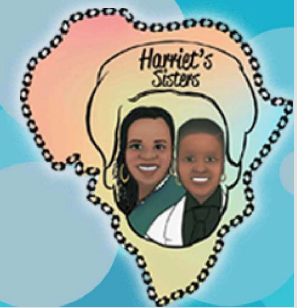


Premiere Issue | June 2026

HARRIET'S SISTERS
**WHOLE HEALTH
LITERACY**
Newsletter



HSWHL: Where Wellness Meets Heritage

We are thrilled to have you join our **Harriet's Sisters Whole Health Literacy** community during this deeply meaningful month when we honor the brilliance, resilience, and transformative contributions of the Black community. We believe wellness is rooted in understanding and in the rich legacies that have shaped countless generations.



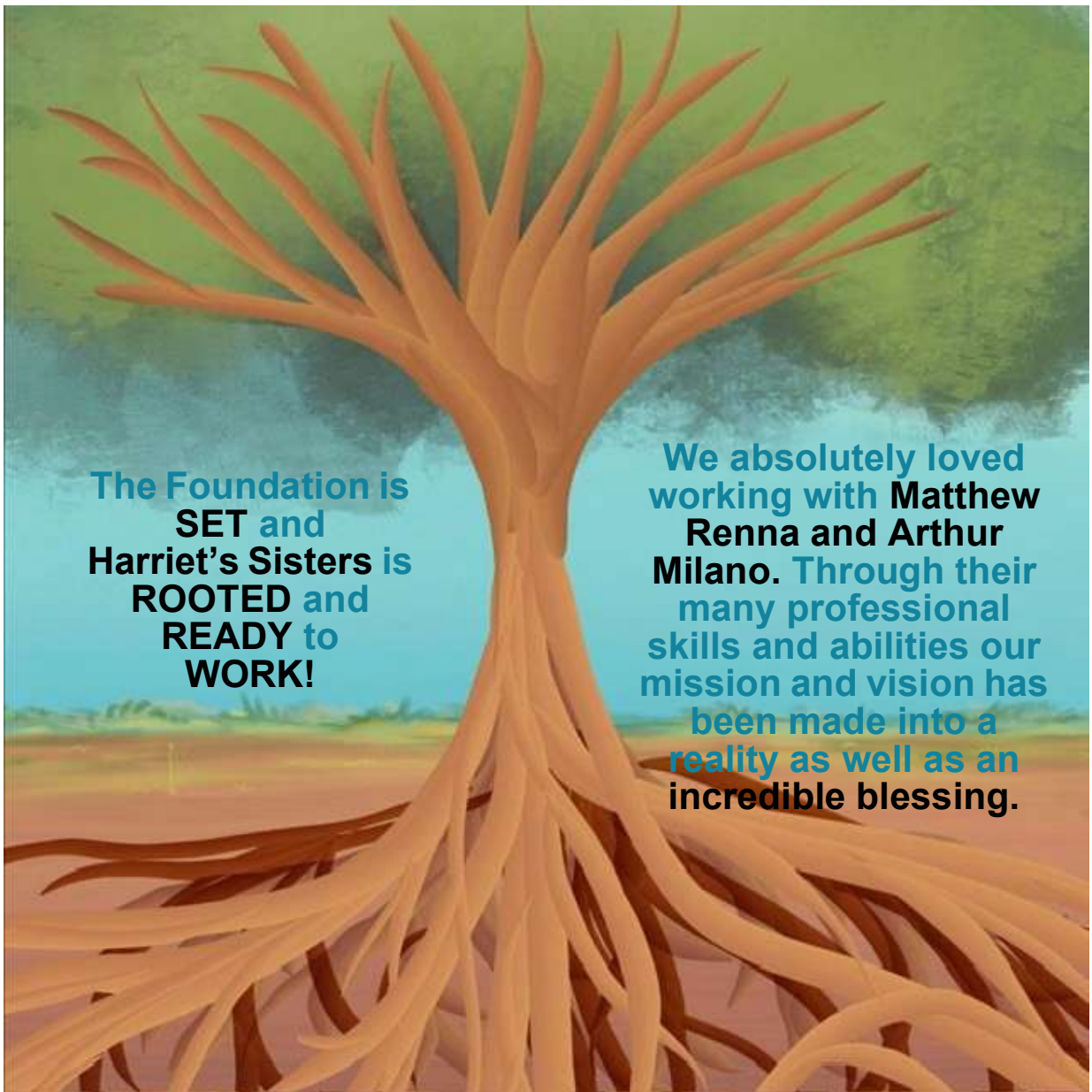
Harriet's Sisters[®]
**Whole Health
Literacy Podcast**
www.HarrietsSisters.com



