

Nourish the Whole Self



Deanna Minich, PhD
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FOOD + SPIRIT™

Nourish the whole self

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Check-in from the Groups

Brenda Fister

Sue Blewett

Rachel Eppinga

Louise Tjernqvist

Lisa Siegmann

Christine Taranto

Carla Hall

The Experiment...



Week 4

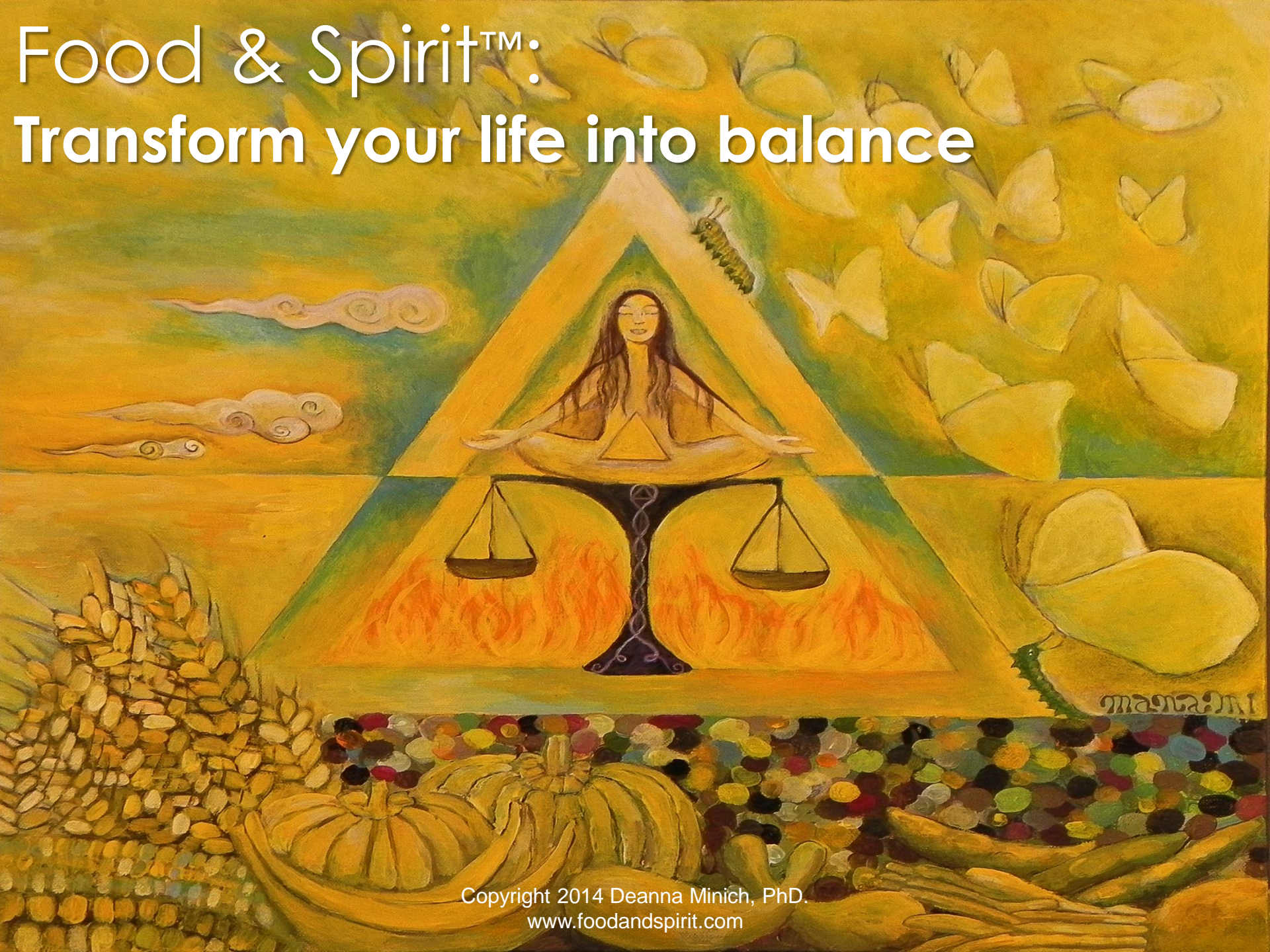
Eating and its Connection to Power,
Energy, and Sustenance

“I was always looking outside myself for strength and confidence, but it comes from within. It is there all the time.” – Anna Freud



Food & Spirit™:

Transform your life into balance



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Transformation & Transfer

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Power & Empowerment



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Energy & Exchange

An abstract fractal artwork featuring a central, bright yellow-orange sphere with a glowing point of light. This sphere is surrounded by complex, swirling, and overlapping translucent layers of yellow, orange, and green. The background is a deep black, which makes the vibrant colors of the fractal stand out. The overall effect is one of dynamic energy and intricate geometric patterns.

