



THE INTUITIVE BODY PROGRAMME

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# Intuitive Nutrition Manual

WEEK 4

# Intuitive Nutrition: Health Principles Roadmap

*Bringing it all together*

## Summary: Week 1 - 3

WEEK 1: GUT HEALTH & DETOXIFICATION

WEEK 2: GUT HEALTH & THE MICROBIOME

WEEK 3: IMMUNE HEALTH & MASTERING STRESS

WEEK 4: ECSTATIC HEALTH & MAKING THE CONNECTIONS



### THE GOLDEN RULE

*Your body has an intrinsic intuition on how to stay in homeostasis & balance*

A Simple 2-Step Process

**#1. limit the harmful dysregulating inputs**

“Deciding what not to do is as important as deciding what to do.”

**#2. increase the naturally supportive ones**

We're going to stack the odds in your favour!

### FOUNDATIONAL HEALTH PRINCIPLES:

**Principle #1**

My Gut reads my environment

**Principle #2**

Hunger is my body's search for minerals

**Principle #3**

Joy is a Gut feeling

**Principle #4**

Inflammation is my body's search for balance

**Principle #5**

The microbe is nothing, the terrain is everything.

**Principle #6**

Stress is my body's search for resilience

### FOCUS OF WEEK 4:

**Foundational Health Principle #7**

Health is a reflection of connection

## Foundational Health Principle #7

*Health is a reflection of connection.*

“Connection is why we are here; it is what gives purpose and meaning to our lives.”

— Brene Brown

The disconnected worldview: isolate and observe in isolation

Most of modern physics is developed on the premise of an isolated system, however, in nature, no isolated system has ever been observed, as it fails to acknowledge the relationship of all parts generating a synergistic whole.

The connected worldview: everything is interconnected, observe holistically

This view considers the universe as a living system.

“Biology is the feedback mechanism for the universe to learn more about itself.”

— Dr. Nassim Hamein

The connected worldview supports a fundamentally organized framework that is fractally and holographically present in the fabric of the universe with corresponding patterns and geometries **connecting the microcosm with the macrocosm.**

There are no closed systems in isolation from the rest of the universe.

There is an underlying structure of space-time that has a feedback/feedforward loop through which information is continuously exchanged holographically with the whole.

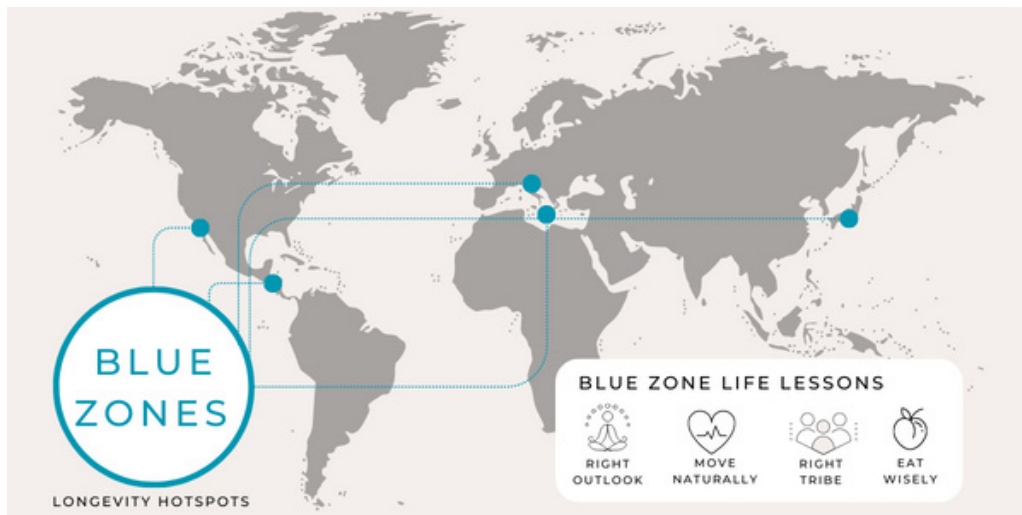


### Get inspired

Find out more about Dr Nassim Hamein and the connected universe theory. Watch this short clip explaining the connected universe. Dr Nassim Hamein is pioneering a new approach to quantum gravity and continual developments in the unified field theory.

