

Nutritional Workshop - Metabolic Power

The discovery of a new dish does more for the happiness of mankind than the discovery of a new star. — Jean Brillat-Savarin

The biggest and most urgent nutritional question of our time – ***what should I eat?*** – happens to have the greatest assortment of confusing and contradictory answers.

Elevate the quality of your food.

- *Quality is everything.*
- Elevate the *quality* of your food and you elevate metabolism.
- *Quality means any or all of the following:* real; fresh; organic; gourmet; lovingly crafted; homemade; locally produced; heirloom varieties; nutrient dense; low in human-made toxins; grown and marketed with honesty and integrity; tasteful; filled with true flavor, instead of biochemical or artificial flavors that mask the absence of nutrients and vitality.
- *Quality means that care and consciousness permeate a food* – and that the food itself has a good story to tell.

The poorer the quality of our food, the more quantity we'll consume.

- The problem with overeating in our nation is not that we have a collective willpower disorder.
- The brain senses these deficiencies and wisely responds to this absence of vital chemistry by commanding us to undertake the most sensible survival strategy: **eat more food.**
- By choosing fresh, whole-state organic foods, your diet becomes more nutrient dense.
- They also have less *xenotoxins* – human-made substances such as pesticides and herbicides that function as anti-nutrients and disease agents. Organic, in this case, simply means “real.”

Food is ...

- Food is energy and information.
- Any substance we consume communicates *a specific message* to our cells.
- The caffeine in coffee literally tells the heart to beat faster.
- The fiber in your oatmeal actually chats with your intestines.
- The bio-flavonoids in your berries instruct the body to keep tiny blood vessels strong and supple to reduce cellular inflammation.

Food talks to your body and your body talks back.

- This is not a fanciful notion about metabolism; it is a scientific reality.
- Simply because we can't always perceive with our five senses this hidden library within all matter doesn't mean it's not there.
- Consider, for example: the tomato. If the soil it grows in is depleted. Sprayed with pesticides and herbicides, it will also carry instructional messages to your body that are *carcinogenic, mutagenic, and neurotoxic*.
- Ancient healing systems such as Ayurveda and Traditional Chinese Medicine have long recognized the energetic nature of food.

The true worth of a food, then, will never be discerned from a label. Its real value is found in all the Energy and Information it contains. Yes, this includes the vitamin, mineral, protein, fiber, and fat content, but it also means: *how* the food is grown, handled, transported, manufactured, advertised, cooked, served, and eaten. All this information lives inside a food as surely as you live inside your body.

So, if we want to truly quell the rise of heart disease with the help of diet, then it's time to put more heart into how we create food, eat it, and share it with the hungry. If we want to slow the unchecked growth of cancerous cells in the human family and limit the amount of carcinogens in our food, then it's time to slow the world down, take stock of *our* unchecked growth, and rethink the manic ways in which we *manufacture* our nourishment.



Your true path to wellness.

Many people want their food to provide them health, happiness, and all the blessings of beauty. Well, the only way food can possibly deliver such a huge bounty is if we create it in that image. When the energies of love and beauty are cultivated into a foodstuff, such will be our harvest.

Have you included higher quality nutrient dense foods into your meals?

What has been your experience in doing so?

What do you feel are your greatest obstacles when trying to include higher quality foods?

What would you like to commit to start doing right now?