



FOOD + SPIRIT™

Nourish the whole self

Check-in from the Groups

Brenda Fister

Sue Blewett

Rachel Eppinga

Louise Tjernqvist

Lisa Siegmann

Christine Taranto

Carla Hall

Week 7

Eating and its Connection to
Intuition, Insight, and Thought

“Look within the silence
and behold our indigo
soul-light,
hear the quiet wisdom
that illumines our inner
sight,
together let us dream of
the peaceful world we
would perceive,
with our imagination we
will create what we
believe.”

- Mara Friedman





Food & Spirit™:
In tune with intellect & intuition

The Insight



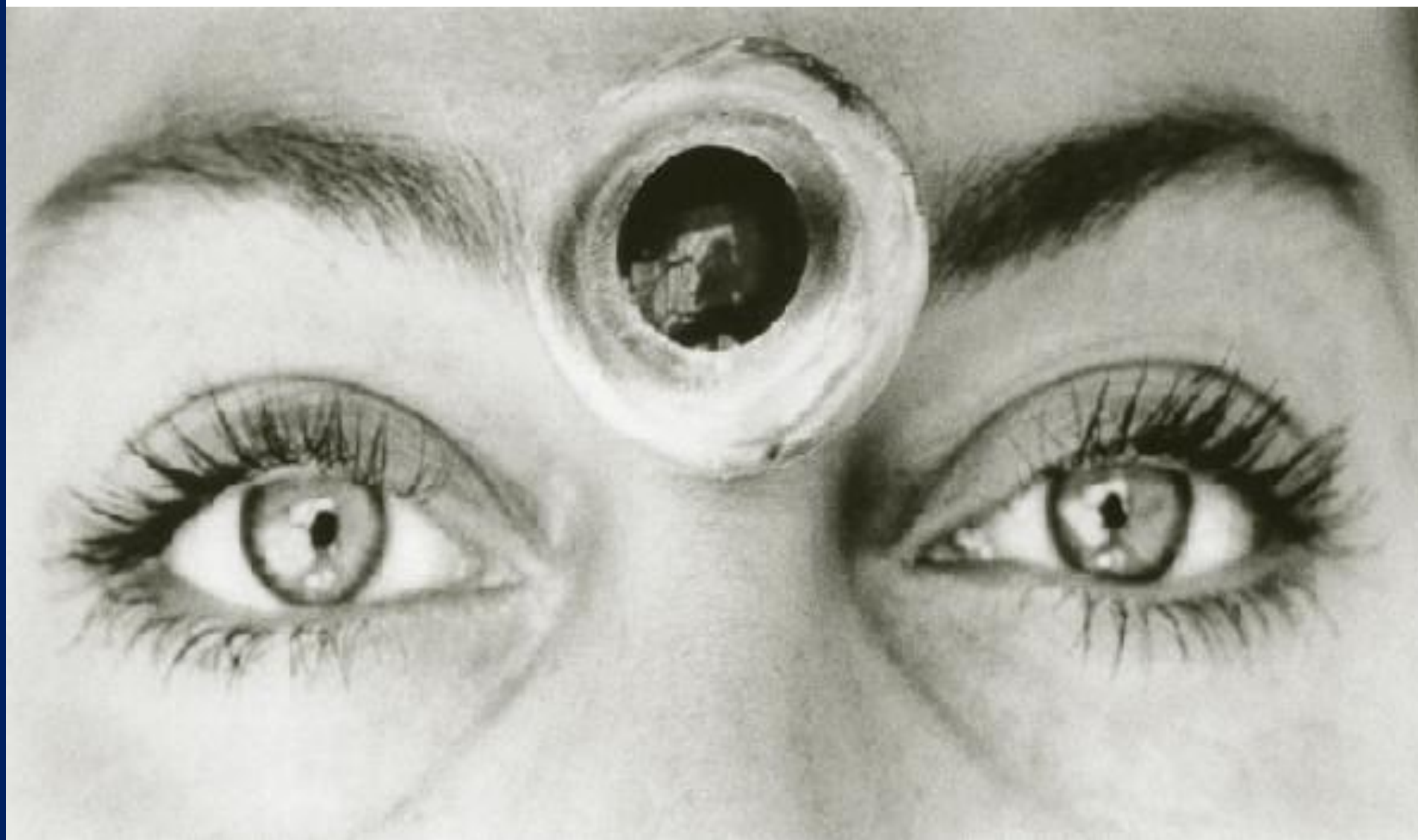
*"The best food choices are made when we combine
our intellect with intuition and instinct."*