## The Blue Zones

Blue Zones are areas of the world where people live the longest lives, consistently reaching age 100. People living in the Blue Zones are also much less likely to suffer from chronic illnesses.



### The five Blue Zones are located in

- Sardinia, Italy – home to the world's longest-lived men
- Okinawa, Japan – home to the world's longest-lived women
- Loma Linda, California
- Icaria, Greece
- Nicoya, Costa Rica

### What do the Blue Zones teach us about healthy ageing?

- Eating until you're about 80% full
- Eating a largely plant-based diet
- Drinking alcohol in moderation
- Making movement a natural part of your day
- Prioritizing stress relief
- Knowing your sense of purpose
- Connecting with your community
- Putting family (whether biological or chosen) first
- Choosing social circles that support healthy behaviours

## Getting Connected

Zach Bush talks about all cancers as being a disease of isolation. Cancer is an isolated cell and because it believes it is all alone, it starts to grow uncontrollably.



Listen to [Zach Bush](#) talking on this topic here

## How do we clear the disconnect?

**Step 1** - Limit the harmful dysregulating inputs:



**Reduce or remove:** glyphosates, the poisons of the palate, ultra-processed foods, nutrient deficient foods.



**Think before you drink:** consider cutting down on or eliminating alcohol from your diet. Liver enzymes break down alcohol into acetaldehyde – a known toxin and carcinogen! Excessive drinking can impair liver function through inflammation, fat build-up and scarring.



### **Reduce EMF**

Emerging research suggests that electromagnetic radiation can have an impact on bacteria too – slowing the growth of beneficial bacteria.

Try turning your cell phones and wifi off at night to promote better sleep.

## How do we embrace connectivity?

**Step 2** - Building connectivity from the cellular level ie. increase the naturally supportive inputs

**HERE IS A SUMMARY OF THINGS TO ADD IN FROM WEEK 1- 3:**



**Nutrition is key:** Eat high-quality foods and choose organic where possible. Organic food will decrease your exposure to harmful antibiotics, pesticides and hormones. Eat whole foods that are bright in colour and high in antioxidants. Include a variety of fruits, vegetables, sprouts, nuts, seeds, seaweed, herbs, superfoods, functional foods, fermented foods & cultured foods.



**Drink more water:** Water transports waste products and aids key detoxification processes like breathing, sweating and urination. Start the day with a glass of alkalising lemon water (remember to rinse out your mouth afterwards to protect your teeth.) And drink at least 6 glasses of clean and filtered water per day. Tap water and plastic-bottled water are not considered clean options, so try to avoid these.



**Eat prebiotic foods:** Prebiotics give your gut a good workout, acting like a kind of intestinal fertiliser; providing the food needed to feed the growth of 'good' bacteria and weeding out the bad.



**Eat probiotic-rich and fermented foods:** Fermentation is a process in which bacteria and yeast break down sugars. Not only does it enhance food preservation, but eating fermented foods boosts the number of beneficial bacteria, and probiotics, in your gut.



**Feed your bacteria with fibre-rich plant foods:** Eating more fibre rich wholefoods helps to stabilise your blood sugar levels and keep hunger at bay, whilst helping you to develop a more diverse population of gut microbes.



**Add in the gut-supporting superfoods**  
Include more greens, healthy fats, fibre & antioxidants (see manual 2 for the full list).



**Add Medicinal Mushrooms to build connectivity:** Mushrooms help to maintain healthy cellular functioning and communication between the cells. Medicinal mushrooms provide a wide array of novel nutrients, nourishing our neural networks, building that highway of connectivity and interconnectivity not just in the mind but in the body too.



**Prioritise stress relief:** Add in Adaptogens to help restore balance and build resilience. Adaptogens work to bring about balance and homeostasis whether you are experiencing adrenal overstimulation or adrenal fatigue, they calm and nourish the adrenal glands.



**Get your sweat on:** Find the time to move, stretch and strengthen your cardiovascular system. Exercise promotes blood flow and stimulates the lymphatic system. Sweating is a great way to get rid of toxins.



**Take care of yourself:** Mental and emotional stress can have a toxic effect on our bodies, however, most of us wouldn't consider these as a source of toxins. The following three simple practices can make a massive difference: taking at least 20 minutes per day to connect to nature and yourself, making sure to get enough sleep and cutting back on 'screen time' before bed.



