

Nourish the Whole Self



Deanna Minich, PhD
Food & Spirit, LLC
www.foodandspirit.com

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Introductions

A person wearing a dark jacket, dark pants, and sunglasses stands on a rocky outcrop with their arms outstretched. They are positioned to the right of a large, dark green pine tree. The background features a vast canyon landscape with layered rock formations and a blue sky with light clouds. The overall scene is a scenic view of a natural landscape.

Deanna Minich,
PhD, FACN, CNS, RYT

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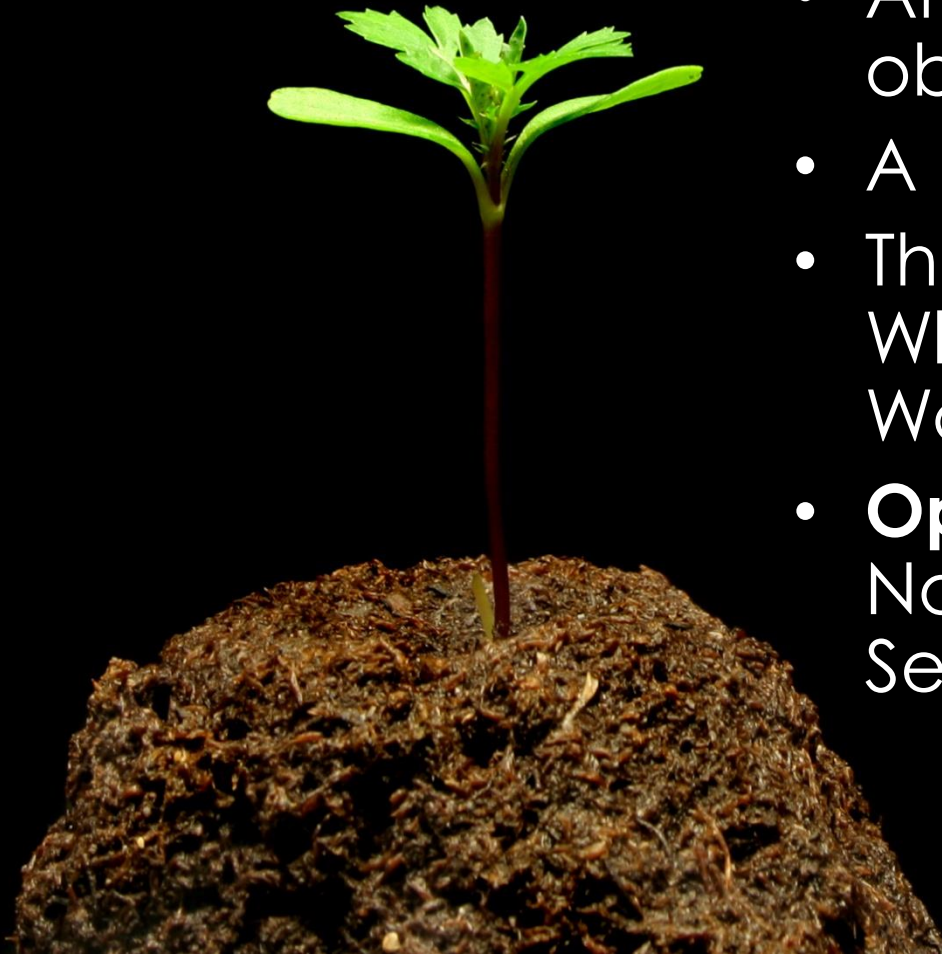


Welcome to the journey!

Overview of Week 1

- Getting Your Tools
- Social Media Connection

What you need for our journey of nourishment together...



- An intention, aim, objective
- A dedicated journal
- The Nourish Your Whole Self Workbook
- **Optional:** The Nourish Your Whole Self Card Deck

Nourish Your Whole Self Workbook



NOURISH YOUR WHOLE SELF
Workbook



FOOD + SPIRIT™
Nourish the whole self.

Intention

What is your
intention for
this journey to
nourish your
whole self?

Use words,
images...



A photograph of dandelion seed heads against a clear blue sky. One seed head is in sharp focus in the lower-left foreground, while several others are in soft focus, floating in the air across the frame. The text is centered over the image.

Intention Attention No Tension

Approach to Foods & Eating

- 
- What has been your approach to foods and eating throughout your life?
 - What does this approach say about you?



Eating Styles

- Omnivore
- Vegetarian
- Vegan
- Raw foodist
- Fruitarian
- Breatharian



Nutritional **Extremism**



What else are you taking in with that next bite of food?

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No diet fits your uniqueness...



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**Going beyond
the one-size-
fits-all for our
unique needs**

What about being a *possibilitarian?*



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**Eating is personal.
We all have a story.**



Messages About Food When I was Growing Up

- No candy
- No laughing at the dinner table.
- Eat everything on your plate.
- You can't eat foods that everyone else eats.

- Binging
- Emotional eating
- Overeating
- Feeling "different"



How Food Became a Conduit of Personal Growth for Me



- Balance
- Forget deprivation of diets
- Lose the analysis-paralysis
- Enjoy dark chocolate regularly
- Embrace my uniqueness and creativity



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A fresh take on an old
activity...eating.