Reverend Jennifer
"Rev Jen" Williams



HS Sandra
Sirmans



The Foundation is
SET and
Harriet's Sisters is
ROOTED and
READY to
WORK!

We absolutely loved
working with **Matthew
Renna** and **Arthur
Milano**. Through their
many professional
skills and abilities our
mission and vision has
been made into a
reality as well as an
incredible blessing.

AFFIRMATION:

"Live Every Moment, Laugh Every Day, and Love Beyond Words"

– Writer unknown



**Meet Our Inspiration:
Harriet Reimagined**

We forever stand in remembrance of **Araminta "Minty" Ross** aka **Harriet Tubman** who fiercely navigated the terrain, weather, and the uncertainty of the many challenges to her very existence – she not only fought for her liberty, but she also fought for others.

The Many Benefits of Fresh Ginger

Did you know? Fresh ginger contains bioactive phenolic compounds, primarily gingerols, responsible for its pungent, spicy flavor and anti-inflammatory properties. Other components include [shogaols](#), formed when ginger is heated or dried, along with [terpenes](#) and flavonoids, which contribute to its distinct aroma and wide range of health benefits, like aiding digestion and boosting the immune system.



Main Components:

Gingerols:

These are the primary phenolic compounds and are responsible for the raw, zesty, and pungent flavor of fresh ginger. 6-gingerol is the most abundant form, noted for its potent anti-inflammatory and analgesic effects.

Shogaols:

These compounds are formed from gingerols when ginger is heated or dried, giving dried ginger its characteristic sweeter heat. Shogaols also possess significant anti-cancer and anti-inflammatory properties

Terpenes:

These are [essential oil](#) components, such as zingiberene, that contribute to ginger's aromatic quality.

Flavonoids:

These compounds are also present and contribute to ginger's antioxidant properties.

FRESH GINGER OFFERS BENEFITS such as reducing inflammation, relieving nausea and digestive issues, alleviating pain from conditions like arthritis and menstrual cramps, and potentially supporting blood sugar and heart health. Its positive effects stem from bioactive compounds like gingerol and shogaol, which possess antioxidants, anti-inflammatory, and antimicrobial properties.



The banner features a blue background with a light blue circular pattern. On the left is a logo for 'Harriet's Sisters' showing two women's faces inside a heart shape. To the right of the logo, the text reads 'Don't miss Harriet's Sisters® Whole Health Literacy Podcast'. Further right are two small portrait photos: one of a man in a white suit and one of a woman with curly hair. Below the photos are their names: 'Reverend Jennifer "Rev Jen" Williams' and 'Minister Sandra Sirmans'.

Don't Miss our Ongoing Wellness Discussions

Continuing the important dialogue from the HSWHL application, subscribers will enjoy our continuing conversations around the four pillars (spiritual, physical, mental, and financial health), and deeper, spiritually guided insights into coping and thriving in today's challenging world. [Click here](#) to listen.

INTERESTED IN BEING A PODCAST GUEST?

We would love to hear from you. Just fill out our [Query form](#) and tell us why you think you would be a good fit to chop it up with Harriet's Sisters!

BLOG SPOTLIGHT



The Bio of Rev. Jen

Meet Reverend Jennifer Williams,
Harriet's Sisters Co-Founder
Click: About – on HS Website

COMING SOON!

Harriet's Sisters WHL Training Modules

Expand your HSWHL experience with our new Training Modules designed to increase your awareness and experience in:

- Spiritual Health
- Physical Health
- Mental Health
- Financial Health

You will enjoy a deeper connection to the community and to your goals. **Stay tuned.**

Join us at www.harrietssisters.com

or email us today at hswhl@harrietssisters.com