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MEG BOWMAN

Author, Licensed Nutritionist and Trauma Expert



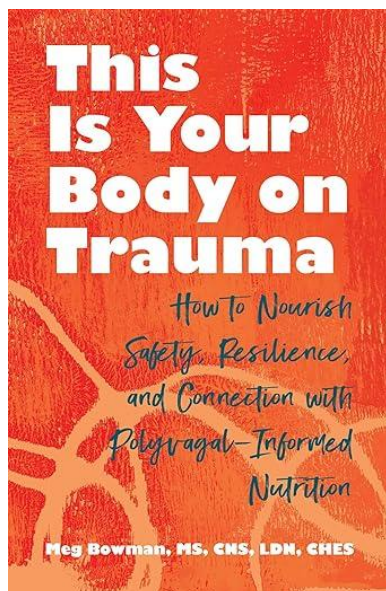
Meg Bowman is a licensed nutritionist and educator specializing in the powerful intersection of mental health and nutrition. She is the co-founder of several organizations that reflect her commitment to functional, compassionate, and evidence-based care, including **Nutrition Hive**, a functional group nutrition practice supporting clients navigating mental health, hormone and gastrointestinal conditions, and **Clinician's Incubator**, where she mentors postgraduate nutrition professionals pursuing the Certified Nutrition Specialist (CNS) credential. She also serves on the faculty of **Nested Health Coach Certification**, an NBHWC-approved program that equips providers with trauma-informed coaching skills.

Meg is also the author of the forthcoming book *This Is Your Body on Trauma: How to Nourish Safety, Resilience, and Connection with Polyvagal-Informed Nutrition*, which explores how nutrition can be used as a tool for trauma recovery and nervous system regulation.

Read her thoughts on [Substack](#), and learn more about her work and resources at www.megbowmannutrition.com. You can find her on Facebook [@nutritionhive](#) and Instagram [@nutritionhive.health](#).

THIS IS YOUR BODY ON TRAUMA

How to Nourish Safety, Resilience, and Connection with Polyvagal-Informed Nutrition



***This Is Your Body on Trauma* is the first book to teach readers how to use nutrition to heal underlying trauma that presents in physical symptoms. It features a unique do-it-yourself approach, allowing people to completely customize their care plan.**

Trauma is pervasive, and recovery usually involves extensive talk therapy. What is often overlooked is using nutrition as a way to restore a sense of safety and self-trust. Research shows between 60 and 90 percent of physician visits are due to the wear and tear on the body from stress hormones. The gut is often our first indicator that something is awry; it is the watchtower raising the alarm, and the existence of trauma can create a negative feedback loop with the brain that leads to several quite common gut-brain axis complaints, such as anxiety, depression, IBS, and pain.

More than “just” a nutrition book, *This Is Your Body on Trauma* helps people make connections between what is going on in their mind and body with a unique 360-degree integrative approach to mental health. Using a unique, customizable approach, readers are

given a series of experiments based on recommendations, formulating their needs and providing actionable solutions to lessen the perception of stress with nutrition. This book will help people who have experienced traumatic events as both a child and an adult, those who experience chronic stress, as well as people who have experienced food trauma heal and manage the physiological impacts of that trauma throughout their lives.

- The experiments provided in the book can be done in collaboration with a therapy or nutrition provider.
 - This book is the only one that discusses not only nutrition for trauma (what to eat), but also applies it in a trauma-informed way (how to eat to avoid triggers).
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DISCUSSION TOPICS:

- In your book, you don't tell people which diet is "best." Why is that, and what approach do you take instead?
 - How does trauma change the way our nervous system influences eating patterns?
 - Many people blame themselves for their food choices. How does your book address shame and self-blame?
 - How is your approach different from traditional nutrition advice?
 - What role does the gut-brain connection play in trauma recovery?
 - Why do you think nervous system regulation has been left out of so many conversations about nutrition and health?
 - Your book talks about using a stretch to stress continuum when choosing nutrition experiments - why is that important?
 - How are we doing New Year's resolutions about nutrition wrong and how can we shift that from a polyvagal-informed lens?
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This Is Your Body on Trauma *How to Nourish Safety, Resilience, and Connection with* *Polyvagal-Informed Nutrition*

Releasing October 28, 2025 from Health Communications, Inc.

Available for preorder from
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and wherever fine books are sold.