– Deanna Minich

- * intuition
 - * wisdom
 - * concentration & focus
 - * mood-alteration
 - * meditation
 - * imagination
 - * self-realization
-

- * mood-altering foods
- * berries
- * foods that influence brain function
- * caffeine
- * pungent spices
- * dark chocolate
- * blue-purple foods

Intuition



Visualization & Imagination



Brain & Behavior

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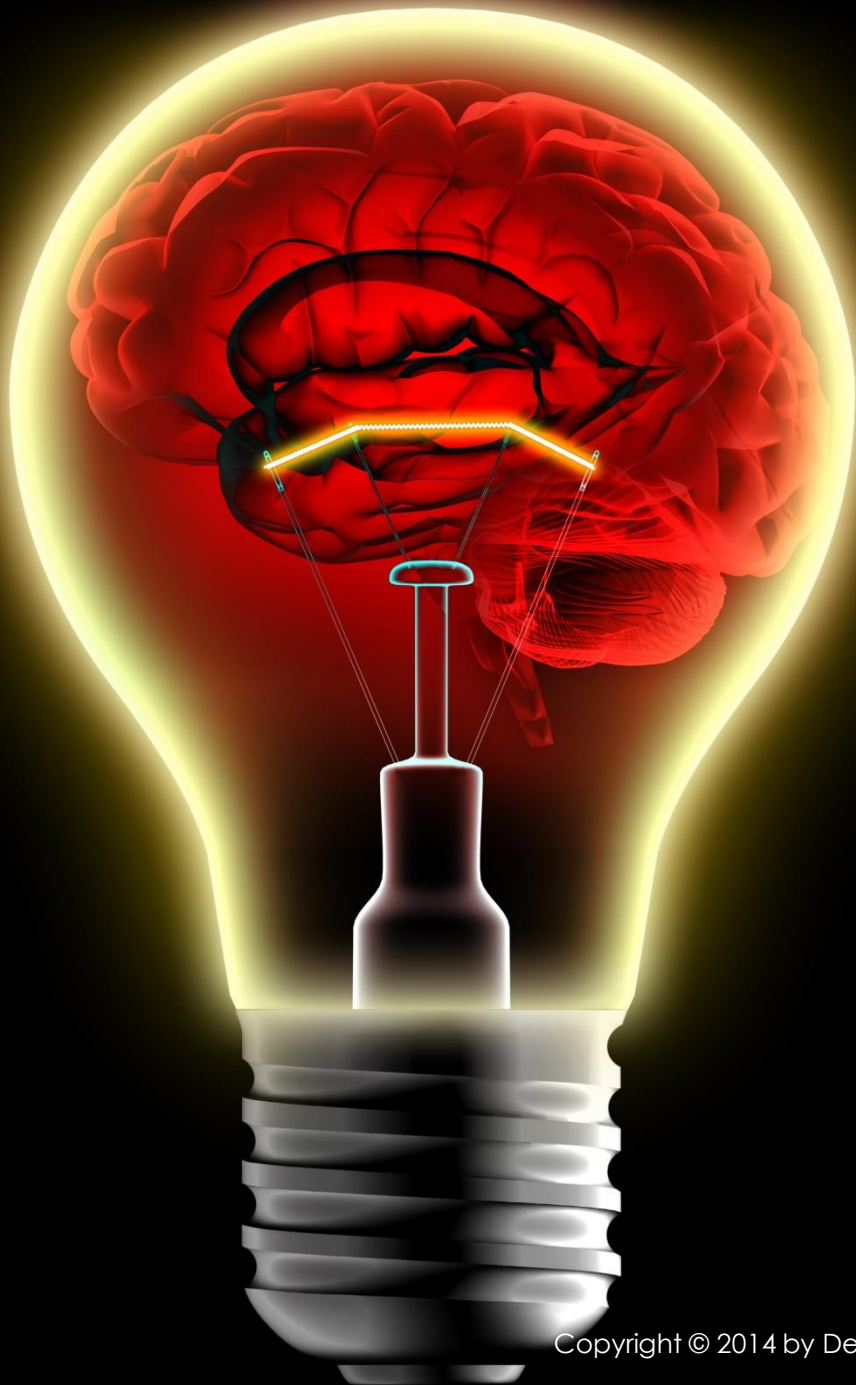
The background of the slide is a dark blue field filled with a complex, multi-layered fractal pattern. The pattern consists of numerous overlapping, semi-transparent, curved shapes that spiral and swirl together, creating a sense of depth and movement. The colors range from deep navy blue to a lighter, almost white-blue at the center of the spiral.

