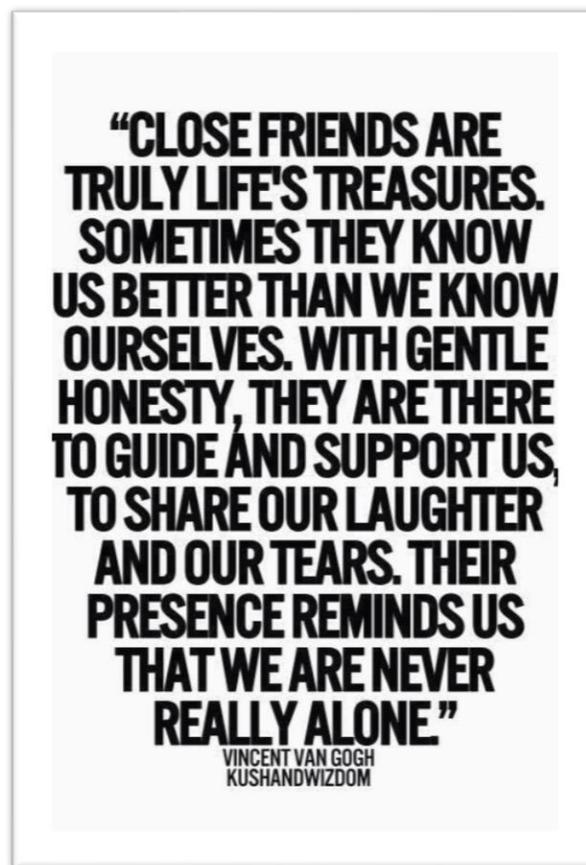


August 11, 2017

Women of Enlightenment

Nutrition of the Mind, Body and Spirit



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August 11, 2017

Definitions

Nutrition ~ Can that be defined?

Scientifically: Nutritional science is the study of the effects of food components on the metabolism, health, performance and disease resistance for humans. It also includes the study of human behaviors related to food choices.

Health & Nutrition: is the process of providing or obtaining the appropriate food necessary for health and growth for any living being. Combined with physical activity, diet can help you reach and maintain a healthy weight, reducing your risk of chronic diseases and promote your overall health.

Intuition ~ Intuitive Eating

An inner voice that speaks with an essence of Love. Some people recognize it as a connection with God and their guardian angels. For others, it's simply a gut feeling or inner knowing. All are accurate for the individuals in question.

We all have natural intuitive abilities. By making some shifts in what you eat and drink, you can allow your inner intuitive light to shine more brightly.

Intuition ~ Emotional / Mental

Behaviors are downloaded from family, friends AND also from media that we expose ourselves to. The "broadcast" is received from everything and everyone around us. It's remembered into our DNA.

Only YOU can CHOOSE to switch it off IF those behaviors are not healthy for you!

We have to send a new signal to all the trillions of cells of our body.

It's an honor to be here. Now.

On this planet.

And, it's a matter of choice - what food do you want to choose? Honor yourself with healthy food choices that fed your body properly so that you can function as you were meant to function. And, tune into the intuition we were all born with.

August 11, 2017

Nutrition Defined

Scientifically: The process by which a living organism assimilates food and uses it for growth, liberation of energy, and replacement of tissues; its successive stages include digestion, absorption, assimilation, and excretion. The science or study that deals with food and nourishment, especially in humans.

Intuitive Eating

1. Reject the Diet Mentality
2. Honor Your Hunger
3. Make Peace with Food
4. Challenge the Food Police
5. Respect your Fullness
6. Discover the Satisfaction Factor
7. Honor Your Feelings **without** Using Food
8. Respect your Body
9. Exercise - Feel the Difference Daily
10. Honor your Health

The principles of **Intuitive Eating** are intentions you can use to guide your eating and heal your relationship with food. It takes the balance of connecting back to your body's cues - rather than our rational minds - as well as taking inspired action.

August 11, 2017

Nutritional Foods

What **foods should be avoided**? There are certain types of food that appear to have more of a negative impact on our intuition than others. Four of these are **GLUTEN, SUGAR, DAIRY PRODUCTS, and unhealthy fats as well as fried foods**.