**Improve sleep:** A lack of sleep can have a direct, negative effect on the gut microbiome, leading to a less diverse population of gut microbes. Given the gut-brain connection, it can be all too easy to fall into a vicious cycle of:  
*poor sleep = poor gut health = worse sleep = deteriorating gut health*



**Get naked in the sun:** Don't judge before you've tried this ;) Sunlight exposure can influence the composition of your microbiome – improving its diversity and thereby reducing inflammation. It is also your best source of Vitamin D.



**Get your hands dirty:** Get outside and immerse yourself in nature. Touch nature, walk barefoot on the earth, go swimming in wild rivers, take off your shoes more often, feel the sand between your toes, and take a hike through the mountains.



**Choose real human connection**  
Choose quality time spent with loved ones over digital technology.

## Making the connections – other supportive inputs that support relational connectivity



Take a look at this [video](#) of how a neuron looks for connectivity.

The entire body is a reflection that connection is healthy for it. This is why our 7th foundational health principle is:

Health is a reflection of connection.

**Inquiry:** If health is a reflection of connection, how can I improve connectivity in all areas of my life?

The blue zones studies show that while **food inputs are important in longevity** so too are the values of **connection**:

- Knowing your sense of purpose
- Connecting with your community
- Putting family (whether biological or chosen) first
- Choosing social circles that support healthy behaviours

"Loneliness and social isolation have the same cardiovascular effects as smoking 15 cigarettes per day, but these factors also increase the risk of "all-cause morbidity," in other words, dying from any cause. Loneliness increases the risk of developing dementia by 50% and stroke by 32% while increasing the morbidity risk of cancer by 25%."

As a society, we are suffering because of a devaluation of human connection and disconnection from nature.

"In a world full of algorithms, hashtags and followers, know the true importance of human connection."

A baby needs connection in order to survive.

As that baby gets older it needs more connection as it starts to expand its relational capacity.

"We need 4 hugs a day for survival.  
We need 8 hugs a day for maintenance.  
We need 12 hugs a day for growth."

### Did you know?

Our primate brain size is bigger because we have more relational connections.

more relationships

=

more connections

=

bigger brain





## Let's get Creative!

"Creativity is the power to connect the seemingly unconnected."



### **Connect to Nature:**

Walk, swim, garden or find some other form of outdoor physical activity you enjoy



### **Find an activity buddy**

Find activities you enjoy and invite a friend to join you. You'll connect and have more fun.

"There is no wifi in the mountains, but I promise you will find a better connection."



### **Set reminders to stand up and move every hour**

Remember to make movement a natural part of your day.



### **Practice mindfulness**

Practice positive self-talk. Pay attention to the words you use and the stories you tell. Delete gossip and slander, would you speak the same way if they were in the room? Do you talk positively about life and people?



### **Disconnect from technology when with family and friends**

Create an intentional relationship with digital technology that serves not enslaves.



### **Quality time**

Take time to focus on the quality of your relationships  
Plan dedicated time to spend with your loved ones.



### **Volunteer in your community**

Join a local group, contribute and be of service.



### **Connect to your purpose and desires**

Do you hold yourself and others in the highest regard or the highest vision or version of yourself?

**IT'S TIME TO TELL A BETTER STORY**

“ Love and fear are both energies, but one enhances life and the other cancels life. When we are in love we become more healthy – we glow and have far more energy, for unbeknown to us our bodies release certain neurochemicals into our bloodstream that enhance the growth and the vitality of the system, which is completely the opposite when we experience fear because the chemicals released by the brain in fear, shut down the system and you create a wall around you, and thus you become disconnected from something greater. ”

— Bruce Lipton, *Biology of Belief*

## Ecstatic Health

### HEALTH IS AN ALTERED STATE OF CONSCIOUSNESS.

Nearly all societies are known to engage in practices that lead to altered states of consciousness whether they access this via hypnotic states, trance, dance, meditation, or induced hallucinatory experiences.

Eating clean food and adding potent plants are tools to support the body to feel physically better. A body that feels good is more connected, more curious and more open to making new connections.