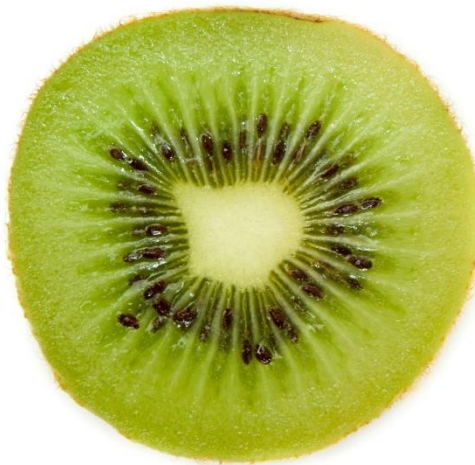
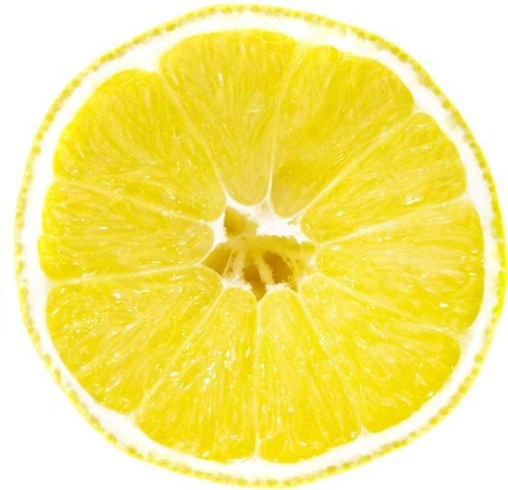
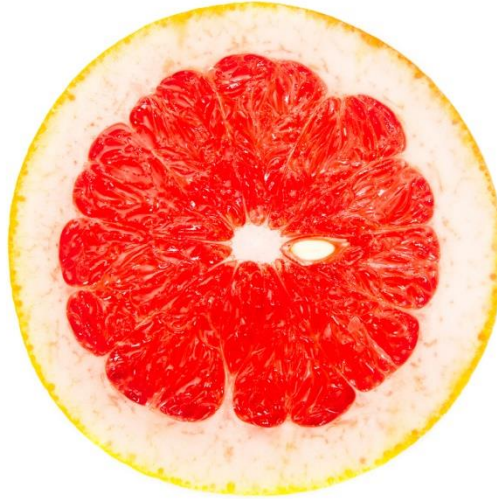
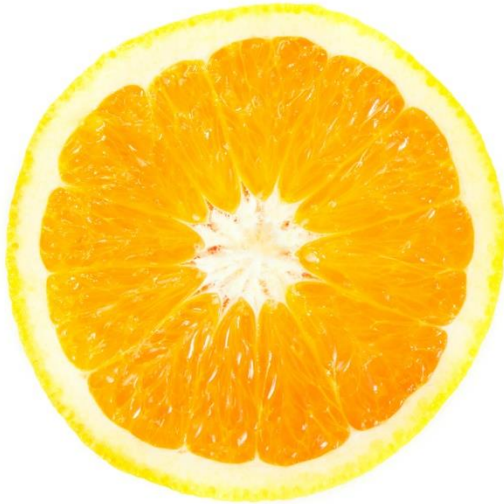
**Our relationship to food and
eating represents our relationship
to everything else.**



**How
we eat
is how
we
live.**

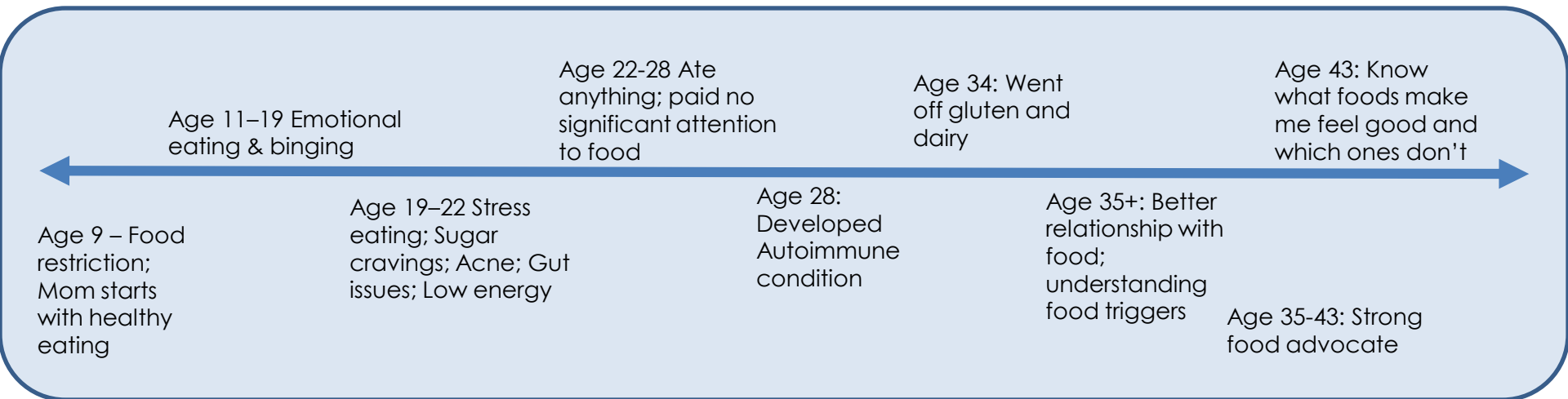
Does eating define you?

How has eating defined you through your life?



Your Food-Life Line

- Note your defining food moments on your life line below.
- What did you learn?

