

NOURISHING

Meaning: NOURISHING: providing essential nutrients or support that promotes health, well-being, or growth.

1. The chef prepared a nourishing meal that was both delicious and healthy.
2. She believed that spending time outdoors was nourishing for the soul.
3. The community garden provides nourishing food to families in need.
4. Reading books can be a nourishing activity that enriches the mind.
5. He found that meditation was a nourishing practice that helped him cope with stress.

Source: sentences.whatistheurl.com

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