

Food is Fuel. Food is Energy. Food is Miraculous. Food is Life.

■ THE ROCKET BODY

For this moment, imagine the body as a rocket. This rocket, in order to not only launch but reach its destination, requires the highest quality, most efficient fuel. Without this fuel, the mission would barely get off the ground — for the fuel is its energy.

The body is your rocket. Every day you launch it, and it uses the fuel you give it the best it can. Imagine putting the highest quality fuel in it, every day — how would your rocket body function? How would it *feel*?

So often we prioritize flavor over function — indulging in how something tastes rather than noticing how it makes us feel.

It is time we change that.

In order to do so, we must change our perception of the role of food in life.

◆ GRATITUDE & THE MIRACLE OF FOOD

Before, during, and after we eat — give thanks! Take a moment to consider how far it had to travel, the miracle it took to get to your plate. Remember that the piece of food you're holding is an extension of divinity, and also divine, just as you are.

Consider a carrot: it began as a seed. It required sunlight. It was watered. It needed nutrient-rich soil. It had to be harvested at the right time, transported to a grocery store, placed on the shelf — all to get to your plate.

What is the role of food? Rocket fuel that the rocket body burns.

When we fuel the body with superfoods and give it an abundance of nutrients, greater possibilities exist. Our cells have more diverse nutrients to work with, optimizing our rocket bodies.

◆ WHERE DO OUR FOOD BELIEFS COME FROM?

It's not about modifying or following specific diets, adhering to strict regimens, and judging ourselves when we "fail" to adhere to them. It is about bringing awareness to how we feel about food — changing our perception, loving the food we get to eat because it directly energizes us!

Why do we eat what we eat? Because we believe we like some foods and dislike others. And yes, this is completely normal. But what if these beliefs are what keep us limited in our ways and habits, preventing us from trying new foods we may actually enjoy?

(Example: saying and believing "I don't like vegetables" excludes a huge portion of essential nutrients that would be difficult to obtain through other means.)

Where do our beliefs about food come from? Most likely — parents. Since they were the ones feeding us, they controlled what went in (and what didn't) when we were young. We shaped our diets from young ages, and it takes diving deeper to understand

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why we eat what we eat.

Say you told your parent: "I don't like eggs." Not only are eggs excluded from your diet, but so is omelette, breakfast burrito, eggs on toast. Whole meals get put aside simply because we told our caregivers we won't eat them. We "got what we wanted" — and our palate stayed small.

After acknowledging, accepting, and surrendering our beliefs — now we can begin to create our new nutrient-rich, tasty diets. Yes, we can have both.

■ PROCESSED FOODS & THE IDEAL DIET

Processed foods, while satisfying to the senses, contain an excess of additives that the body has a tough time processing, blocking its metabolism. Corporations intentionally make these foods chemically addictive — the more we eat them, the more the body craves them.

If there is one diet worth considering, it is the **Mediterranean diet** — considered ideal by nutritionists and health organizations because it meets all nutritional requirements without excess.

- Vegetables, fruits, legumes, and whole grains as its base
- Olive oil / avocado oil as the primary fat source
- Fish and seafood 2–3 times per week
- Moderate dairy (yogurt and cheese)
- Limited red meat
- A touch of red wine (optional)

This diet is not only sustainable, but offers infinite flavor combinations and customizations. The essence remains the same: a diversified diet with minimal processed foods.

The body needs approximately:

~60% carbohydrates · ~20% proteins · ~20% fats

Let go of "this food is healthy / unhealthy." The body uses whatever it is given, the best it can. It does not judge — only the ego-mind judges what is eaten.

Instead ask: "How do I feel after eating this?" · "How long does this energy last?"

■ FOOD LOG — SAMPLE & TEMPLATE

Track two things: what you ate, and how you felt *after* eating it (not during!). This simple practice builds an intimate awareness of how food moves through you.

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Food Eaten	How I Felt After
PB Toast on Ezekiel Bread	Energized for 4 hours
2 carrots	Grounded, at peace, like Roger Rabbit ■
Target's Monster Trail Mix	Energy spike → crash + more hunger

◆ A NOTE ON SUGAR

Sugar gets a bad rap, but it's important to differentiate the ways we consume it. **Where you get your sugar matters.**

Is it from fruit, where it mixes with the flesh in your digestive process, resulting in a slower release of sugar into the blood? Or is it from soda, where the entirety of the sugary drink goes straight to the blood, resulting in an insulin spike?

Natural sources of sugar are always preferred over artificial — the body processes them very differently.

The key with diet and nutrition is recognizing that food is us — that a miracle of transformation occurs each time we eat.

◆ ACCESS & FINAL REFLECTION

If you live in an area with difficult or limited access to fresh foods, see if there are local food banks, pantries, or farmers markets where you can get these items. Often these places carry items your local grocery may not have or have in season.

Ultimately, the goal here is to understand and accept our current diets, to notice how we feel about food, and finally, to change our perception of it. **It starts in consciousness!**

Notice when there's a pull to eat the familiar, tasty foods — but do not add judgement or resistance to the pull. Acknowledge and accept the desire. When it's time to let it go, allow it to go.

*Let it come. Let it be. Let it go.
The action will follow once this is mastered.
You can do this. ■*