

SCARSTORIES · A LITTLE COMPANY ON THE WAY

A balcony, some tomatoes

Fatima S. — heart failure warrior · 2 Sep 2026

Off-topic but heart-adjacent: started a tiny balcony garden with tomatoes and herbs.

There's something about growing food that makes eating well feel less like a punishment and more like a project. Also kneeling in dirt is apparently great for the nervous system. My blood pressure agrees.

A personal account, not a treatment recommendation. Experiences and recovery vary.

For discussion and personal reference. Your care team's individual instructions take priority. For an emergency, contact your local emergency service; do not wait for a community reply.