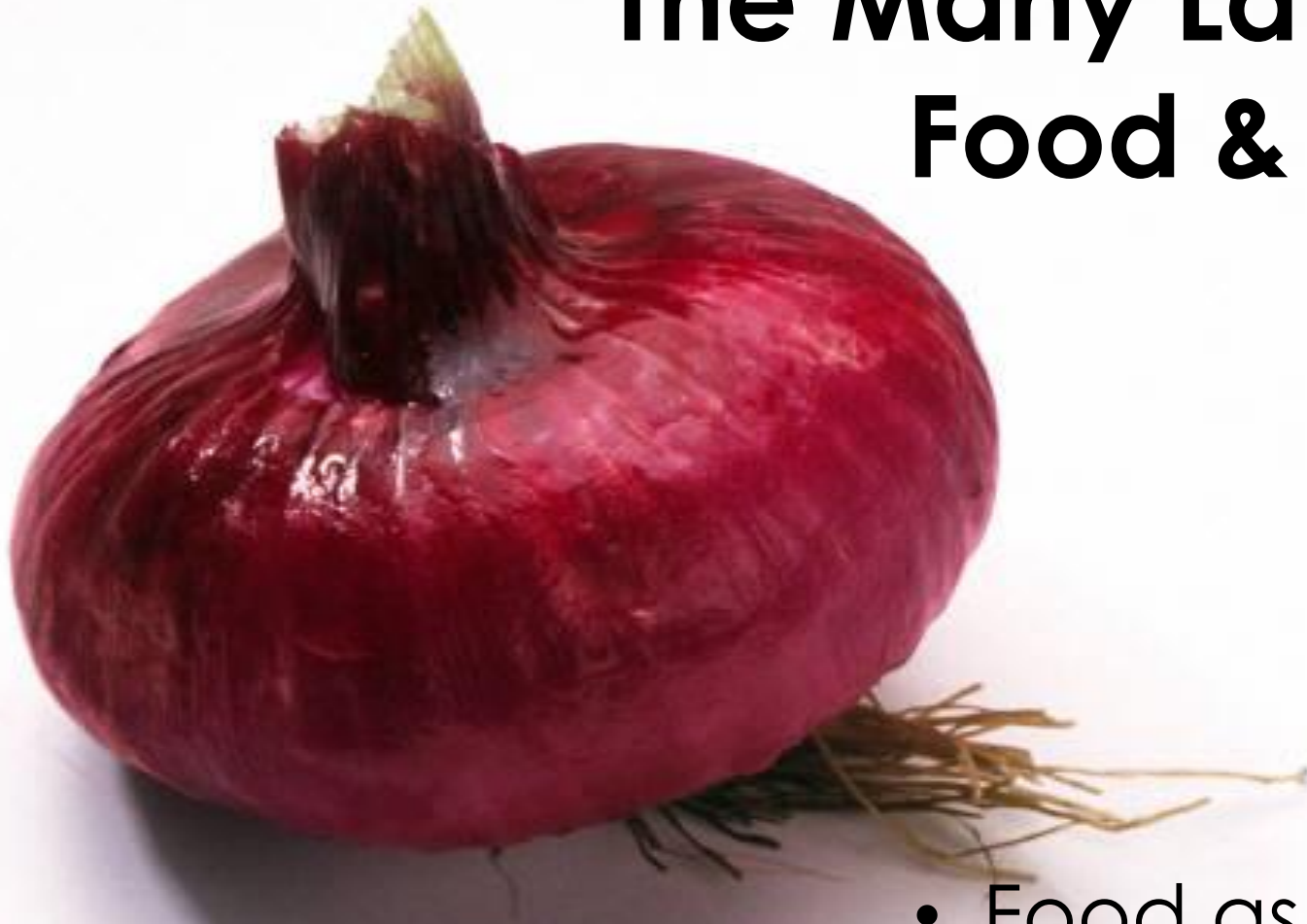


A close-up photograph of a green leaf, likely a kale or similar leafy green, showing a network of veins. The veins are a lighter green color, contrasting with the darker green of the leaf's surface. The texture of the leaf is visible, with small, rounded cells forming the leaf's surface.

Your life story according to your eating...

- Write out your life story according to your relationship with food.
- Is there anything symbolic?

The Many Layers of Food & Eating



- Food as medicine
- Food as information
- Food as connection

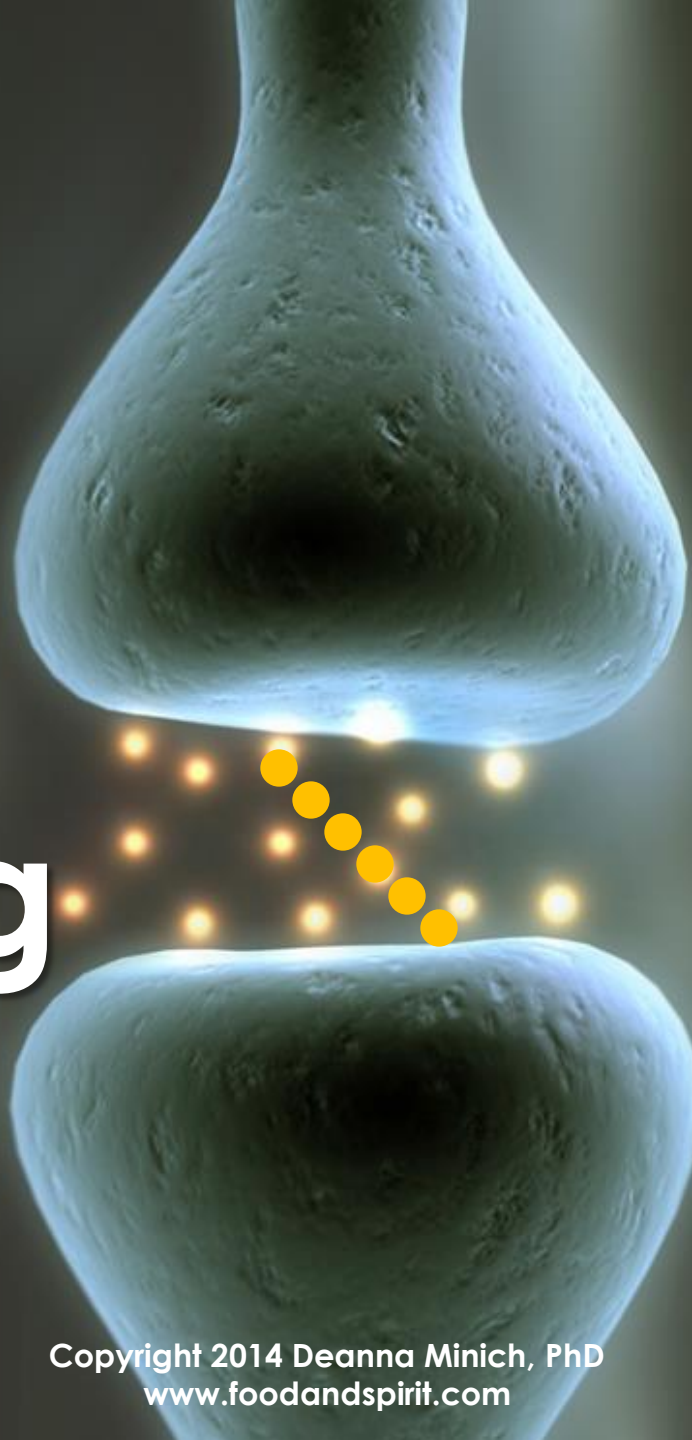


Food is connection...



