes First

In every wellness journey, the bitter comes first:

- Unlearning old habits
- Choosing nourishment over convenience
- Staying patient with the process



*That's what makes the sweet
worth it —
clarity, sustained energy,
and lasting vitality.*

*“At The Nourished Roots, we believe
true wellness lies in embracing both.”*

Pooja Kothari

Founder & Curator, The Nourished Roots

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Thank you for reading.

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