



ENERGY
for
TRANSFORMATION

Food for Transformation

Independent Study Project
for Advanced EFT Practitioner Certification
Presentation to the NeftTI Community
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Objectives for This Evening

- 1. Share what I learned about food, diet, gut health and our nervous system
- 2. Open a space for discussion around how you see relevance for your EFT practice
- 3. Identify our own ITSAs, Inspired Trauma-Safe Actions for change



Power Question!

- How can what I eat shape how I feel safe to show up in the world?



How did this topic Choose Me?

You are what you eat!

- Lots of research to substantiate this, along with lots of conflicting notions of what is 'perfect'.
- What is Perfect? Biochemical Individuality: "One man's meat is another man's poison."

You eat what you are!

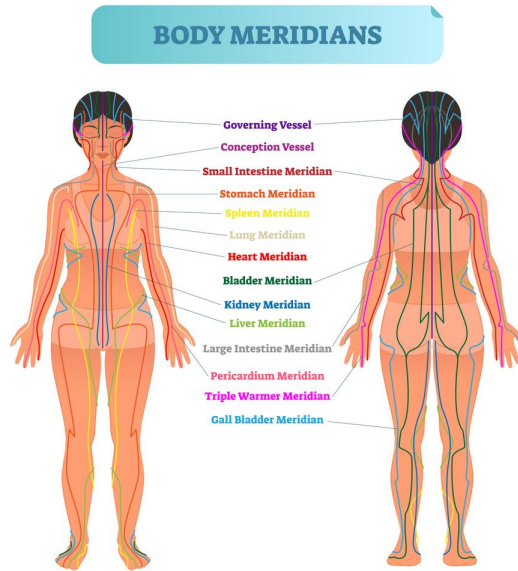
- Eating habits reveal conditioned learnings: I have no control! I can't be trusted! I can't just have one! I will NEVER be perfect and may as well stop trying!

MOST IMPORTANT is our STATE when we eat!

- Eat in stress & garnish meals with toxic beliefs: 'perfect' foods become toxic.
- Eating in our Rest & Digest / Window of Tolerance is the only way to nourish health and change.

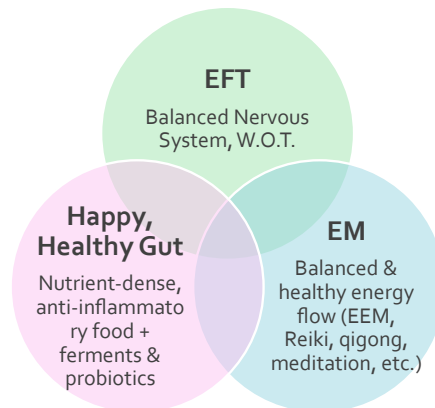
Conscious EFT, Energy Psychology & Energy Medicine

- Conscious EFT & Energy Psychology support safety in the nervous system and provide tools to access our Window of Tolerance.
- Energy Medicine, including EEM, as well as other practices including: yoga, qigong, Reiki, meditation, mindfulness and more create balance in energetic and endocrine systems, facilitating energy flow and states of 'biological' safety.



Multiple Approaches: Heal the Gut to Soothe the Fire

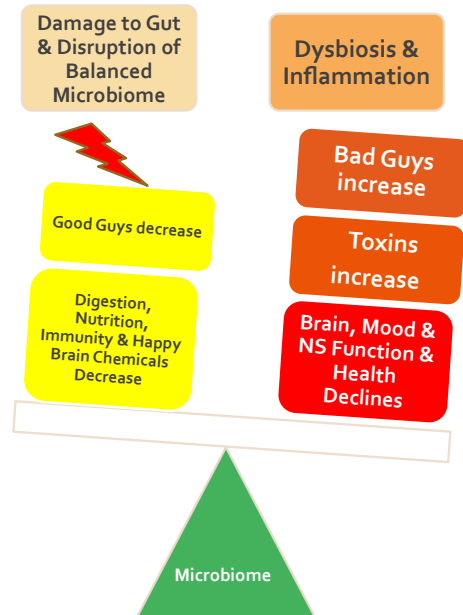
- Amygdala / Nervous System
- Triple Warmer / Energy & Endocrine System
- Gut Brain Axis / Vagus Nerve, Brain & Whole Body



