A. Introduction

a) What does it mean to live holistically?

b) Comparing healing with curing

c) Nutrition is a possible pathway not only for physical health but a potential avenue to learn our life lessons. Our relationship to food and eating is symbolic of how we approach everything else. It can open us up to examining what our lives are like.

d) Nutrition is going beyond the calorie and addresses our relationship to food, how and what we eat which can be a bridge to unite our physical body and our soul

B. What is Energy Medicine?

a) The body’s major energy currents
   • Sushumna (central nervous system), Ida (parasympathetic) and Pingala (sympathetic)
   • The currents of manifestation, liberation, reception and expression

b) Exploring the chakras
   • Energy centers that receive, assimilate and express life force energy.
   • Each chakra is a field of physiological, electromagnetic, mental and spiritual energy
   • Physical organs, glands and nerve plexuses are then activated by the energy frequencies at each chakra
   • Chakras connect all of our Being, have a universal life lesson, purpose, elemental nature, mental energies and body organ connection
   • The chakra system is a template for transformation or a map for a soul’s journey of healing and awakening. The seven basic life lessons are survival, sexuality, power, love, communication, intuition and consciousness itself.

C. What is the relationship between chakras and food?

a) Food provides the energy for these energy centers or chakras

b) Food is beyond the calorie
   • Has thermal properties, provides flavors, colors, tastes, aromas that impact the body, act as messengers that communicate with our body’s DNA, has vibrating energized particles forming electrical currents that run through cells, carries information that will signal our bodies to create proteins which is how genes are expressed, varying metabolic effects and influenced by food’s lineage and preparation

D. Chakra 1 (Root) and Nutrition

a) Grounding begins at the root chakra; the framework and foundation of our identity

b) The right to exist, physical identity, self-preservation, basic survival needs, stability, certainty, physical strength and influences of tribal culture

c) Physiology of our physical structure, immune system, adrenal glands, blood cells and DNA
d) Sacred truth: All is one  

Relationship of grounding with eating  

**f) Foods for Grounding**  
- Protein  
- Food Allergies  
- Minerals: Calcium, Iron and Zinc  
- Root Vegetables  
- Mushrooms: Antiviral and immune enhancing properties.  
- Red colored foods  

**g) Questions for eating for root chakra benefit**  
- Traditional eating patterns, physical need awareness, eating mindfully, building your meal, eating close to Earth  

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E. Chakra 2 (Sacral) and Nutrition  

**a) Creative expression of the Self, relationships, emotions, pleasure and play**  
**b) The right to feel, emotional identity, self-gratification, sexuality**  
**c) Sacred truth: Honor one another**  
**d) Physiology: kidneys, bladder, pelvis, reproductive organs, hip area, lower vertebrae, all bodily fluids**  
**e) Eating and Sacral Chakra**  
- Eating with all our senses, time creating meals, relationship to food and to others  

**f) Food to support the Sacral Chakra**  
- Water  
- Fats and Oils  
- Tropical fruits  
- Orange colored foods  

**g) Questions for Eating for Sacral Chakra Support**  
- Foods gravitate towards, sharing meals, emotional connections to eating patterns  

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F. Chakra 3 (Solar Plexus) and Nutrition  

**a) Self-perception, self-worth, ego, personal power**  
**b) The right to act and be free, ego identity, self-definition**  
**c) Sacred Truth: Honor Oneself**  
**d) Physiology: digestive system including esophagus, stomach, pancreas, small intestines, liver, gall bladder and linked to mitochondria**  
**e) Solar Plexus, Power and Food**  
- Transformation of foods, unlocking their messages. Learn how to sense body’s signals of hunger and fullness  
- Digestion according to traditional Chinese medicine and the roles of spleen and stomach  

**f) Foods to Support Solar Plexus**  
- Carbohydrate need: preferred fuel of glucose, additional roles within the body, phytochemicals, fiber  
- Gluten awareness  
- Yellow colored foods  
- Fiber rich foods  

