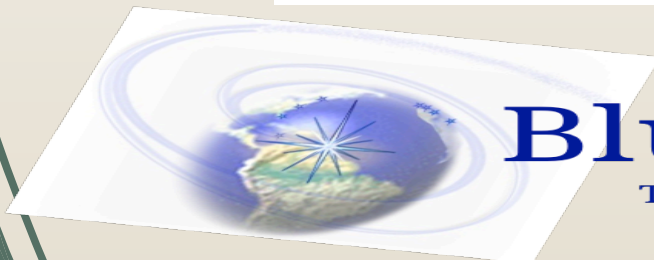


Taking Charge of our Well Being

## FOOD WISDOM



**Blue Star Canada**

TRANSFORM SELF. TRANSFORM WORLD.



# Session Objectives

- Provide an overview of ancient to modern day wisdom about our relationship with food and how it impacts our physical, mental, emotional and spiritual well being.
- **Stimulate active inquiry for reflection and action around our eating habits and relationship with food for  
TOTAL WELL BEING.**



# Presentation Overview

- The Digestive System
- Food Absorption
- Gut Intelligence
- Food-mood connection
- Detox
- Ayurvedic Wisdom and Doshas
- Food combinations
- Reflection & Intention Setting
- Practice for Change

# The Digestive System

- ➡ Video – TED ED – How the Digestive system works – 4.6 mins

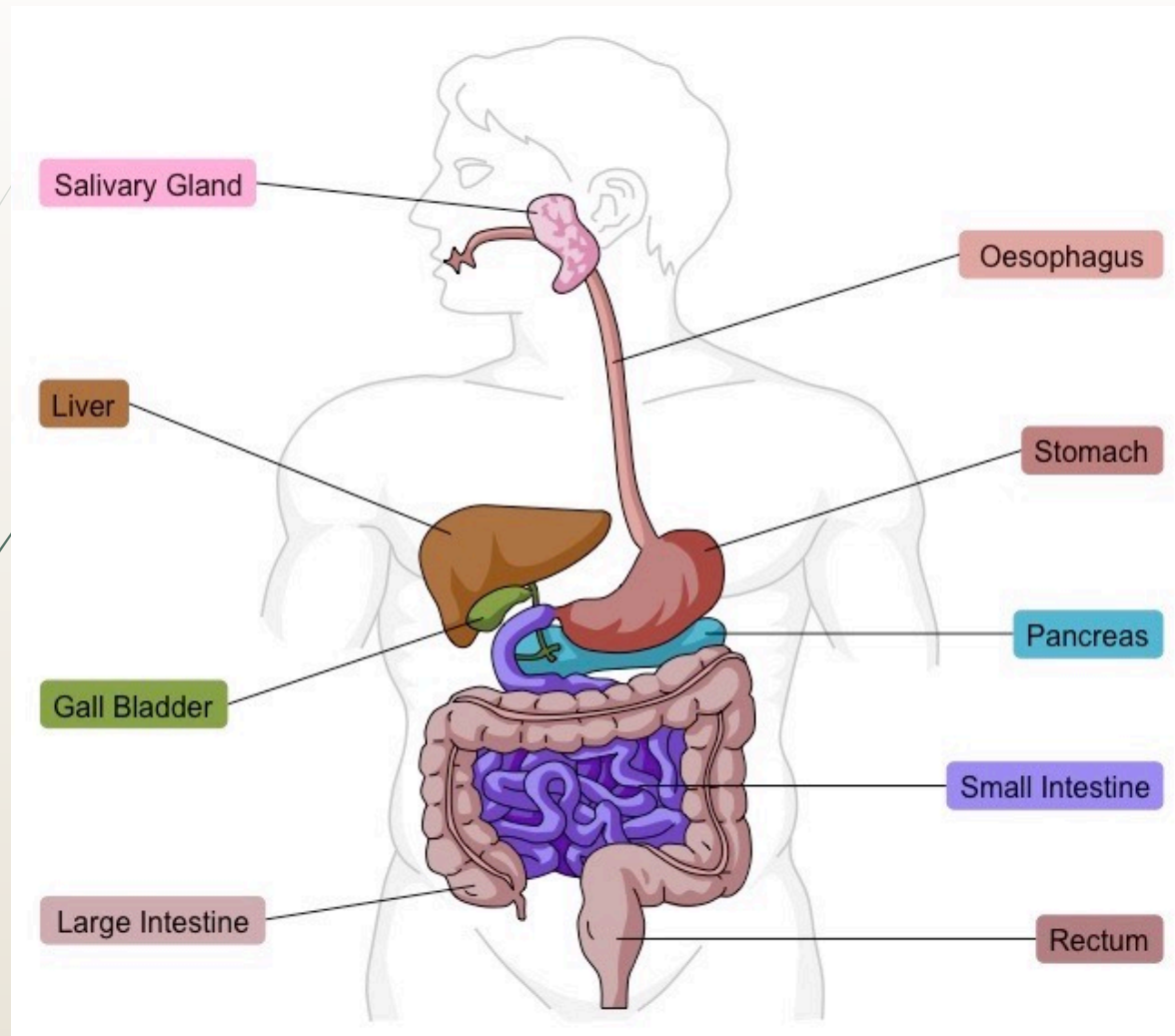
<https://www.youtube.com/watch?v=Og5xAdC8EUI>

