“You transform your body into a temple in which your spirit can live with integrity, in harmony with mind and body.”

### What you choose to eat determines the quality of the nutrients and energy that you bring into your body.

* WHO found our standard American diet results in dramatic increases of chronic and degenerative disease when it is introduced into other countries.
* Whole grains, legumes, vegetables, nuts, and seeds bring you natural energy and a more complete and balanced set of nutrients.
* Fresh food loses a vital life force the longer the time between harvest and eating.
* Who provides and prepares your food and how your food is stored, processed, and prepared can be just as important to your health as what you eat.
* Being unable to control your food cravings can increase your feeling of helplessness, increase your stress, and lower your self-image and self esteem.
* As you evolve in body, mind, and spirit, your dietary needs change.

# Food is life

QUICK FACTS

-3.5 ounces fresh raw peas contain 316mg potassium and 2mg of sodium; canned peas 236mg sodium, 96mg potassium

-Eating excess protein depletes calcium from your body.

-Your body slowly breaks down complex carbs of whole grains, giving you long lasting energy, compared to refined sugars.

-Vegetables bring the light and energy they absorb and store through photosynthesis into your body.

“Sugar, caffeine, white flour, and artificial an junk food are illusions of real food with little nutritional value that bring artificial energy into your body.”

“In assimilating your food, the physical and energetic forces of your food interact with you on physical, emotional, and spiritual levels.”

Food and Mind

Nulla sed mauris quis elit.

- Lorem Ipsum