Intellect & Wisdom

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Perception & Discernment



Concentration & Cognition

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Eyes & Vision



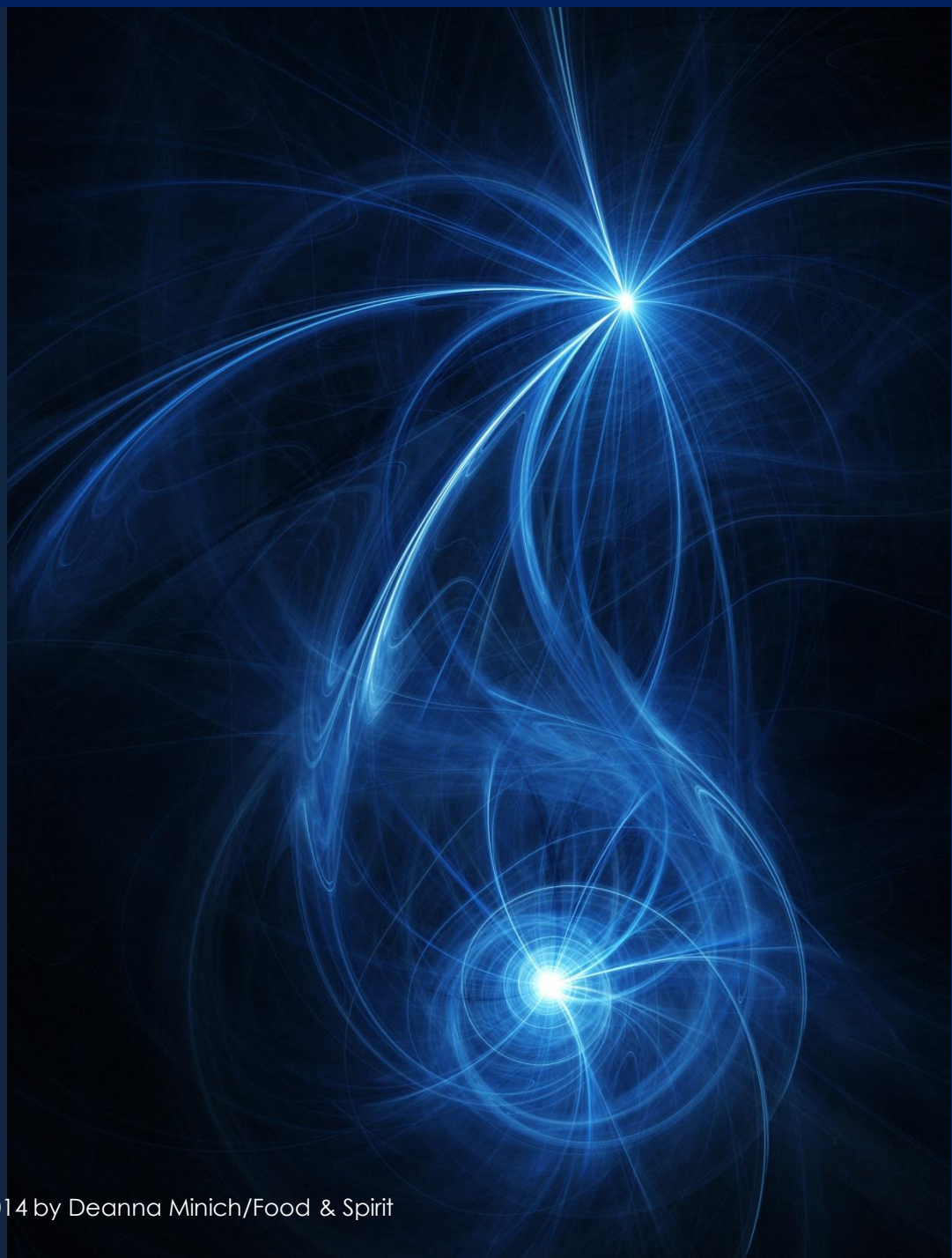
Collective Consciousness



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Dreams & Sleep

Symbolism & Metaphor



Spiral & Cosmic



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Overactive

- Tendency towards obsession
- Highly intellectual
- Avid seeker and logical in pursuit
- Hyperactive and wired/mood imbalances
- Difficulty sleeping

Balanced

- Strong thinker
- Intuitive
- Good memory and sleep patterns
- Expansive perceptions
- What you visualize you manifest

Underactive

- Thinking may be dull, memory not as sharp
- Possible addiction to stimulants
- Moody
- Long sleep, poor sleep
- What you cannot see, you cannot believe.
-

The 5 senses and the sense of “knowing”

“Prayer is us talking to God.
Intuition is God talking to us.”

- Char Sundust

Does everything start with a thought?

Watch your thoughts; they become words.

Watch your words; they become actions.

Watch your actions; they become habits.

Watch your habits; they become character.

Watch your character; for it becomes your destiny.

- Unknown

THE EFFICACY OF DISTANT HEALING FOR HUMAN IMMUNODEFICIENCY VIRUS— RESULTS OF A RANDOMIZED TRIAL

John A. Astin, PhD; Jerome Stone, MA, RN; Donald I. Abrams, MD; Dan H. Moore, PhD; Paul Couey, BA;
Raymond Buscemi, PsyD; Elisabeth Targ, MD

Back ...studies have appeared in the literature
appe suggesting that mental intentions sent from a