As you start to **feel better**, you begin to **think more clearly**, and you become better equipped to **express yourself honestly and clearly**, this **brings you into a state of trust, alignment and resonance with yourself**.

### POTENT PLANTS FOR HEIGHTENED AWARENESS

There are functional foods and potent plants to support naturally accessing ecstatic states, heightened awareness and "natural highs".

Consuming more of these foods can help one to **shift state and entrain a state change**.

Hanging out with happy people can also help to entrain a state change, so enjoy these foods and these times together.

“Small shifts in your thinking, and small changes in your energy, can lead to massive alterations of your end result.”

## Top 7 potent plants for Ecstatic Health

### 1. RAW CACAO – FOOD OF THE GODS

Ancient cultures used to refer to cacao as the ‘food of the gods’ and used cacao as a ‘carrier’ for medicine as it has the unique **ability to better transport nutrients into the body for enhanced nutrient absorption**. This is why we always recommend **combining cacao with potent medicinal plants!**

Cacao is a fantastic food source of heart-supporting **magnesium**.

Cacao is one of the richest sources of **antioxidants** in any food.

Cacao contains many **mood-enhancing** nutrients including three well-studied **neurotransmitters: serotonin, dopamine, and phenylethylamine** as well as anandamide, **B vitamins and tryptophan**.

 <p><b>Cacao vs Cocoa</b></p> <p>While we agree with the media on why chocolate is good for you, they often fail to mention that 90% of the goodness is destroyed by heating. Here is an interesting, quick comparison between our raw chocolates and the conventional ones.</p> <p><small>*please note that our CBD bar contains organic cane sugar</small></p>	<p><b>RAW</b> raw beans used sensitive antioxidants kept intact cold processed from bean to bar raw tempered below 47 °C</p>	<p><b>COOKED</b> roasted beans used destroys up to 90% of antioxidants high heat process tempered above 47 °C</p>
	<p><b>NUTRIENT DENSITY PRESERVED</b> good brain chemicals eg: PEA (phenylethylamine), oxytocin, anandamide, serotonin and dopamine heart supporting magnesium, iron and manganese</p>	<p><b>NUTRIENT DENSITY DESTROYED THROUGH HEATING</b></p>
	<p><b>ORGANIC</b></p>	<p><b>NON-ORGANIC</b></p>
	<p><b>SUSTAINABLY FARMED</b> heirloom variety</p>	<p><b>UNSUSTAINABLE COMMERCIAL FARMING</b> hybridised for higher yield and lower risk</p>
	<p><b>DAIRY FREE &amp; VEGAN</b></p>	<p><b>DAIRY PRODUCTS ADDED &amp; NON-VEGAN</b></p>
	<p><b>LOW GI NATURAL SWEETENER (COCONUT SUGAR)*</b> free from all artificial sweeteners including sugar and alcohols such as maltitol or xylitol</p>	<p><b>REFINED HIGH GI WHITE SUGAR OR ARTIFICIAL SWEETENERS</b> often processed using chemicals, non-organic</p>
	<p><b>HOME-COMPOSTABLE PACKAGING</b> inner sleeve is biodegradable and plastic free and the outer box is biodegradable and recyclable</p>	<p><b>PACKED IN ALUMINIUM FOIL AND PLASTIC</b> chocolate bar is exposed to aluminium and / or plastic components contributing more non-compostable waste to our soils and seas</p>
	<p><b>MYCOTOXIN &amp; ALLERGEN FREE</b></p>	<p><b>MYCOTOXINS &amp; ALLERGENS MAY BE PRESENT</b></p>
	<p><b>ETHICALLY &amp; ARTISANALLY PRODUCED</b></p>	<p><b>MASS PRODUCED</b></p>
	<p><b>TRUSTED SOURCING &amp; PROCESSING</b></p>	<p><b>UNKNOWN</b></p>
<p><b>NO EMULSIFIERS</b></p>	<p><b>GMO SOY LECITHIN COMMONLY USED</b></p>	

### 2. MUCUNA - NATURE’S ANTIDEPRESSANT

Mucuna is nature’s antidepressant and helps to **improve sleep, enhance mood** and boost cognition and memory. Mucuna pruriens is known as Velvet Bean and is traditionally used in Ayurveda to treat nervous system disorders, depression, neurodegeneration, low sex drive and infertility. It contains bioactive tryptamines, including **serotonin and 5-HTP**, and is mostly known for containing a neurotransmitter precursor called L-dopa. L-dopa is an amino acid that converts into dopamine. Dopamine is depleted by stress, stimulants and alcohol.

