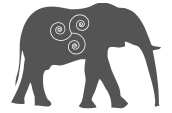


nourish your light!

# Nutrition Toolbag



## the fundamentals

breath

water

sunshine

sleep

movement

stress mgt

digestion

laughter



## awareness & witnessing

### bio-individuality

*find your own unique way*

### the holy question

*how far away from the earth/source is my food*

### whole foods

*whole grains, nuts, seeds, fruits, veggies, oils, eggs, etc.*

### vegetable centric

*whole grains, nuts, seeds, fruits, veggies, oils, fish, etc.*

### moderation & rotation

*whole grains, nuts, seeds, fruits, veggies, oils, fish, etc.*

### internal balance

*alkaline & acid*



movement  
practices

## nourishment

professional  
passion

spiritual ritual

relationships

compassion

small steps

inquiry

51%

6 months

add vs. restrict

1. **Awareness & Witnessing:** Shining the light of awareness on our habitual patterns is the first step in moving towards prolonged healthy living. Witnessing is the process of watching/observing our experience instead of constantly reacting. Practicing awareness & witnessing allows us to re-empower ourselves and make healthier, more conscious choices.

2. **Bio-individuality:** No two bodies are alike! Because one person's medicine is another person's poison, it's important to listen to the wisdom of your own body. The concept of Bio-Individuality invites us to explore different nutritional theories (*raw foods, high protein diet, vegetarian, the blood type diet, etc.*) but reminds us that no *one* theory is right for every individual and even if one way of eating works for a while, it will not be effective forever. Ultimately, the most effective nutritional theory is to listen to internal wisdom to decide what is best for you and your body.

3. **The Holy Question:** How much life does my food have? How far away from the earth is my food? Foods that are processed and refined are farther from the earth while foods that are whole are close to the Earth and have more of their original vitality. This key question can be asked about food, our living environment (*toxic paint, conventional cleaners*) what we put in and on the body (*lotions, shampoos, toothpaste etc.*) cooking methods (*microwave vs. gas cooking*), etc.

4. **Whole Foods:** Foods that have not been highly processed or fragmented are close to the earth/source and rich in nutrients. They include: whole grains, beans & legumes, nuts & seeds, fruits, veggies, high quality organic dairy and high quality animal protein (*fish, chicken, beef etc.*).

5. **Vegetable Centric:** Vegetables are deeply nourishing. They provide essential vitamins, minerals and fiber, they are low in calorie density and regular consumption helps to keep us balanced and free of serious disease. Make vegetables the star attraction on your plate!

6. **Moderation & Rotation:** Moderation means not consuming extreme or excessive amounts of food within any one category. Rotation means focusing on the diversity of the foods (*which equals diversity of vitamins and minerals*) that you eat on a daily and weekly basis. For example, it's great to eat whole grains at every meal, but go beyond brown rice and - enjoy quinoa, kasha and millet, too. Also, eat a variety of vegetables in different colors, shapes and sizes. Look at the content of your meals and mix it up a bit - if breakfast is always cereal and milk its time to rotate!

7. **The body wants to align with center:** The body is an amazing bio-computer and it wants to maintain a balanced PH level for us to stay healthy. The body performs countless tasks during the day to support us in optimal functioning – breathing, circulation, cell maintenance, etc. When we eat foods that throw off our natural balance, we are creating more work. The body holds off on the day-to-day tasks that are vital for optimal health and instead has to focus its energy on the re-balancing the current emergency. If the imbalance is continual due to low quality food and lifestyle choices, the body has to abandon the day-to-day maintenance tasks to work full time on removing the toxins from the system. As years go by the lack of maintenance catches up and massive disease begins to form.

8. **Beyond Food: Nourishment:** Eating healthy food is only half of the equation for optimal health. Our food choices are affected by how nourished we are on other levels - if we are not pleased with our work, for example, we may seek comfort in extra sweets. It is vital to be constantly exploring nourishment on all levels - spiritual ritual, professional passion, movement practice, and relationships - and to move towards resolution of the main stressors in our lives.