Confidence & Self-Esteem





Catalyst & Spark

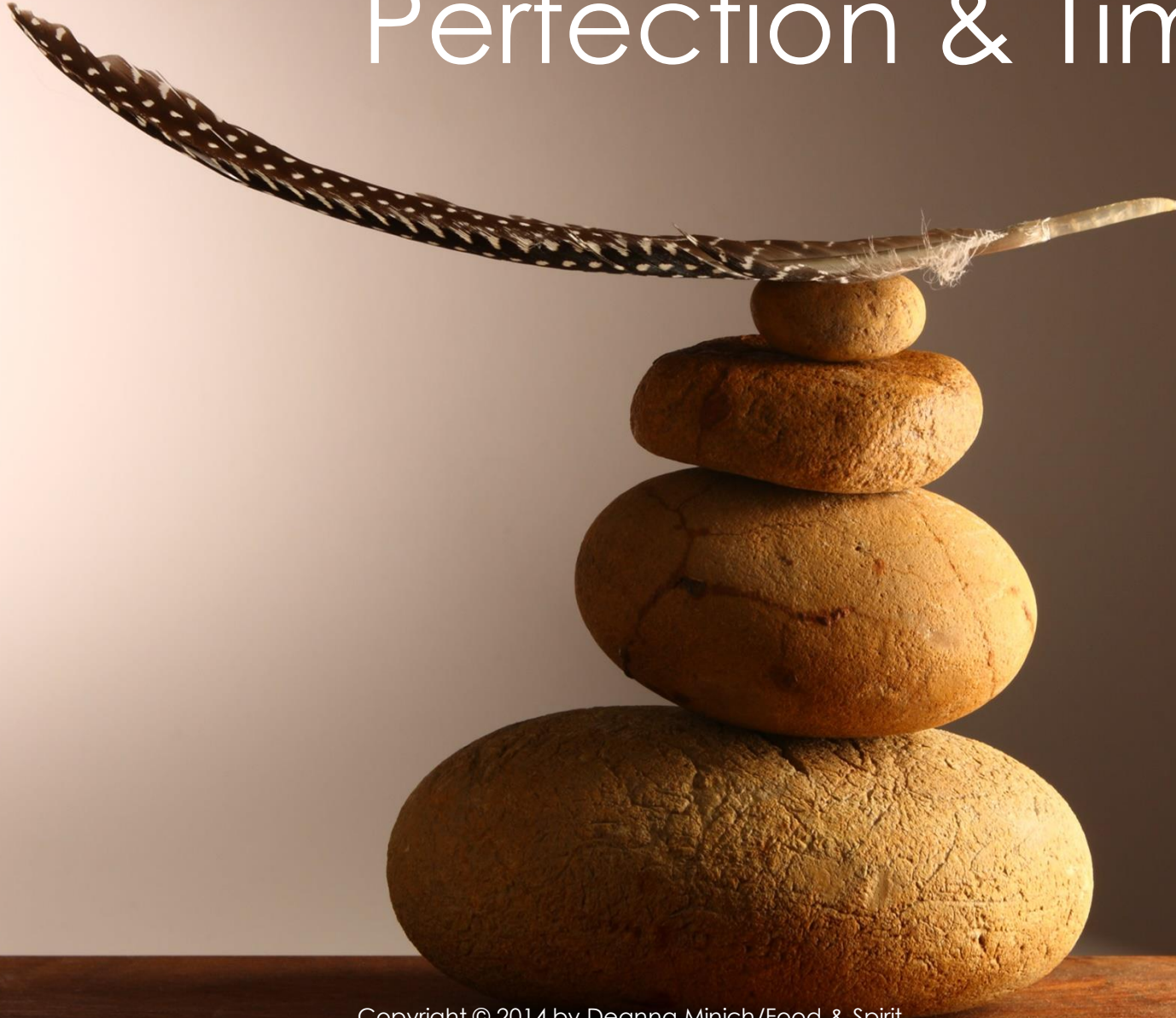
Ego & Presence



Accomplishment & Achievement

The background of the slide features a close-up, low-angle shot of several golden statues, likely the Vince Lombardi Trophy, set against a clear blue sky. The statues are in various dynamic poses, suggesting movement and triumph. The lighting is warm, highlighting the metallic texture and the intricate details of the figures.

