



energy. This process often includes detoxification, just as we detoxify our emotions and limiting beliefs as part of healer training. That's a topic for another article.

What to eat is a personal decision and should encompass all parts of our well-being. The most common mistake is believing that it's about food. Most people choose what to eat based on what they want to FEEL. Chocolate makes you happy! Coffee or green tea gives you a pick-me-up. Grandma's apple pie connects you with Grandma's love.

In my lectures, I mention that 95% of the time people eat because they are stressed, angry, lonely, tired and/or bored and about 5% of the time because they are hungry. I have seen 300 heads nodding "yes" in unison so I know there is truth to this!

When you are stressed out (or any of the other emotions), you are not reaching for the right recipe.

It's important to have food that tastes good. It's also important to have perspective and realize that food is the fuel for our bodies. Consider the activity level of a squirrel. No wonder they can eat fat all day long! The elephant, who moves slowly and doesn't have a high level of activity, eats mostly grasses and fruit. Some birds eat high amounts of seeds and nuts, others eat fruit. It depends on lifestyle and constitution. Wild animals eat foods which provide the best energy for their lifestyle.

While there are no absolute rights and wrongs, there is some very strong research and statistics. Now what I'm about to write might be disagreeable to some people. That's okay.

Author T. Colin Campbell's book, *The China Study*, paved the way for many studies which prove that a plant-based diet is nutritionally sound and the best diet for preventing and reversing many diseases. Dr. Gabriel Cousen's book *Spiritual Nutrition* explains the connection of (unprocessed plant) foods conducting energy. The best diet for energy workers is one high in raw fruits and vegetables with some raw fats such as nuts and avocados. This doesn't mean you have to eat only raw food even though organic raw plant food has the highest energy.

The best diet for energy workers is one which allows energy to flow freely and appropriately and a lifestyle which includes mostly uncooked, organic fruits and vegetables balanced with some healthy fats and grounding practices such as meditating, yoga or even walking barefoot. The advice I

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Eating 101

What should you eat? There are so many paths: vegetarian, vegan, paleo, ayurvedic, high-carb, low-carb, gluten-free, no oil and salt...no wonder people are confused about what to eat!

The answer is the same as any treatment plan: it depends on your current status and your health goals. It changes over time and with circumstances. In my practice as a health coach, I also look at lifestyle: spiritual practices, time demands, the level of effort someone is willing to make for the changes they want and the level of effort towards food preparation. When I began my journey, my level of effort to make changes was limitless. My level of effort in the kitchen was minimal and still is!

As energy workers, we make tremendous investments preparing to experience higher states of consciousness. Part of this preparation, ideally, includes refining the digestive and nervous systems so they can utilize higher degrees of

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usually give clients (after assessing their history and goals) is to research different options and consult your higher guidance about which option feels right. Again, we are not merely talking about a food plan but rather a lifestyle.

There are two critical factors when using this approach: Follow the energy and do not second guess yourself. If you have any health concerns or specific goals, work with a properly trained professional to help you create a game plan which can change over time to meet your needs.

Bon appetite! €

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