**How do we see eating
with fresh eyes?**

Shifting your thinking

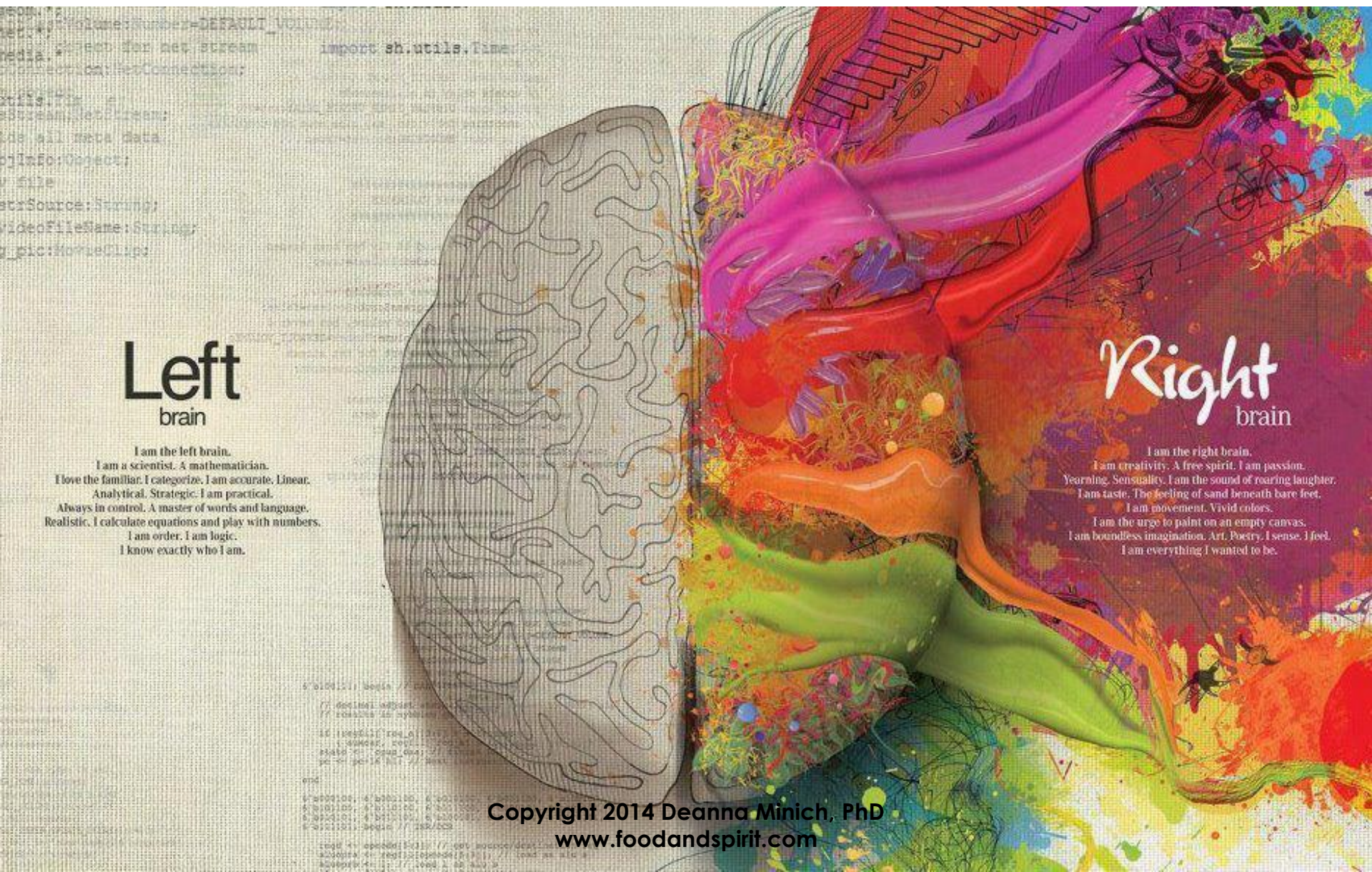


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The spectrum of perception...



We are a hybrid.



Left brain

I am the left brain.
I am a scientist. A mathematician.
I love the familiar. I categorize. I am accurate. Linear.
Analytical. Strategic. I am practical.
Always in control. A master of words and language.
Realistic. I calculate equations and play with numbers.
I am order. I am logic.
I know exactly who I am.

Right brain

I am the right brain.
I am creativity. A free spirit. I am passion.
Yearning. Sensuality. I am the sound of roaring laughter.
I am taste. The feeling of sand beneath bare feet.
I am movement. Vivid colors.
I am the urge to paint on an empty canvas.
I am boundless imagination. Art. Poetry. I sense. I feel.
I am everything I wanted to be.

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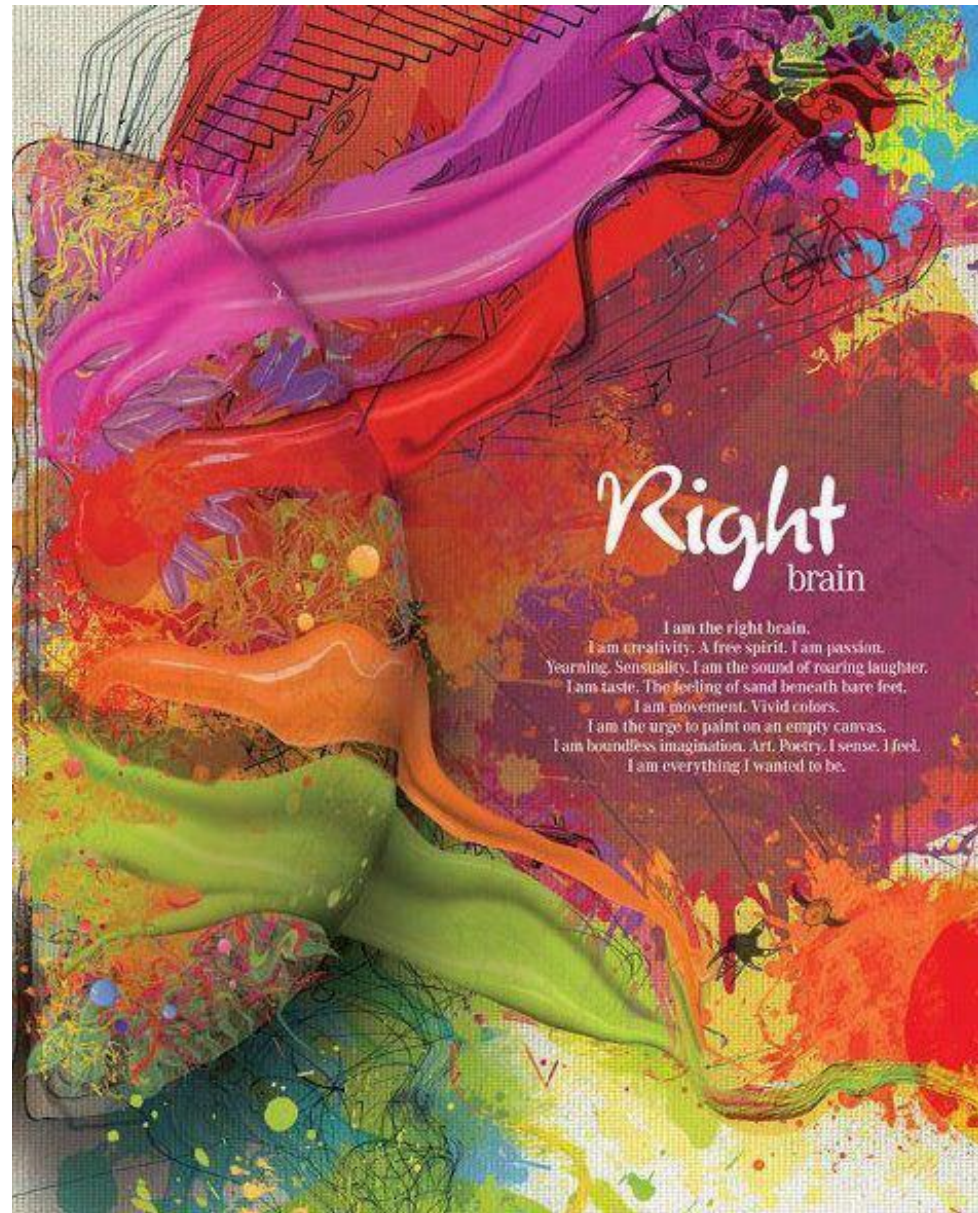
Left brain