Perfection & Timing



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Heat & Fire





Radiance & Brilliance

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The Fire



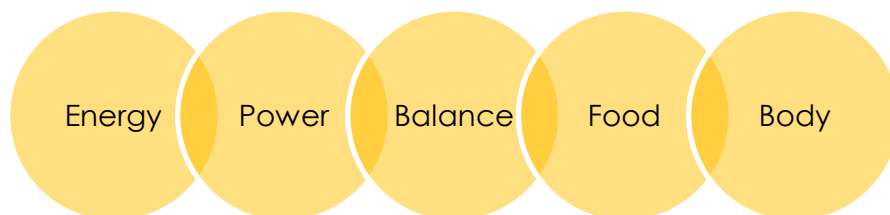
"Never underestimate the power of a single meal."

– Deanna Minich

- * transformation
 - * self-esteem
 - * power & empowerment
 - * sustained energy
 - * balance
 - * will
 - * determination
-

- * carbohydrates
- * healthy sweeteners
- * soluble fiber
- * legumes
- * whole grains
- * foods for digestion & metabolism
- * warming spices
- * yellow-colored foods

THE FIRE



Section 3 – The Fire

1= Not so much 2=Occasionally 3= Sometimes 4=Most times 5=Perhaps too much

1.	My energy level is high.	1	2	3	4	5
2.	I am energized by living.	1	2	3	4	5
3.	I get energy from people.	1	2	3	4	5
4.	I get energy from food.	1	2	3	4	5
5.	I am always "doing" something.	1	2	3	4	5
ENERGY – TOTAL						
6.	I am confident.	1	2	3	4	5
7.	I am determined.	1	2	3	4	5
8.	I put my focus on my goals.	1	2	3	4	5
9.	I strive for perfection.	1	2	3	4	5
10.	Achievement is important to me.	1	2	3	4	5
POWER – TOTAL						
11.	I strive to stay in balance.	1	2	3	4	5
12.	Work is a priority for me.	1	2	3	4	5
13.	I do it all.	1	2	3	4	5
14.	I plan every activity.	1	2	3	4	5
15.	I say "yes" to everything that comes my way.	1	2	3	4	5
BALANCE – TOTAL						
16.	I eat sweet foods as a reward for working hard.	1	2	3	4	5
17.	I eat starchy foods (e.g., breads, pastas, pretzels).	1	2	3	4	5
18.	I eat foods that give me energy.	1	2	3	4	5
19.	I am sensitive to spicy foods.	1	2	3	4	5
20.	I prefer cold foods.	1	2	3	4	5
FOOD – TOTAL						
21.	I have digestive issues.	1	2	3	4	5
22.	I have to watch my blood sugar.	1	2	3	4	5
23.	My liver is overactive.	1	2	3	4	5
24.	I feel warm after eating.	1	2	3	4	5
25.	I have belly fat.	1	2	3	4	5
BODY – TOTAL						
OVERALL FIRE TOTAL (SUM OF ALL SECTIONS)						

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THE FIRE

Subgroups Scoring

Score	Rating
23 to 25	Excessive
18 to 22	Somewhat Excessive
13 to 17	Balanced
8 to 12	Somewhat Deficient
5 to 7	Deficient



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Overactive

- Prone to stress and its effects
- High-sugar eating
- Multi-tasking, always doing too much
- A sense of “urgency” & perfectionism
- Strong ego

Balanced

- Mastered balance of life
- Moderate to high energy level
- Able to transform stress
- Confident yet open
- Average carbohydrate intake

Underactive

- Drained and fatigued
- Require sugar/caffeine to keep going
- Life as overwhelming
- Indigestion
- Drawn towards warm and/or spicy food

Energy currency

- Where are you putting your energy right now?
- What is giving you energy in your life?
- What is costing you energy in your life?

“Should’s” vs “Could’s”

Criticism and Judgment

Perfectionism

- “Perfectionism is a refusal to let yourself move ahead.”
- “Perfectionism is not a quest for the best. It is a pursuit of the worst in ourselves, the part that tells us that nothing we do will ever be good enough – that we should try again.” – Julia Cameron
- “A painting is never finished. It simply stops in interesting places.” – Paul Gardner

“If I didn’t have to
do it perfectly,
I’d try...”