**Alternative Resource** : Journey through the actual digestive system (using a 3D camera)- 5 mins

<https://www.youtube.com/watch?v=QYwscALNng>

**(viewer discretion advised)**

# DIGESTIVE SYSTEM- ANY COMMENTS?



# You May Not Be All Of What You Eat (input $\neq$ absorption)

- Processing (e.g. cooked rice)
- Combinations ( $a+b=c$ )
- Quantity (solid,  $\frac{1}{4}$  liquid,  $\frac{1}{4}$  empty space)
- Regional Influence - eat local & in season
- When to eat - only when hungry/during daytime
- How you eat - prayer & presence (ritual)
- Individual Constitution – dosha / lifestyle habits



# Gut Health & Microbes

- Your Second Brain is in your Gut (3.15 mins)
- <https://www.youtube.com/watch?v=nFHndtiR89U>
- Many chronic illness attributed to poor gut health (obesity/ autoimmune/depression)

# Steps to Better Gut Health

- Chew Well
- Fermented foods (ACV/ Sauerkraut)
- Peppermint oil / Ginger /Turmeric
- Fats - long chain – avocado, flax, olive
- Movement/ Hydration/ Fiber
- Probiotics: supplements/ environment
- Prebiotics: garlic, oats, apples, banana
- Emotional health – loving kindness & gratitude



# The Food-Mood Connection

- Brain Chemicals like serotonin (and dopamine) are neurotransmitters that elevate our moods
- Stress decreases serotonin transmission
- High carbs food temporarily helps the brain release more serotonin, making us feel better emotionally for a short time
- Can create a perpetual cycle of craving for unhealthy foods
- Exercise and adequate protein intake stimulate serotonin production



# Detox

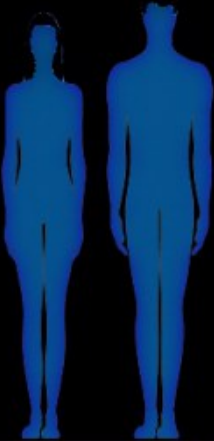
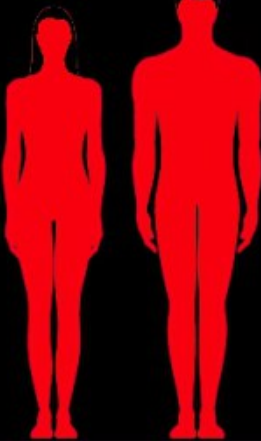
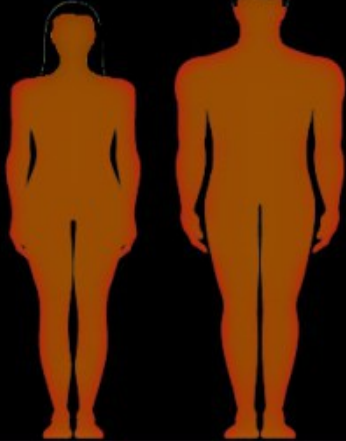