Also, many individuals experience an increase in their energy and in their spiritual gifts by letting go of animal products.

Avoid **GMO (genetically modified) foods**. With genetically modified foods, unhealthy pesticides are built into the food, and you can't wash them off or peel them away.

What food does our body need to thrive?

It's best to eat **"REAL FOOD"** ~ high energy fresh Fruits, Vegetables & Some Seeds & Nuts. However, there's no correct diet that is for every single person. Eating plans and digests are for the individuals that created them but may be incompatible for you. The food *you* need to consume is *unique to you*.

Choose organic foods as much as possible. Nutrition is an investment in your health!

The 12 most contaminated fruits & vegetables with pesticides:

Peaches, apples, sweet bell peppers, celery, nectarines, strawberries, cherries, pears, grapes, spinach, lettuces and potatoes.

The 12 least contaminated with pesticides:

Onions, avocados, frozen sweet corn, pineapples, mangos, asparagus, frozen sweet peas, kiwi fruit, bananas, cabbage, broccoli and papaya.

August 11, 2017

Mind/Body Connection Exercises for Ending Food Addictions

Get clear about your great purpose in life: every person has a calling when brought into this life. Not all hear or see the calling. Not all who get the calling rise to it. But rising to your calling, doing that which you were born to do, doing what you love to do - that will bring happiness like nothing else.

Visualize yourself at your very best: Psychologists have found in studies that the mind will believe what we give it and will strive, much like a computer, to bring the given "software" image into being. When you practice visualizing yourself at your best, your mind will rise to that image and strive to bring it into reality.

Forgive everybody for everything: make a list of all the people throughout your lifetime living or deceased, whom you need to forgive for any real, retrospective or possibly imagined wrongdoing on their part. Each person who carries forgiveness of the heart also carries unforgiveness in their 75 trillion or so body cells. Which will eat away at the body and psyche, lowering the vital functioning of the immune defenses, inspiring wrong choices and otherwise adversely affecting body, mind and spirit.

Forgive yourself: In like spirit, make a list of unforgiveness you hold against yourself. Work your way down the list over a period of time, checking off the now-forgiven as you go. Give up fear and negativity in all its forms.

Love your healthy body: 75 trillion or so cells, all working in unison for your health and happiness are an amazing ongoing drama.

Get Well ~ Stay Well affirmations: My body right now automatically processes the healthy foods which I _____, eat to give me superlative health in mind, body and spirit.

The Attitude of Gratitude: Count your Blessings. Share your Blessings. Practice the attitude of gratitude all the days of your life by reaching out in the endless ways you can do daily help people heal in mind, body and spirit.

August 11, 2017

Food Craving & Prayer

If you're being guided to change the way that you eat, this guidance may be the answer to your prayers.

Our diet plays a huge role in our health, our energy levels, and how well we can focus and concentrate.

When you eat according to your divine guidance, the rewards are great!

If you struggle with cravings for unhealthy foods, you can turn to prayer for support and strength. Many of us have been healed from unhealthful cravings, because we turned to God instead of the refrigerator.

Here's a helpful prayer for cravings ~

Dear God, I surrender my cravings and appetite to you, so that you may be in charge of what I eat.

I know that you fulfill my heart, body and soul with your nourishment.

Another helpful prayer to begin your detox process ~ request a sign from the angels. Ask them what you need to focus on now by saying:

Dear God and angels, please show me what changes you would like to see me make.

Please give me signs that I will easily notice and understand in the physical world.

I ask you to support me by making this transition comfortable for me.

Please guide me to healthy choices and high-vibrational meals, while also removing temptation.

I am willing to let go of all that no longer serves my highest good.

Thank you.

August 11, 2017

Affirmations ~

Dear God and angels, help me to love myself as you love me unconditionally.

I deserve Love.

I AM Love.

I Love every cell of my being.

August 11, 2017

Acknowledgements

Rev. Marie Phillips and her sister, Catherine.