A person with long blonde hair, wearing a long floral-patterned coat and dark pants, stands with their back to the camera on a train platform. A train is blurred in the background, moving quickly. The scene is lit with warm, yellowish light, possibly from the train's headlights or platform lights.

One of my teachers gave
me a great lesson:

Live life "medium-to-slow".

What speed is your life on?

What foods are **costing you**
energy?



What foods are
giving you energy?

Check your diet diaries...

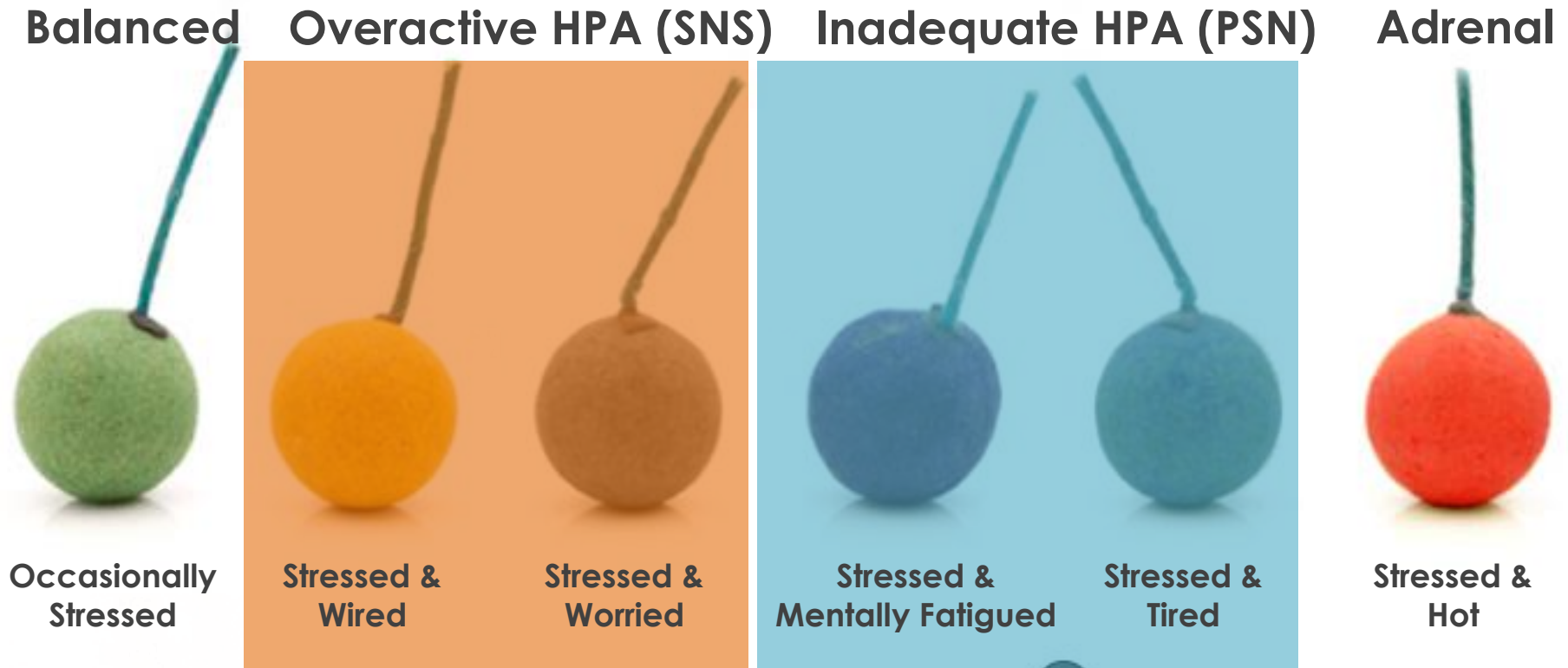
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How is your ***ego identity***
connected to your eating?

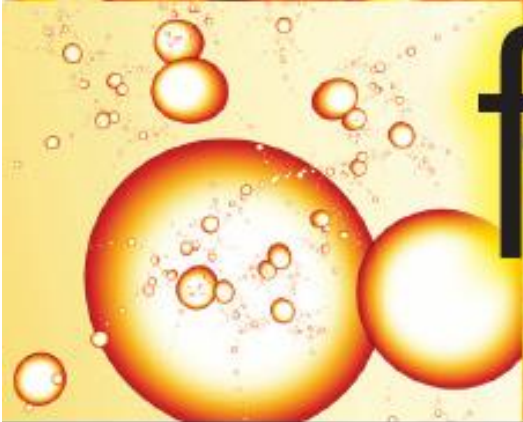


Show me
your plate,
I'll tell you
who you
are.