**g) Questions to Support Solar Plexus**  
- Drawn to certain foods, foods that drain us, stress influence on eating
G. Chakra 4 (Heart) and Nutrition

a) Powerhouse of the human energy system, tipping point of being more soul than body, to give and receive love, intimacy is the foundation for self-expression
b) The right to love and be loved, social identity, self-acceptance
c) Sacred Truth: Love is Divine Power
d) **Physiology:** heart, lungs, arms, thymus gland, lymphatic system, diaphragm, shoulders, wrists and hands
e) **Food and the Heart Chakra**
   - Food is more symbolic on upper chakras, the need to share a meal, extending love through food
f) **Foods to Feed the Heart Chakra**
   - **Vegetables:** Cruciferous vegetables, Leafy greens, Sprouts, Raw foods
   - **Green colored foods:** Artichoke, arugula, asparagus, broccoli, Brussels sprouts, cabbage, chard, collard greens, avocado, green bell pepper, grapes, honeydew, kiwi
   - **Flavors:** Bitter and pungent flavors
g) **Questions to Support Heart Chakra**
   - Eating bitter foods, taste of food when shared, reaction to raw foods

H. Chakra 5 (Throat) and Nutrition

a) The voice of our original spirit and ego, ability of choice, maturation of will, authenticity, inner truth, communication
b) The right to speak and be heard, creative identity, self-expression
c) Sacred Truth: Surrender personal will to Divine will
d) **Physiology of Throat Chakra:** face, larynx, ears, mouth, neck, thyroid gland, throat, upper esophagus, parathyroid, hypothalamus.
e) **Eating and the Throat Chakra**
   - About relationship to food than the food themselves. Chew, taste, hear and speak.
f) **Foods to Support the Throat Chakra**
   - Sea Plants, Soups, Sauces, Juices, Fruits
g) **Questions for Throat Chakra**
   - Balance talking, chewing and breathing while eating

I. Chakra 6 (Third Eye) and Nutrition

a) Perception, insight, imagination, visualization, higher knowing, dreams
b) The right to see, archetypal identity, self-reflection
c) Sacred Truth: Seek only the Truth
d) **Physiology of the Third Eye Chakra:** eyes, pituitary and pineal gland, brain and neurological systems
e) **Relationship of Food to Third Eye:** Intuitive eating, addiction to food, nourishing the brain
f) **Foods to Support Third Eye Chakra**
   - Spices – pungent materials, potent, needed in small quantities, help unify chakras. Some include chili powder, cumin, curry, cardamom, dill, basil, ginger, horseradish, mint, nutmeg, pepper, turmeric, wasabi
   - Purple Red Foods – grapes, blueberries, blackberries, eggplant, purple kale, figs, plums, raisins, raspberries and pomegranate. Contain antioxidants anthocyanidins
   - Watch caffeine, chocolate, alcohol and drugs
g) **Questions for Third Eye Chakra Health**
   - Listening to body’s needs, impact on dreams, obsessed with calories, mood after specific foods
J. Chakra 7 (Crown) and Nutrition

a) Infinite, open minded, silent witness, spirituality, consciousness
b) The right to truth, knowledge and knowing what’s going on, universal identity, self-knowledge
c) Sacred Truth: Live in the Present Moment
d) Physiology: Central nervous system, muscular system and skin
e) Eating and the Crown Chakra
   - Showing gratitude
   - Fasting
   - Whole foods in their natural form. Pure, unadulterated foods.
   - Receiving sunlight (vitamin D), air (oxygen cellular respiration) and love through food nourishment.

K. Where to begin?

1. Starts with a life review, awareness of what you are thinking, doing and being now
2. Examining dietary pattern through journaling and awareness of the who, what and when’s surrounding your relationship to food
3. Possible starting points
4. What lifestyle changes can you add to ground?

Teri Mosey is the founder of Holistic Pathways LLC, an education company specializing in holistic nutrition and lifestyle coaching. Her knowledge and experience has developed over the years to include studies of Eastern and Western philosophies, yogic perspectives, energy medicine, meditative practices and culinary exploration. She presents alternative perspectives of biochemistry, human physiology and nutrition by incorporating the principles of holistic living into her work, helping others discover their personal path to wellness. Teri holds a B.S. in biochemistry, M.A. in exercise physiology and a PhD in holistic nutrition. Contact Teri at teri@holisticpathwaysllc.org or 516-280-8734. Upcoming seminar schedule can be found at www.holisticpathwaysllc.org.