

Dr. and Mrs. Price traveled the world in the 1930's with a camera. They proved conclusively that traditional cultures that started to eat the new processed foods of flour and sugar experienced severe degeneration of their health as seen in their teeth, bone structure and other developmental aspects. The healthiest cultures had high levels of fat-soluble vitamins, essential for maximum mineral absorption.

Refined Sugar, Flour & Alcohol:

Empty calories, take more than they give =
Spike the blood sugar with a resulting low
Send an alarm message to the emotional brain
Used to establish colonies around the World
Cheap, plentiful and genetically modified - sugar beets & corn
Agribusiness grown and controlled

Sugar cane is actually a very nutritious plant with a deep root. The refining removes the blackstrap molasses which is a good source of B6, calcium, iron, magnesium, manganese & potassium. Blend with equal parts raw apple cider vinegar & raw honey for a blood tonic. One Tablespoon a day.

Dopamine is a nerve transmitter that stimulates feelings of pleasure and energy, motivation and reward. When dopamine is released in huge amounts, the nerves shut down the receptors, called *resistance*. We need *more* next time. Signs of low dopamine: apathy, lack of motivation and fatigue. The amino acid, tyrosine, is the building block for dopamine. Three regular meals of organic animal protein, whole starch and healthy fat build the body and send messages of "abundance" to your emotional brain and greatly help you to get control of the habit. When we address the underlying shame, emptiness and pain, the draw to the substance will be healed.

Coconut butter Chia seeds Roasted vegetables Spaghetti squash SALAD!
Fresh fruits, especially melons and berries; Fruits are best eaten on an empty stomach and in moderation
Eat breakfast within one hour of rising, finish eating 8 hours later

Finding True Sweetness:

Grounding and centering Listening to your body & heart
Becoming aware of your style of imagination - do you see, hear, feel, smell, taste? Using intention to heal
Reaching out and connecting to family & friends & your Source Forgiving yourself & others
Getting creative Nourishing yourself with real food Being grateful
Trusting your body to heal Wiggling & moving Learning bodymind basics
Authoring your own experience Resting and playing
Knowing there is a way to recover your health, starting now
Letting it go

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