sent distance...can possibly influence clinical
can p outcomes in patients suffering from an array of
from medical conditions.
was
popu
(HIV

Methods • One hundred fifty-six patients with a history of AIDS category C and at least one AIDS-defining opportunistic infection were randomized to 1 of 3 study arms: (1) 10 weeks of prayer/distant healing from professional healers, (2) 10 weeks of prayer/distant healing from nurses with no

ized to the no-treatment control group.

Conclusions • Distant healing or prayer from a distance does not appear to improve selected clinical outcomes in HIV patients who are on a combination antiretroviral therapy.

(*Altern Ther Health Med.* 2006;12(6):36-41.)

Which most influences you?

- Absolutist thinking – replace with permissive statements
- Catastrophic thinking – replace with positive and accurate thoughts
- Pessimistic thinking – replace each negative thought with a positive
- Linear thinking – replace with organic living and surrender

Nocebo vs. Placebo

- *nocebo* (Latin for "I will harm")
- *placebo* (Latin for "I will please")

You believe and it is true, or it is true and you start to believe?

“In the Framingham Heart Study, women who believed they are prone to heart disease were nearly four times as likely to die as women with similar risk factors who didn't believe.”

JAMA.1996 Feb 7;275(5):345, 347. **Nocebos contribute to host of ills.**
Voelker R.

Hex Death

Individuals from cultures where voodoo is prevalent may result in people who get sick and die because of their belief in voodoo/hex death.