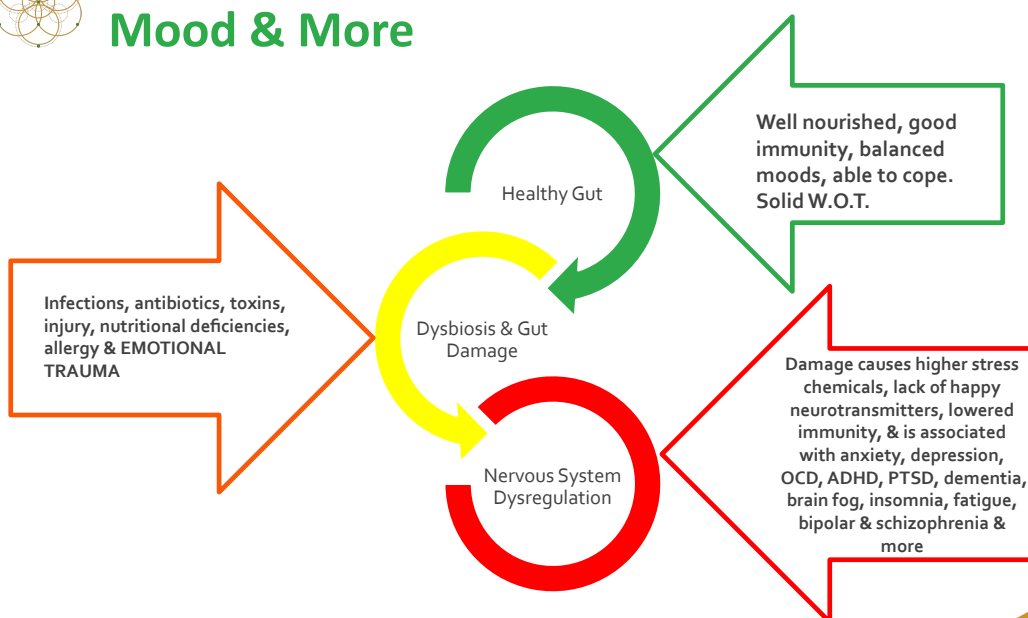
It all begins in the Gut!

A balanced gut:

- Has a healthy lining that keeps food out of the blood stream
- Has a healthy microbiome of mostly 'good' microbes that digests our food, fights invaders (immunity), makes nutrients we need for physical and mental health, makes happy neurotransmitters (serotonin, oxytocin, dopamine, GABA etc.), communicates with brain & Nervous System to signal safety.
- Damage from injury, infection (& antibiotics), toxins, allergies, poor nutrition, AND EMOTIONAL TRAUMA can cause inflammation, leaky gut, autoimmunity, increased stress & is associated with many Mental Health 'labels'
- *"Chronic inflammation plays a central role in some of the most challenging diseases of our time, including rheumatoid arthritis, cancer, heart disease, diabetes, asthma, and even Alzheimer's." (Harvard Medical School, 2020)*

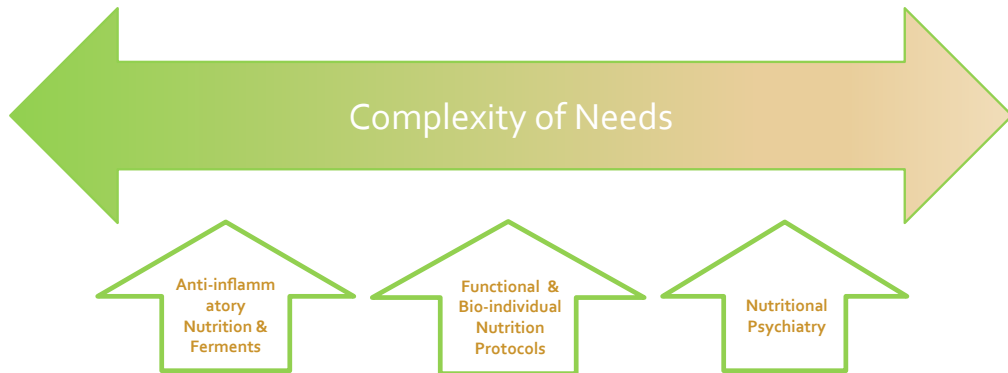


Gut Inflammation, Microbiome, Mood & More





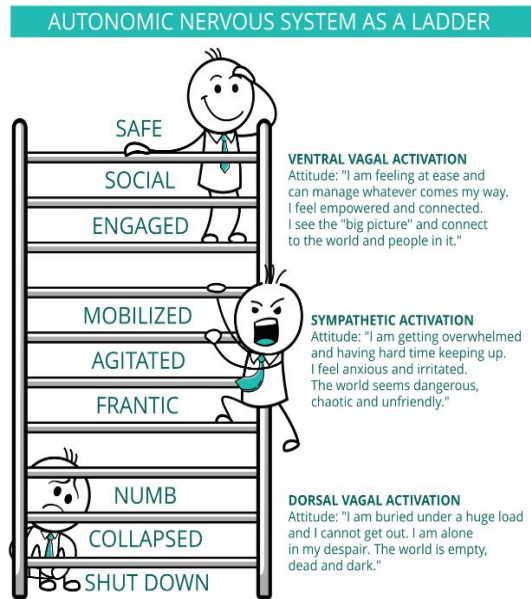
Complexity & Individual Needs



Our Goal is always to work in the Window of Tolerance

We are wired for survival, so our NS state influences how we feel safe to show up in the world. Each state has a biological, biochemical & cognitive signature & characteristic way of seeing the world.