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“I am the left brain. I am a scientist. A mathematician. I love the familiar. I categorize. I am accurate. Linear. Analytical. Strategic. I am practical. Always in control. A master of words and language. Realistic. I calculate equations and play with numbers. I am order. I am logic. I know exactly who I am.”

I am the right brain. I am creativity. A free spirit. I am passion. Yearning. Sensuality. I am the sound of roaring laughter. I am taste. The feeling of sand beneath bare feet. I am movement. Vivid colors. I am the urge to paint on an empty canvas. I am boundless imagination. Art. Poetry. I sense. I feel. I am everything I wanted to be."



A photograph of a forest path. The path is a narrow, straight dirt road that stretches from the bottom center towards the horizon. It is flanked on both sides by tall, slender trees with dense, vibrant green foliage. Sunlight filters through the canopy, creating a dappled light effect on the path and the surrounding greenery. The overall atmosphere is peaceful and serene.

Science & Spirituality

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Poetry & Practicality





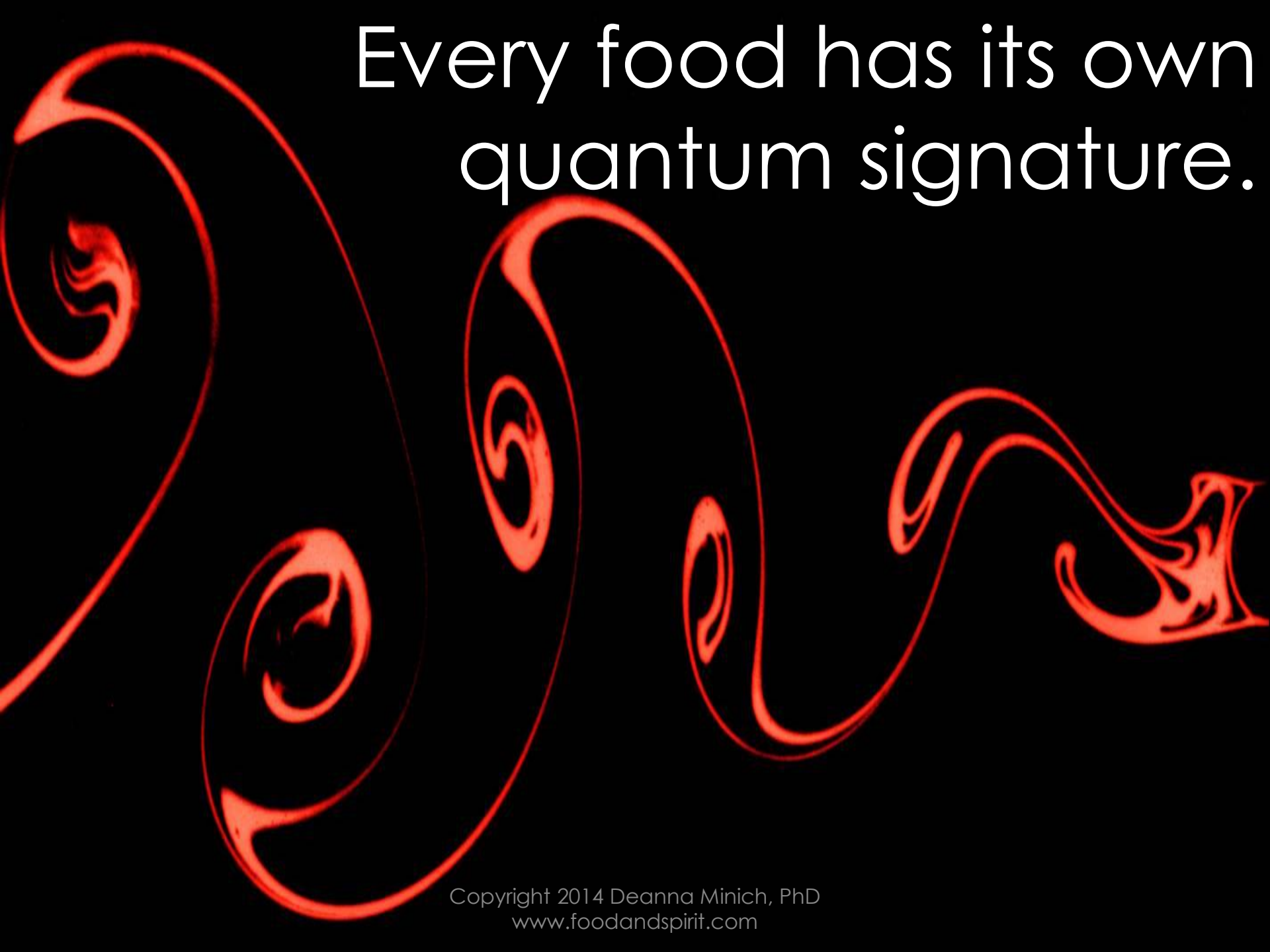
Literal & Symbolic

Ancient & Modern



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Every food has its own
quantum signature.








