

NUTRITIONIST MARIA'S GUIDE TO REDIRECTING TRAPPED ENERGY

Liberating energy from any old disempowering routines.
Redirecting energy towards new routines that help you manifest 5 year paradigm shift.

	OLD OUTDATED PROGRAM BINDING ENERGY (work on any that still apply to you)	POTENTIAL TRIGGER		NEW EMPOWERING PROGRAM TO RECEIVE ENERGY (These are suggestions. Feel free to come up with your own.)
		OLD	NEW	
1.	Ignoring hunger signals and feeling guilty for eating.	- Hunger	- Hunger - Vibrant foods. Real food. Nourishing meals.	- Eating nourishing meals with gratitude.
2.	Weighting yourself daily.	- The bathroom. - Morning routine. - A thought	- Draw small heart on the mirror	- Looking in the mirror through eyes of love & giving yourself a real compliment.
			- Written notes on mirror.	- Affirmations.
			- Part of routine while you brush your teeth/hair etc.	- Visualisations.
3.	Worrying about going to places with food.	- Places with food.	- Real foods	- Practicing attraction.
			- Engineered, refined foods.	- Practicing repulsion.
4.	Overanalyzing what people think of you.	- Could be anything. Watch for triggers.	- Noticing A.A voice of guilt, shame, anxiety, low self-worth, etc.	- Clear and refresh with new thought pattern and feeling. - Spending more time with people who make you feel loved, appreciated and fully accepted just as you are now. - Switch bracelet from one wrist to another to bring more awareness to being overly preoccupied with other people's opinions.
5.	Giving all of your energy to others/putting your needs last.		- Scheduled time of day/week for your needs.	Needs include nourishment, movement/exercise, meditation, expression (creative and emotional), pleasure, rest and relaxation, love, purpose and direction, novelty, growth, development and expansion etc.
6.	Any of the options you selected in Level #4 exercise "Reflections" for behaviours your weed feeds off of.		- Varies from person to person. Please identify your own as you go along.	- Varies from person to person. How would you like to redirect the energy?
7.	Habitually suppressing emotions		- emotion	- emotion
8.	Ignoring cravings and only eating what other people tell you to eat.	- craving	- craving	1. Assess craving: sweet, sour, salty, spicy, pungent, astringent, bitter, crunchy, creamy, savoury, fatty etc. 2. Assess type of hunger: real hunger/nutritional hunger, emotional hunger, need for stimulation, triggered hunger, etc. Find wholesome means of getting need met.
9.	Eating the same foods on rotation day in and day out.	- mealtime	- grocery store produce section or grabbing cart.	- Ask yourself what your gut bacteria might need. What's been missing lately?

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