

Blog 3: Filling the Void – Nourishing the Forgotten Stomach

Most people turn to food when they are grieving — but my grief stole even my appetite.

After my beloved son cruelly left us and this world, food became a burden rather than taste. The aroma of cooking tore at my heart, and an empty plate screamed his absence even louder. Yet with time I began to understand — my body was speaking.

The emptiness was not only emotional; my gut — my second brain — was also in pain. We usually focus on the soul and the mind, but we forget the centre of the body — the gut. I started studying — the billions of bacteria living in the stomach that control our mood, memory, decision-making power, even our emotions.

And grief, stress, indigestion all devastate that inner world. I decided — if I am to fill my void, I must start with the body.

Thus began my inner dietary journey. I started drinking kanji — ancient fermented liquid made from carrot, beetroot, cumin, asafoetida, and black salt left in the sun for three days.

With every sip I felt life. I changed my food — probiotic- and fibre-rich meals that can revive the gut. I ate in silence — offering reverence to every chew, expressing gratitude.

I realised the mind also affects the gut. So I began meditation, breathwork, and routines that bring balance. The amazing thing was — when my gut began to heal, my mind also began to settle.

And when the mind settled, grief stopped breaking me and started refining me.

Now every morning I honour my gut — warm lemon water, kanji, light yoga, and abundant gratitude to start the day. Sometimes emptiness in life feels enormous. But that emptiness can also be the path to fullness.

If you ever feel tired, heavy, or directionless, perhaps your gut is trying to speak. Listen to what it wants to say. Love it. Nourish it. Because when the deep inner void is filled — that is where new life begins to bloom.