Processing changes the frequency of food

- Overcooking
- Leftovers
- Burning
- Mechanical overprocessing
- Oxidizing





“We are indeed much more than what we eat, but what we eat can nevertheless help us to be much more than what we are.” - Adelle Davis



40 days to change a habit;
90 days to confirm the change;
120 days before the change is a
part of who you are.

The beauty of change.

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Eating is
physical.

Eating is
social.

Eating is
emotional.

Moving into the 21st century from “nutrition” to “nourishment”



“If you do what you’ve always done, you’ll get what you always got.”

Mark Twain

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Nourishment vs. Nutrition

What nourishes you?



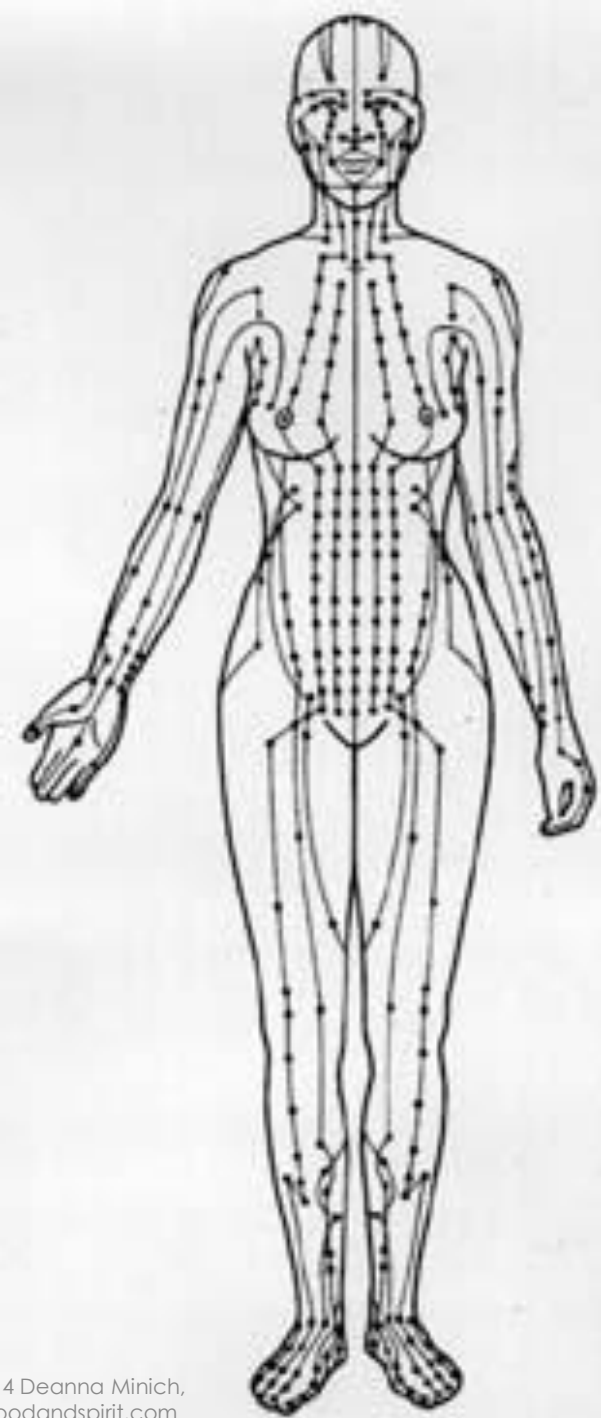
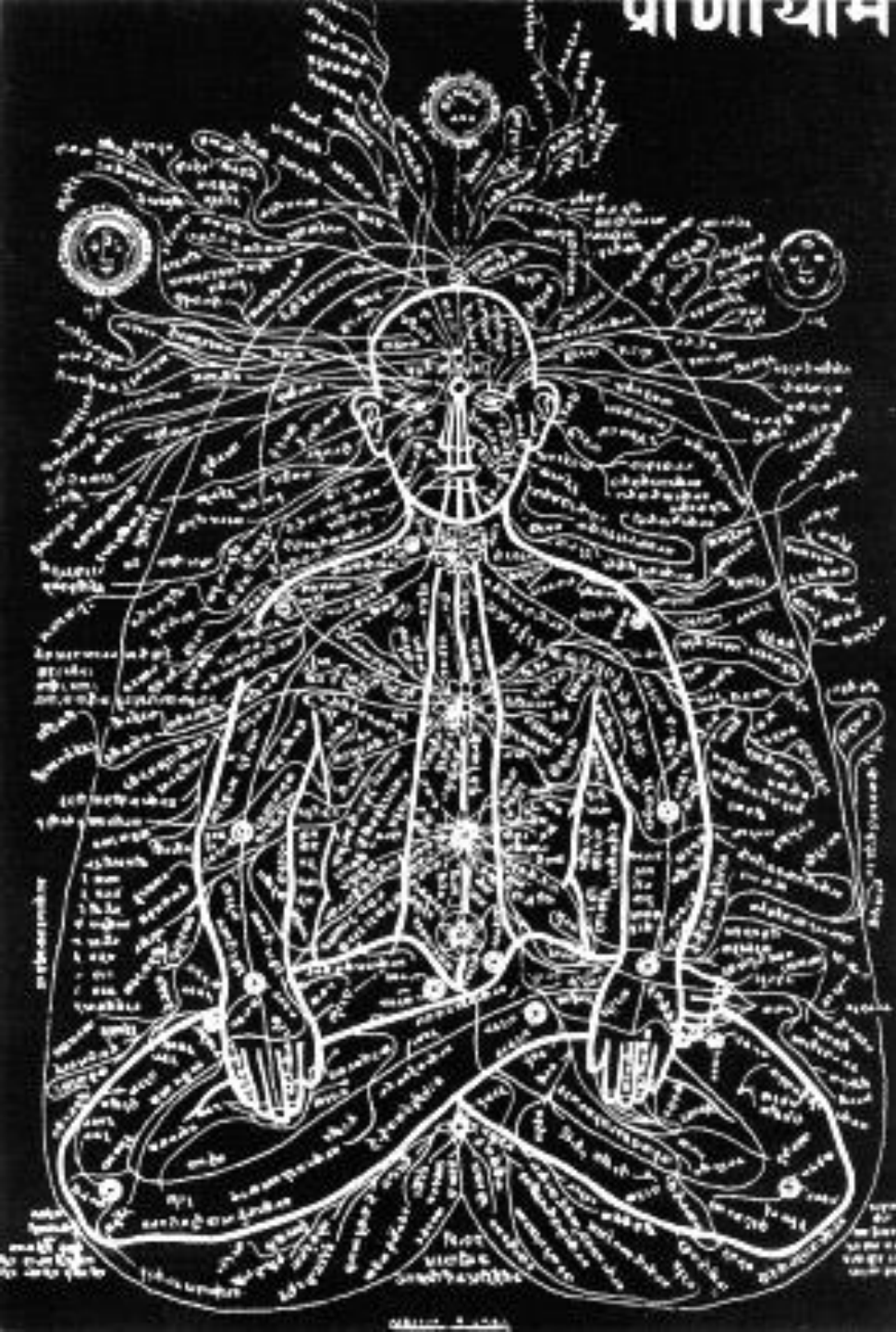
**We can
transform our
whole self
through food.**