South Med J. 1992 Mar;85(3):244-7.**Hex death: voodoo magic or persuasion?**
Meador CK

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ACADEMY OF
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Does Your Body Really Speak its Mind?

Symbolic Diseases

An elderly woman⁵ was referred by an internist for an immunological opinion regarding an extraordinary widespread inflammatory thickening of the skin (and given a diagnosis of “connective tissue disease”). It began when she fell over and injured herself in a shopping mall. In her initial description of this, she spontaneously and repeatedly said “I went into my shell.” After the injury she shut herself away for a year behind “my four walls,” and then spontaneously recovered when a friend insisted that “I come out of my shell.”

Symbolic diseases and "mindbody" co-emergence. A challenge for psychoneuroimmunology. Broom BC, Booth RJ, Schubert C. *Explore (NY)*. 2012 Jan-Feb;8(1):16-25.

Symbolic Diseases

A woman⁵ developed very aggressive rheumatoid arthritis complicated by gold therapy-induced bone marrow failure. The disease arose in a context of a very enmeshed marital relationship and social context, about which she used the following language: “in a bind” “I can’t get moving,” “captured,” “tethered, enslaved,” and, indeed, “crippled” by living in a small back-water town. Therapy addressing these issues has led to an enduring remission (12 years thus far).

Symbolic diseases and "mindbody" co-emergence. A challenge for psychoneuroimmunology. Broom BC, Booth RJ, Schubert C. Explore (NY). 2012 Jan-Feb;8(1):16-25.

“Changing your thoughts and feelings can also change brain activity.

Imagining playing the piano produces a PET scan of the brain that is almost identical to the scan of actually playing the piano.”

- Doc Childre

Be the gardener of
“weedy” thoughts.

What thoughts about food
and eating plague your
garden?

Four Universal Addictions

- Angeles Arrien

Addiction	Unclaimed Resource
Intensity	Love
Perfection	Surrender
Need to Know	Wisdom
Being fixated on what's not working rather than what IS working	Vision, Looking at the Whole

THE EMERGENCE OF TYPE 3 DIABETES: *THE DEMENTIA OF THE 21ST CENTURY*

Journal of Alzheimer's Disease 10 (2006) 89–109
IOS Press

89

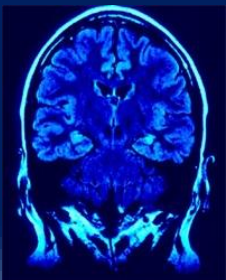
“The co-existence of brain insulin... deficiency and resistance suggests that Alzheimer's disease may represent a brain-specific form of diabetes, i.e., Type 3 diabetes.”

(de la Monte et al. J Alz Dis 2006; 10:89-109)

Nataniel Lester-Coll, Enrique J. Rivera, S.
Suzanne M. de la Monte*
Departments of Medicine and Pathology, Rhode Island Hospital and Brown Medical School, Providence, RI, USA

diabetes?

Eric Steen, Benjamin M. Terry, Enrique J. Rivera, Jennifer L. Cannon, Thomas R. Neely, Rose Tavares, X. Julia Xu, Jack R. Wands and Suzanne M. de la Monte*
From the Departments of Pathology and Medicine, Rhode Island Hospital and Brown Medical School, Providence, RI, USA



Body Aspects

- Brain & neurotransmitters
- Eyebrows & eyes
- Forehead
- Pituitary gland



insight

The background of the image is an abstract, marbled pattern in shades of purple and white. The pattern consists of swirling, wavy lines that create a sense of movement and depth. In the center of the image, there is a solid purple circle. Overlaid on this circle is the text "Blue-purple foods feed my mind and vision." in a white, sans-serif font. The text is arranged in four lines, centered within the circle. The overall composition is balanced and visually appealing, with the text clearly standing out against the busy background.

Blue-purple
foods feed
my mind
and vision.