### 3. CANNABINOIDS & CBD

It has been uncovered that Cannabinoids **help dissolves cancer cells**, provide pain relief, balance blood sugar levels and prevent Alzheimer's disease.



Cannabidiol or CBD is non-psychoactive and will not get you high.

CBD is **neuroprotective, calming, supports relaxation** and reduces the **effects of anxiety and stress on the body**.



The effects of CBD are known to be **synergistically enhanced when combined with raw chocolate**.

CBD has an anti-inflammatory effect on the body as the endocannabinoid system plays an important role in regulating inflammatory processes. It also supports pain relief, neuropathy and rheumatoid arthritis-associated pain has been shown to respond to CBD

### 4. KRATOM

Kratom is a potent medicinal plant rich in antioxidants, minerals and vitamins. It is a tropical evergreen tree native to the jungles of Southeast Asia. Kratom is traditionally used to **combat fatigue, increase energy and productivity**. It is naturally energising and supports increased **cognitive function and focus**.



In lower doses, Kratom has a mood-elevating and enhancing effect providing mental support. In higher doses, Kratom can also have a calming effect.

Kratom is available as green or red Kratom. Both provide powerful and **restorative mental support**. **Green Kratom** is generally considered more **energising and uplifting** whilst **Red Kratom** is used for natural **pain relief** and relaxation, to soothe fevers and provide calming mental support.

#### Effects on Chronic Pain

Kratom is not an opioid yet it works on the opioid receptors, it produces an analgesic effect, making it a far safer form of pain relief than many mainstream options available.

### 5. GINSENG

Ginseng is amongst the most prized traditional Chinese medicinals because it alone can strengthen the Original Yuan Qi. The Yuan Qi is the **vital energy** with which we are born.

It has amazing **energy-restoring and strength-building** properties, boosts energy, induces mental alertness and increases endurance. It is a potent adaptogenic herb and energy tonic. It is **regulatory to both the central nervous system and the endocrine system**.

## 6. FOTI OR HE SHOU WU (FO-TI ROOT)

Revered for centuries because of its ability to **prevent premature ageing** and enhance longevity and youthfulness. He Shou Wu translated means head of thick black hair and is known as a glowing, healthy hair tonic. It tonifies and energises the skeletal system, the muscular system and the nervous system. It is a source of MAO inhibitors which allow the brain to maintain high levels of feel-good chemicals.

## 7. SCELETIUM

Khoi and San people have used this plant as a mood enhancer since prehistoric times  
It elevates mood and **decreases anxiety, stress** and tension, and is a very **effective antidepressant**.

### Putting it all together

These 2 products are part of our **synergistic herbal blends** combining some of the top potent plants for ecstatic health. Release is designed to support pain relief and relaxation and a deep letting go. Euphoria is designed to be energising and uplifting and support a joyful and natural high.

#### Release



- **red kratom** - revered for its ability to restore your mind & body with calmness for much-needed relaxation
- **reishi** - excellent anti-stress herb, known to ease tension, elevate the spirit & promote peace of mind by transforming negative energy in the body
- **gynostemma** - the most medicinal of all the Chinese herbs, containing 120 saponins, which are immune-modulating molecules that possess unique & specific health-giving properties
- **valerian root** - widely used & respected by herbalists & physicians for its sedative effects & anti-anxiety capabilities, often referred to as "nature's Valium"

#### Euphoria



- **green kratom** - revered for its ability to restore your mind and body balance when you feel stressed, anxious and emotionally drained.
- **ashwagandha** - powerful adaptogen, supports adrenal health, soothing the nervous system and acting as a rejuvenating tonic.
- **prepared fo-ti** - tonifies and energises the skeletal system, muscular system, and nervous system, activates the brain by allowing more good brain chemicals like serotonin to be active and not broken down by monoamine oxidase.
- **panax ginseng** - enhances mental stamina and focus, restores energy and builds strength, adaptogenic.
- **matcha** - finely ground powder of specially grown and processed green tea leaves, energising and enhances mental alertness



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