- Safe & Socially Engaged = agency to SHOW UP empowered, solve problems & make conscious & intentional changes – only happens in W.O.T.
- Mobilized but agitated & fearful = acting from conditioned strategies that may not give the result we want
- Frozen & Shutdown = no action & no agency for change
- Using EFT, EM & anti-inflammatory nutrition strengthens the W.O.T.



Adapted from *The Polyvagal Theory in Therapy* by Deb Dana



Harness the Fire: Tap into a New Relationship with Food

1. Conscious EFT: foundation for self regulation & managing cravings
2. Energy Medicine: strengthen energetic systems
3. Psychoeducation: nervous system & W.O.T. helps us show up for ourselves & choose ITSAs to support change
4. Whole-food Nutrition Education: anti-inflammatory foods, food skills education/recipes (ferments, sprouts, other recipes to put out the fire)
5. Self-exploration: our own unique hungers & how to satisfy the real cravings



Conscious EFT is an essential container for this exploration. As we release self blame & come into understanding & compassion for our eating strategies, we can make choices that satisfy our deepest hungers.



Conscious EFT & the Roadmap for Change

ADD in some good stuff!

- Nutrient-dense & brings pleasure!
- Try a green smoothie or add some sprouts
- Add a fresh salad to your day
- Add some life to your diet with ferments (kraut, kimchi, kombucha, kefir & others)
- Add something raw & fermented to each meal
- Try some flax or chia pudding to bring good fats and fibre

Replace inflammatory

- sugar, starch and fats with higher quality alternatives
- Switch to nut/seed milks and cheesy spreads
- Try braising or slow cooking instead of deep frying or grilling
- Try some veggie slices instead of crackers (cuke and zuke make a tasty replacement)
- Pack your plate at least half-full of a rainbow of seasonal veggies
- Caffeine & alcohol with herbal teas or fermented cocktails with kombucha or other healthy ferments

Release the trouble makers

- Refined & processed foods with additives
- Trans and polyunsaturated fats that are inflammatory
- Soy products except fermented ones like miso, tempeh, natto
- Allergens (different for everyone, but the most allergenic are dairy, eggs, wheat, corn, peanuts, tree nuts, shellfish, soy)

- ✓ Conscious EFT brings a foundation of regulation and W.O.T. resilience, & place of safety to explore our relationship with food, and ITSAs create the roadmap for change.
- ✓ Adding in more nutrition reduces inflammation, feeds the microbiome, making it easier to regulate, & brings more energy and fewer cravings, making it easier to make more step-by-step changes
- ✓ Take small, regular steps daily – don't expect yourself to make huge changes overnight – that's a setup for failure
- ✓ Garnish every meal with compassion – small steps add up to BIG CHANGES! Do your best every day and forgive your setbacks, and start each day anew!
- ✓ Relax before meals, do some easy breathing, set an inviting table, eat meals that bring pleasure, and eat without distractions of TV or devices. Be present and grateful for the meal!
- ✓ Move everyday – exercise reduces stress, insulin resistance, which brings down cortisol and inflammation – and it feels good!
- ✓ Find a farmers market, community garden or group of foodie friends to explore new recipes & ways to support your new relationship with food.



Put Out the FIRE & expand W.O.T. Anti-inflammatory Food Guidelines

ADD – Start here! & find YOUR I.T.S.A.s

- Pure water and herbal tea
- Lots of fresh veggies – at least half your plate – vitamins, minerals, phytonutrients to nourish, cleanse & reduce inflammation
- Low-sugar Fruit - ditto
- High Quality fat – omega 3 nuts & seeds (walnuts, flax, chia, hemp, pumpkin), olive oil, avocado, coconut oil
- High quality protein - lean meat, beans, lentils, high omega 3 nuts and seeds (flax, chia, hemp, pumpkin seeds, walnuts)

REPLACE

- Sugar with dates, honey, monk fruit, low-sugar fruit
- Wheat, barley, rye, with nut/seed flours & quinoa, amaranth or buckwheat
- Cow milk products with goat or sheep (may improve digestion and reduce allergens)) OR use nut/seed milks
- Conventional eggs with free-range, organic eggs (if tolerated)

AVOID

- Processed foods, deep-fried foods, trans & polyunsaturated fats, conventional dairy, moldy cheeses, artificial flavours & colours, artificial sweeteners, soy unless fermented, genetically-modified anything! Large fish (too much mercury and other toxins), MSG, allergens



NOTE: GENERAL GUIDELINES. If you have a specific physical or mental health challenge, or allergies, please seek guidance from a qualified professional.

Organic if Possible, but if not available, check out ewg.org for Dirty Dozen (avoid) and Clean Fifteen (usually available at most markets and grocery stores)

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How can this information help you as an EFT practitioner?



I.T.S.A. new opportunity! What is your first step?



Final Thoughts?



THANKS FOR COMING!

For more information, check out:

<http://www.energyfortransformation.com/food-for-transformation.html>

Tap Into a New Relationship with Food

Presentation Slides will be posted on the NeftTI Facebook page with the recording. And a small e-book will follow at www.energyfortransformation.com

Or

email me at Georgia@energyfortransformation.com