- Dietary Fiber - Regular Bowel Movements
- Exercise
- Hydration – good quality water
- Tongue scraping & Oil Pulling
- Intermittent Fasting
- Fresh air/ Pranayama / Sunshine
- Massage and skin brushing (Lymph system)
- Avoid processed refined foods – sugar, gluten, dairy, additives e.g. color, sulfites
- Meditation & good quality sleep



# Ayurvedic Wisdom

- Ayurveda remarkable holistic medical system.
- Covers all aspects of health & well-being: physical, emotional, mental & spiritual.
- Includes all methods of healing: diet, herbs, exercise, lifestyle, yogic practices and meditation.
- It has a unique understanding of each human constitution.

# Review of Doshas

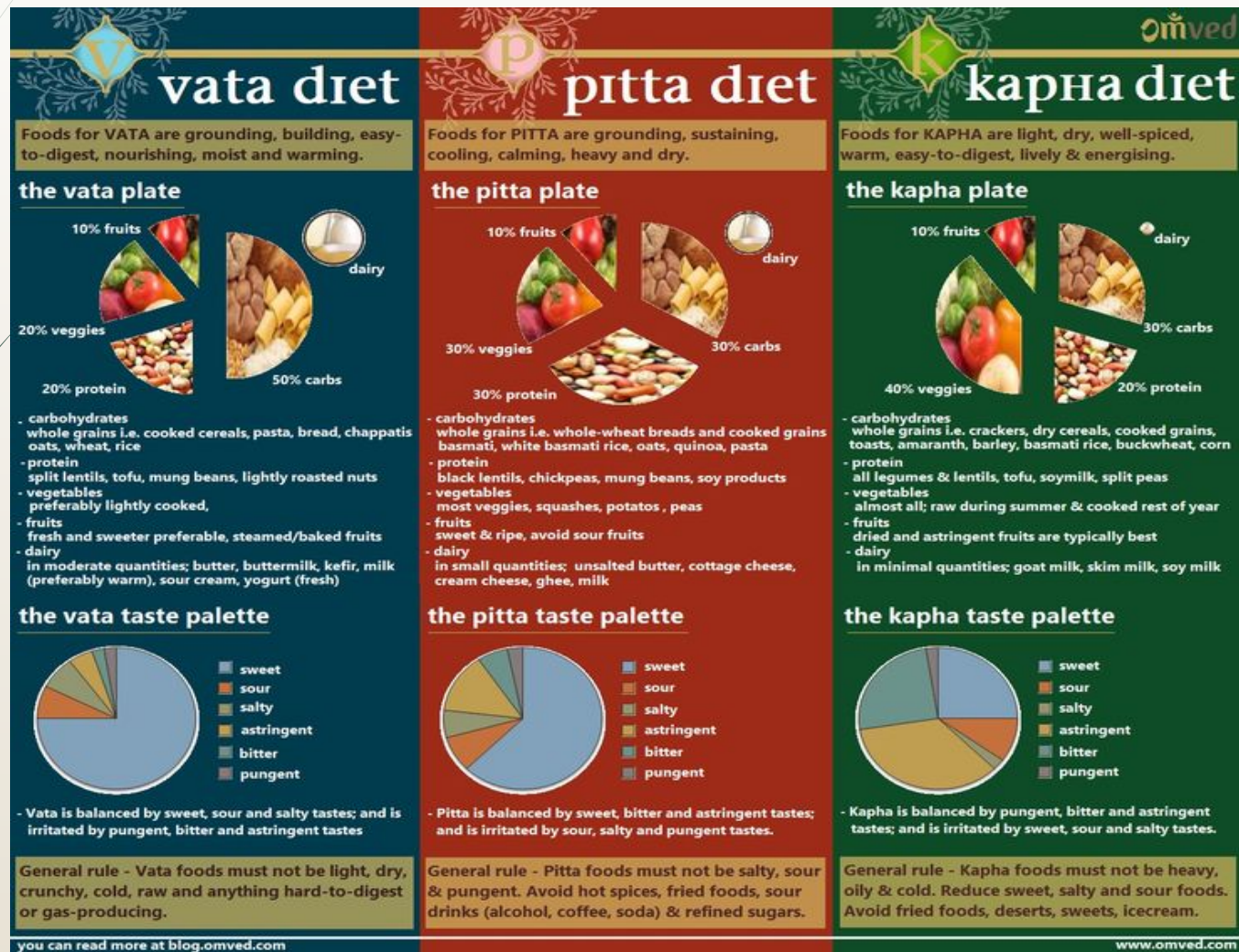
		
		
<p><b>VATA</b> body type. Qualites reflecting the elements of space and air. Thin body frame, dry skin and hair, quick in activities etc.</p>	<p><b>PITTA</b> body type. Qualites reflecting the elements of fire and water. Medium body frame, delicate skin, good appetite etc.</p>	<p><b>KAPHA</b> body type. Qualites reflecting the elements of earth and water. Large body frame, skin is thick and smooth, slow in physical activities etc.</p>



# ACTIVITY








- 
- Complete short quiz to determine your dosha.

# Dosha Eating Guide





# Food Combinations

 <b>Food For Beauty</b> Everything healthy for a beautiful life					
FOOD COMBINING					
 <b>Fruit</b>	 <b>Beans</b>	 <b>Carbs &amp; Starchy Veggies</b>	 <b>Flesh</b>	 <b>Nuts, Seeds &amp; Dried Fruit</b>	 <b>Neutral</b>
Best eaten alone on an empty stomach & sub-combined	Enjoy with raw and cooked non-starchy veggies	Enjoy with raw and cooked non-starchy veggies	Enjoy with raw and cooked non-starchy veggies	Best enjoyed with raw veggies	Combines with ANY category