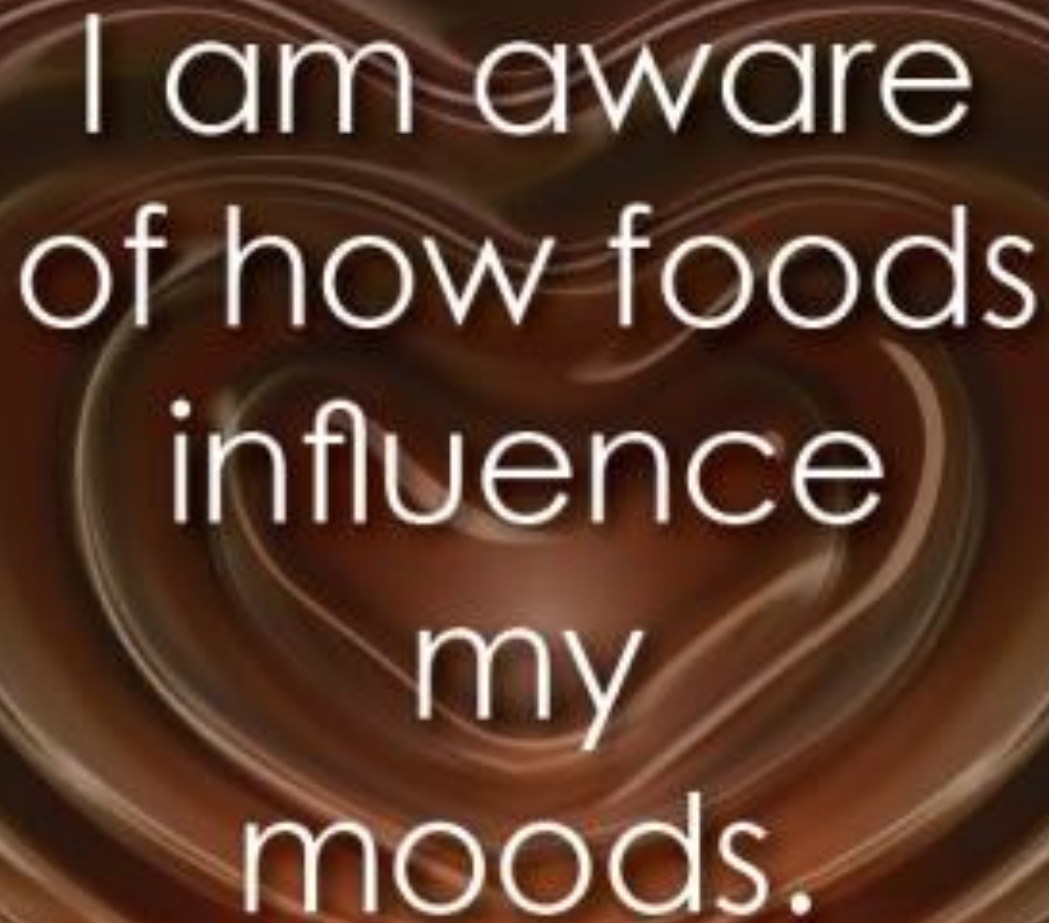


I choose
foods
that help me
concentrate
and focus.



Intuition

guides
my food
choices.



I am aware
of how foods
influence
my
moods.

A glowing purple and white spiral graphic centered on a dark background. The spiral is composed of concentric, slightly irregular rings that create a sense of depth and movement, resembling a vortex or a stylized eye. The colors transition from a bright white at the center to a deep purple at the edges.

I free myself

from the spiral of
food addictions.

The background is a vibrant, abstract composition. A large, multi-colored rainbow arches across the middle. To the left, a black silhouette of a person stands on a dark, grassy hill, arms outstretched. To the right, a stylized tree with a trunk made of black dots and branches made of thin black lines reaches upwards. The sky is a mix of purple, pink, and orange, with several small, concentric circles and dots scattered throughout. The text 'Eating a meal' is written in a white, sans-serif font in the upper left, and 'is a meditative practice for me.' is written in the same font in the lower left.

Eating
a meal

is a
meditative
practice for me.



I
see
the
symbolism
in my
foods.

What are your 3 takeaways?

