

Healthy Eating

Proper nourishment is central to our health; it provides our bodies with the necessary nutrients for it to build, repair, maintain, heal, and the energy to live a full life. The content of our mind and psyche guides our eating habits and food choices. A healthy mind is therefore a crucial aspect in the path to sustainable healthy eating. Everyone has an innate internal compass to guide their eating habits. We clearly see this at birth, infants figure out their hunger and satiety cues, they feed more during their growth spurts without being taught by any 'expert'. Obviously, each individual has specific nutritional needs based on their age, gender, genetic make-up, level of activity and what they are going through in their lives. As we grow and blend into culture and other habits, often, we fail to recognize the innate cues thus, our phenomenal guide fades away, allowing us to stray away from healthy eating.

Stress, trauma, anxiety or any negativity dwelling in the mind, is a great disruptor of the inner guide for healthy eating and an active, balanced, meaningful lifestyle. Our path towards a healthy lifestyle begins with addressing the negativity borne in the mind. We fully understand that by resolving the obvious or perhaps hidden burdens in the mind, we revive the inner guide to a healthier lifestyle—effortlessly! The effortless nature of the inner guide, make it a sustainable way to healthy living. In contrast, common strict diet plans which require effort and struggles, add to the negativity. The negativity bearing on the mind makes adhering to dietary plans unsustainable in the long term, thus, compounding the problem.

We love to train you in simple bible-based meditation techniques to overcome the tension, anxiety or any negativity residing in your mind. As these conditions resolve, a healthy lifestyle will be intuitively clear to you and easier to abide to. You will find satisfaction in eating natural wholesome foods that nurture your health. You will also realize wisdom unfolding within you and guiding you to specific nutrient-dense foods that you may require as you go through different phases in your life. **As you become consistent in dissolving stress, you will sustain an active, balanced lifestyle that will keep you healthy, productive, joyful and content.**