



10 COMMANDMENTS

For Digesting Your Meals and
Nourishing Your Soul



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1. EAT WITH AN ATTITUDE OF GRATITUDE

Better yet, LIVE with an attitude of gratitude! I know of a CEO who wears a timing device, which nudges him to think about something to be thankful for every 12 minutes! Be thankful for the food you eat. Imagine that its nutrients are feeding and nourishing every cell of your body to give you the vitality and strength you need along the day.

2. ENJOY FOOD IN A RELAXING ENVIRONMENT

Your metabolism does not function properly under stress. Digestion happens in the parasympathetic mode, i.e., in a relaxed mood. Eating "on the run", while arguing, listening to or watching the news, slows down your digestion and metabolism. If you want to nourish your body, enjoy pleasant music with natural or relaxing sounds. Let the problems of the day fade away. Share good news, humor and positive events.



3. CHEW YOUR FOOD WELL

The digestion of carbohydrates starts in the mouth, when the food is mixed with saliva. Smaller pieces of food are processed more easily by the stomach.

4. ORGANIC, SEASONAL and NUTRIENT DENSE IS OPTIMAL

Eating simple foods, that are grown organically, mostly locally, and which are allowed to ripen naturally, provide the most benefits to the body. Check superfoods (i.e., foods which are calorie poor and nutrient dense) at your local health food store. Learn about nourishing herbs and weeds.

5. EAT A VARIETY OF COLORS, TEXTURES, AND TASTES

This will provide you with the nutrients your body-mind needs, without having to juggle daily requirements. It will nourish the part of you that needs beauty and harmony. Prepare food in a way that delights your taste buds, your eyesight and your kinesthetic self: Red, yellow, green, white; crunchy, smooth, soft, hard... Allow yourself to be creative! In Ayurvedic Medicine, 6 tastes are recognized: Sweet, sour, bitter, salty, spicy, and pungent. In the US, sweet and salty are what we expect. We may overeat salty or sweet snacks, not realizing that our body is still hungry, yearning for the full spectrum of tastes, colors and textures.



6. NOURISH YOUR ETHNIC/ANCESTRAL BACKGROUND

There is an ancestral program running within us. Whether emotional or physical, it cries for attention. Part of my ancestry is Greek... and I felt especially satisfied after eating some bread containing Kalamata olives, grown in Greece. Part of my background is Swiss... and bread and cheese on a mountain top



is very nourishing to me. What is your ancestry? Nourish that part, and notice what happens.

7. NOURISH THE CHILD WITHIN

HAVE FUN! Go back to happy childhood memories or dreams (or if you don't have any, imagine happy times). Allow yourself to be a kid. We have a lot of social obligations, yet research shows the importance of play time. Play... you will be less likely to stuff down food to fulfill a lack. Go fly a kite or build a castle in the sand.



8. **EMOTION = E-nergy in MOTION**



Allow emotions to move. Process them. Stuffing them down with food leads to allergies. Observe them: are you angry, sad, frustrated? How is it to feel that way? Where is the feeling located in your body? What is it about? Observe, release...

9. **NOURISH YOUR SOCIAL NEEDS**

Food cannot take the place of hugs, physical contacts or the intimacy we crave. If you do not have a significant other, find a good massage therapist, treat yourself to a SPA, do some contact sports, find a circle of friends who like to hug. Meaningful social activities, where people work and play together, and where you are allowed to drop your mask (your un-authentic self), are important. Towns which have a community spirit have less health problems. Find your "community".



10. **NOURISH YOUR MIND AND SPIRIT**



Not only do we need food for our physical body, we also need to feed our mind with uplifting, positive material. Set time aside each day to meditate on positive, motivational books or articles, or to listen to motivational speakers. Feed your spirit. If rituals such as taking communion, praying, breathing or meditating work for you, take the time to practice them. If walking in nature fulfills that need, go for it. Nothing can replace the peace provided by feeling connected to a Higher Power.