<b>Raw watery veggies</b> leafy greens, cucumber, celery, sprouts, etc <b>*an exception to the fruit rule</b>  <b>Melons</b> cantaloupe, honeydew, watermelon, etc  <b>Acid Fruits</b> blackberries, grapefruits, oranges, pineapple, pomegranate, raspberries, sour apples, strawberries, etc  <b>Sub-Acid Fruits</b> apples, apricots, blueberries, cherries, kiwis, mangos, peaches, pears, plums, etc  <b>Sweet Fruits</b> bananas, dates, figs, grapes, papaya, etc	<b>Beans</b> lentils, black, kidneys, peanuts, etc <b>*mainly a starch and can be combined with carb category if desired</b>	<b>Bread</b>  <b>Grains</b> oatmeal, quinoa, millet, amaranth, rice, etc  <b>Potatoes</b>  <b>Winter squash</b>  <b>Avocados</b>  <b>Young coconut meat</b>	<b>Cheese</b>  <b>Eggs</b>  <b>Fish</b>  <b>Meat</b>  <b>Milk or Cream</b>  <b>Yogurt</b>   <b>*best not to combine more than one meat or fish within this category</b>	<b>Bananas</b> <b>*an exception to the fruit rule</b>  <b>Dried Fruit</b>  <b>Mature coconut</b> i.e. shredded coconut  <b>Nuts</b>  <b>Seeds</b>	<b>Almond milk</b>  <b>Butters and oils</b> <b>*avoid large amounts with protein</b>  <b>Coconut water</b>  <b>Dark chocolate</b>  <b>Fermented Foods</b> cultured veggies, coconut kefir, etc  <b>Lemons and limes</b>  <b>Unsweetened Cranberry Juice</b>  <b>Raw non-starchy veggies</b>  <b>Sea veggies</b>




# Reflection

- Questions to respond and reflect.
- Briefly note your typical meal plan.
- Note how it relates to your dosha.
- Note how your food combinations compare to those covered today.
- Which of the detox suggestions do you practice?





# Ah Ha Moment

- 
- On the yellow index card write down what learning or message from this session impacted you the most today.



# Intention

- On the green index card write two points.
- One change you intend to make in your diet immediately.
- One Detox practice you intend to integrate into your daily routine.



# Practice

- Post the green index card on your fridge
- **PRACTICE THESE TWO THINGS FOR THE NEXT 21 DAYS 😊**
- **Journal daily to be aware of any changes you notice.**



# Wrap Up

- Any outstanding questions?
- Any shares?



**THANK YOU**