The many “flavors” of stress



Stress patterns express a trend toward increasing exposure to excess stress hormones and decreasing stressor tolerance.



fire



My digestive system

catalyzes



the transformation of food
into my being.

A woman in a white leotard is captured in a dynamic, joyful pose, jumping or dancing with her arms outstretched and head tilted back. She is holding a piece of fabric that flows behind her. The background is a vibrant sunset over the ocean, with waves visible in the foreground. The sky is filled with soft, golden light and some clouds. The overall mood is one of freedom, happiness, and connection with nature.

I eat foods
that
open me to my
powerful
self!



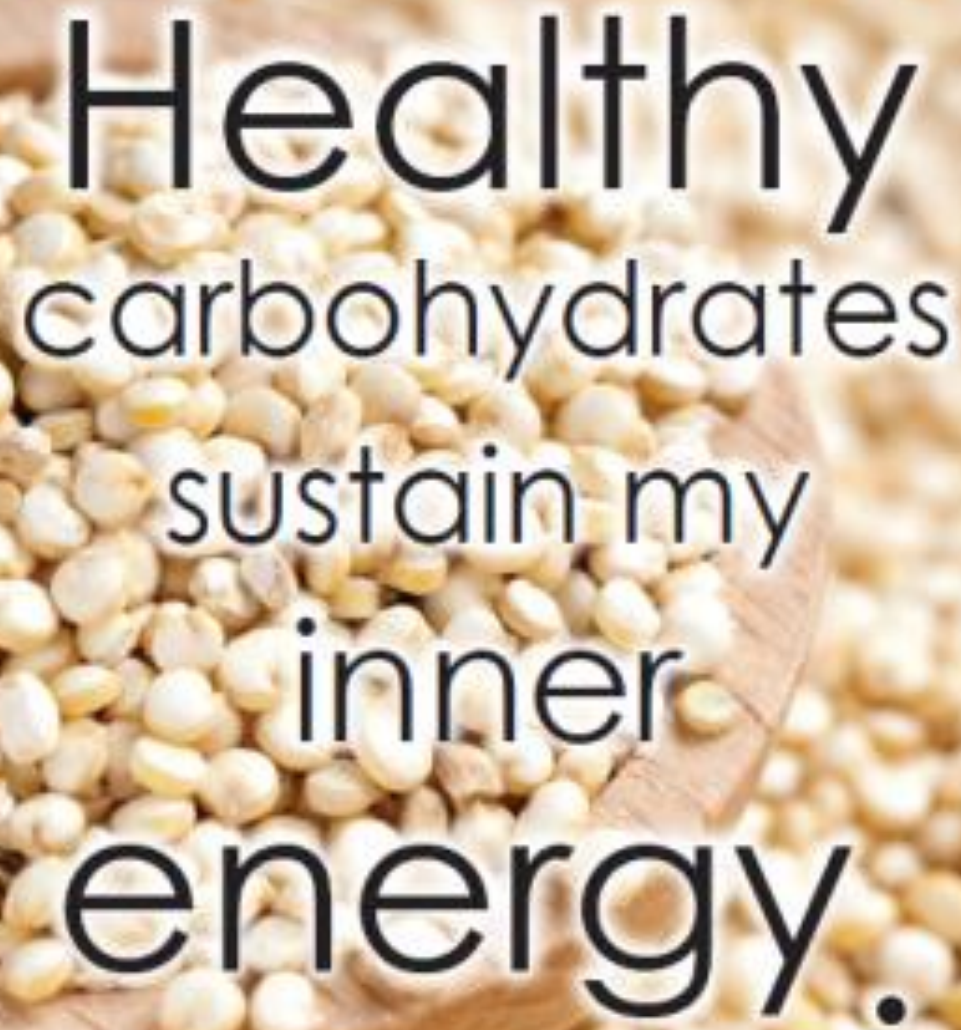
I savor the
sweetness of life

rather than seek
sweeteners
in food.



Yellow foods
allow

my
inner radiance
to shine forth.



Healthy
carbohydrates
sustain my
inner
energy.



I am transformed
with every
meal.

I release
limiting thoughts,



opinions,
and judgments
about food.

What are your 3 takeaways?

