

Fundamentals of Nutrition

The following bullet points provide an overview of the fundamental principles governing our relationship with food.

Food delivers information

- Modern nutrition views food as a vehicle for delivering a relatively short list of physical nutrients. However, this limited view misses the point and doesn't allow for the full power of food to heal and transform.
- Whole food is a part of nature and when we eat it, it communicates with our being, another aspect of nature. As one natural system communicates with another, there is a large transfer of chemical and energetic information.
- The information our bodies receive from food is vastly more complicated than the effects of the known physical nutrients, and how we receive this information will depend on many things including our stress levels and mood.

Food and emotions

- There is a bi-directional relationship between food and the mind. Our emotional wellbeing is affected by the food we eat, and our thoughts, beliefs and emotions all influence the effect food has on our body.
- We all have a food story, it consists of our beliefs about the world, ourselves and food. Our food story informs the way we eat and how food affects our physiology. Common food stories involve eating for comfort and eating for control.
- When we are emotionally stressed, the body diverts energy away from digestion and away from repair. This state is not conducive to nourishment and healing.
- Food lies at the heart of all life from the day we are born until we die. Food is an important way that we bond and connect and show we care. Food is one of the most powerful ways of giving and receiving love, and this is how it helps us heal spiritually.

Unique needs

- There is no one diet that suits all people. Our nutritional needs are unique and they change with time. They also change depending on our exposures such as temperature, stress load, sleep quality etc.

Food becomes our cellular environment

- Our food actually becomes our cellular microenvironment whereby water, macronutrients, micronutrients, microbes and energy from food act as building blocks, fuel, co-factors, signalling molecules, chemical regulators and direct energy sources. A nutrient-rich, clean microenvironment promotes health, whereas a deterioration in the cellular microenvironment due to poor lifestyle choices leads to unhealthy internal changes and is central to the story of chronic illness.

"Don't eat anything your great-grandmother wouldn't recognise as food."

Michael Pollan

Energetic nourishment

- Food nourishes us energetically, as well as physically. To optimise the vitality of food, we should choose to feel gratitude and love for all the plants, animals and people involved in bringing our food to us.
- What you eat is important, but not as important as how you *feel* about what you eat. Being mindful about the thoughts and emotions related to foods will help you determine which foods are most beneficial and nourishing.
- The 5 steps to finding the perfect diet are: to learn; to get expert advice; to experiment; to use intuition; and to be flexible.
- The most important ingredient in any diet is... PLEASURE!

Food is one of the most powerful means of giving and receiving love



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