

Nutritionist Maria's Guide to Honouring Your Temple

A basic how-to-guide for listening to your body and responding with healthy, effective communication in order to obtain and maintain a harmonious relationship with The Self.

Symptom	Translation	Loving Response
Obsessing about food.	We are starving, are we dying?	Stop depriving yourself.
Thinking about food.	We need fuel soon, let's go find some.	Plan steps to obtain next meal
Hunger	It's time to eat	Eat
Disinterest in food and/or declining satisfaction of what's left on the plate	Adequate nutrition and energy needs have been met.	Stop eating
Still definitely hungry, but also declining satisfaction of what's left on the plate	Potential excessive intake of one or more macro nutrient (whatever you are disinterested by).	If applicable, stop eating the excess and find a wholesome alternate source of nutrition.
Definitely full, but desire to binge uncontrollably.	We've lost weight, leptin levels have declined. (Leptin: Satiety hormone)	Use logic to determine if the weight loss was healthy and to determine if energy source is wholesome. <i>If weight loss is within a desirable and healthy range, go to sleep and let body adjust. Let your body weight plateau for a while. If body weight is below what is considered healthy for your height, please seek immediate medical attention.</i>
	We've lost weight and something in that food was an abundant energy source, I want tons of that NOW.	
Craving <i>Below is a general guide that may help to determine perceived unfulfilled core needs. However, you own inner knowingness will tell you best.</i>	Perceived unfulfilled core need. <i>Below is a general guide that may help to determine perceived unfulfilled core need. However, you own inner knowingness will tell you best.</i>	Nourish the self by fulfilling core need. <i>Can include, but is not limited to nourishing thoughts, affirmations and dialogue with oneself. Please use logic to determine what course of action is most loving for holistic wellbeing, healing and empowerment.</i>
To overeat	Basic survival need(s) not met	
To chew	Need to relieve excessive stress and/or need to talk	
Alcohol	Emotional need(s) not met	
Sugar	Self esteem, emotional and/or need for love not met	
Caffeine, cocaine and amphetamines	Self-esteem and/or basic survival need not met	
Chocolate	Basic emotional need not met <i>See also caffeine and sugar</i>	
Opioids	Need for love not met	
Marijuana	Need for growth not met and/or desire to escape	
Aversion/Repulsion	Perceived threat and/or Change from what is considered normal (the paradigm).	Merge instinct and intuition to determine what's best. Respond accordingly to achieve a sense of security, stability, and assurance.
Discomfort	We are met with something out of the ordinary. and/or Something in the environment reminds me of when we once met a threat.	Determine whether or not you are still safe; determine if the challenge (or change) is healthy and loving, or if it's best to eliminate the discomfort and seek safety.
Pain	Excessive stressor is causing us harm	Eliminate threat to wellbeing
Pleasure	We like this	If it's a natural birthright to enjoy, respond according to your goals.
Depression <i>(If chronic, please seek medical advice)</i>	Excessive preoccupation with the past and/or Excessive preoccupation with unmet (maybe unrealistic) expectation.	Seek balance. Seek truth. <i>(If chronic, please seek medical advice)</i>
Anxiousness <i>(If chronic, please seek medical advice)</i>	Excessive preoccupation with a future imagined threat	Seek balance. Seek truth. <i>(If chronic, please seek medical advice)</i>
Fear	Stressor may cause us harm	Is there a real and present danger? If yes, seek safety. If no, see anxiousness.
Sleepiness or lethargy	It's time for restoration and repair.	Sleep or rest.
Calling (A feeling of intrigue to try and/or explore something new. Generally followed by the A.A.Voice shutting the idea down)	The heart says this is the way.	Follow your heart. Overcome the A.A.Voice and take a leap of faith.
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"I love my body and respect it's wisdom!"