The Whole Self

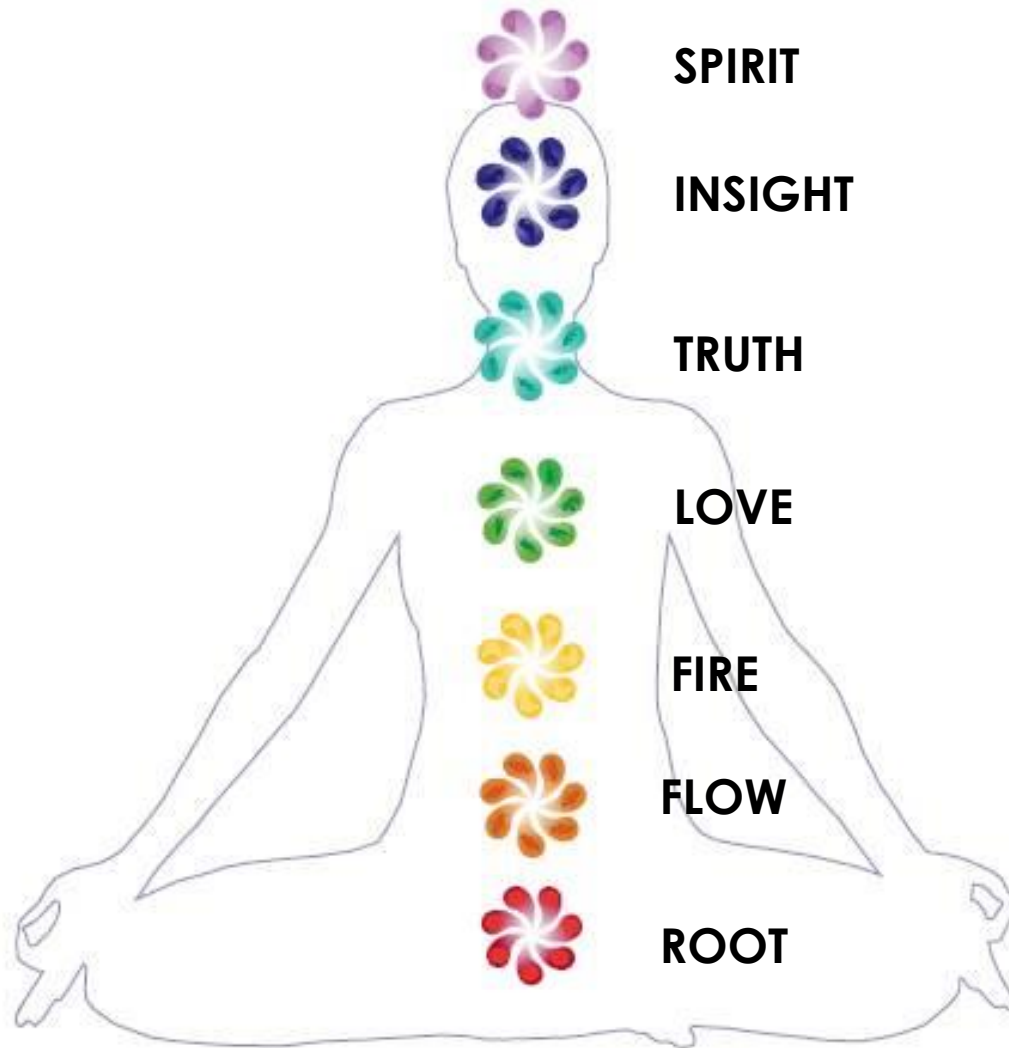


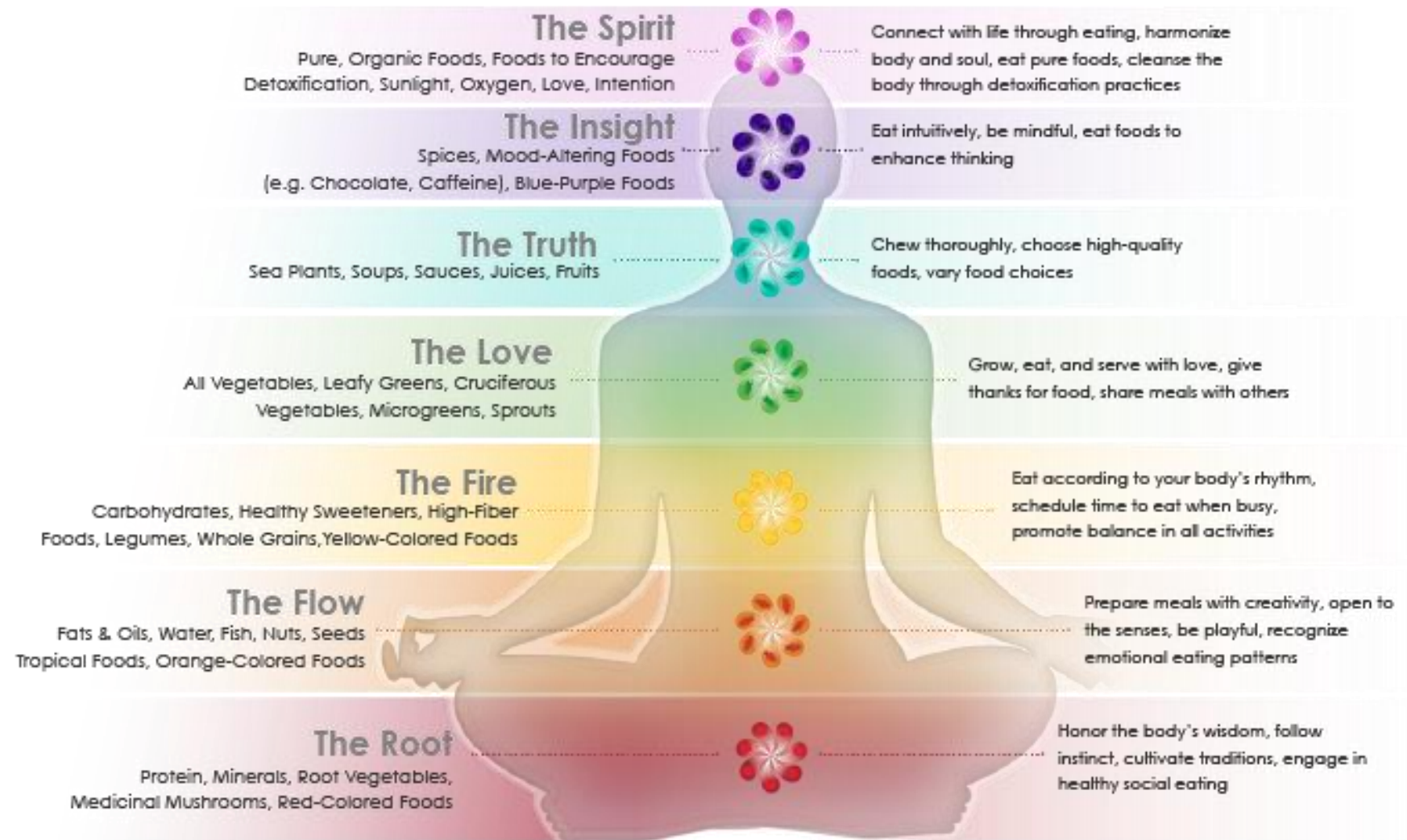
Elements

Individual

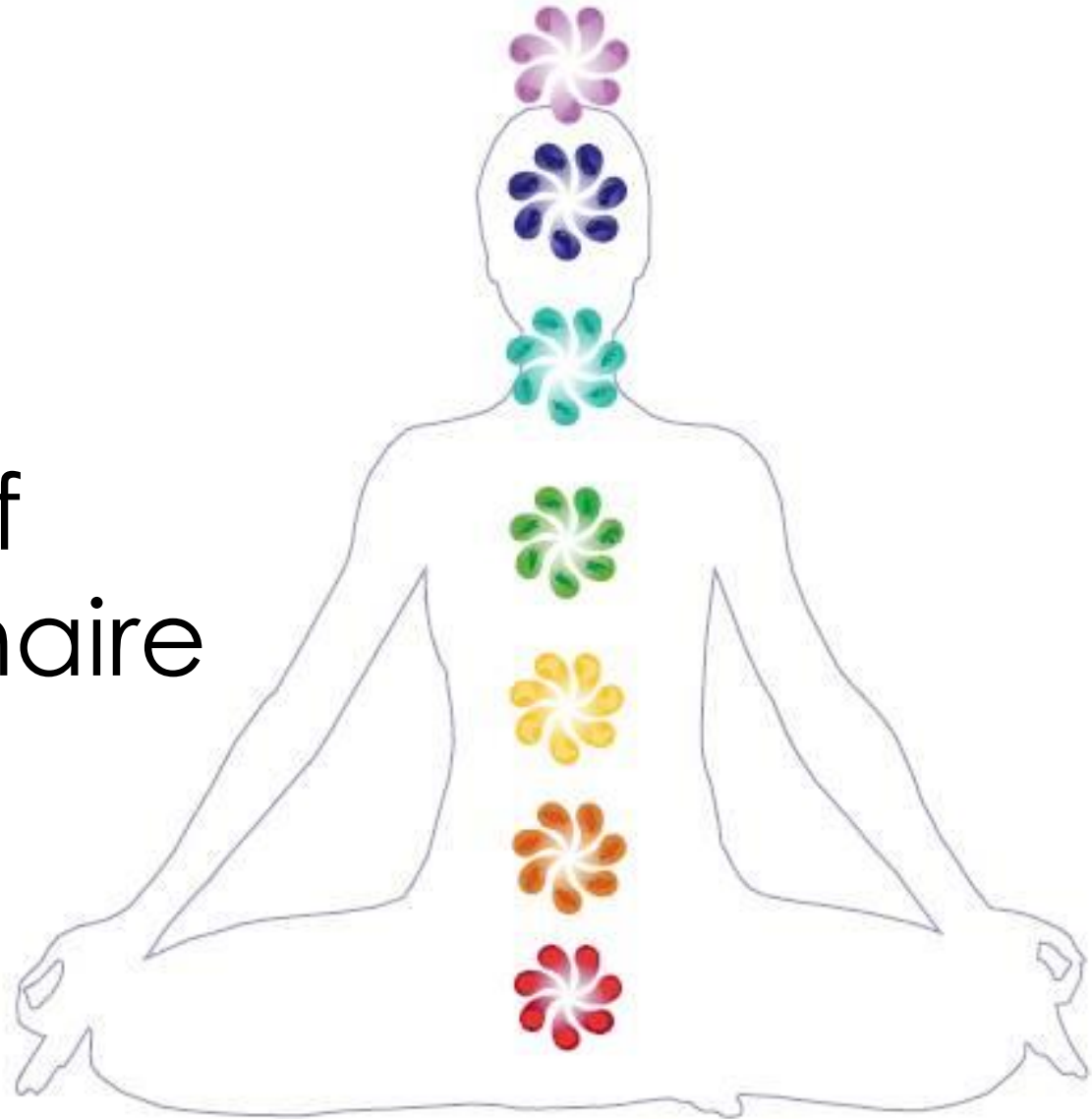


The Aspects of the Whole Self





Whole Self Questionnaire





Daily Life Log

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What are your 3 takeaways?

