

PE #6c Six Stages of Nutrition

Dr. Dewe says, “diet is what we eat but nutrition is only what gets into the cell.” Each of the six stages of nutrition is critical. Even the slightest break-down can result in incomplete nutrition and therefore diminished health. Good nutrition is supplying the body everything the cells need for growth, repair, maintenance and reproduction.

Pre-Evaluation:

1. Mode in circuit - IM unlocks
2. Ask whether...
 - Balance A - Work with one stressed stage of nutrition
 - Balance B - Evaluate all stages in relation to each other & work with one priority stage at a time
3. Close circuit
4. Find emotion

Balance A -

1. Test which stage or nutrition is stressed: Look for first IM unlock -
 - diet
 - digestion
 - absorption
 - circulation
 - assimilation
 - elimination
2. Put priority stressed stage of nutrition in circuit - IM unlocks
3. Ask “what is needed to balance XXX stage of nutrition” - IM locks - “is it something to” -
 - add
 - delete
 - modify
4. Test macro or micro - Look for first IM lock (don’t stack)
5. If Macro ask: protein / carb / fat - Look for first IM lock (don’t stack) (drill down from here using chain of life info)
6. If Micro ask: Vitamin / mineral / enzyme / phytonutrient - Look for first IM lock (drill down from here using chain of life info)
7. Test literal or lateral - maybe metaphysical awareness - Look for first IM lock
8. Close circuit

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Now nutrition is identified:

9. If add - screen by holding substance (or substance in the written form) at the parotid gland - Test whether food is biogenic with C1 and ear acu points - IM lock indicates a positive response
Note: Check ear acu and C1 are clear, correct if not

If to delete / modify - discuss where they are already having this in their diet and test the factors needed (as below).

10. Ask: how much, how long and if body wants to start on this amount or less and then build up to or reduce it over a period of time.

Do not be surprised if some items, eg antioxidants or EFAs are long term supplements.

Checking changes:

1. Check stage of nutrition is now clear
2. Check emotion
3. Check mode

Balance B -

1. Find % optimal (what their highest potential is) and actual function (where they are now) of each stage of nutrition; (test like you test thymus %)

diet
digestion
absorption
circulation
assimilation
elimination

2. Put on priority mode and test through 6 stages to identify the priority - Look for first IM unlock
3. Put the priority stressed stage of nutrition in circuit - IM unlocks
4. Ask "what is needed to balance XXX stage of nutrition" - IM locks - "is it something to" -

add
delete
modify

4. Test macro or micro - Look for first IM lock (don't stack)
5. If Macro ask: protein / carb / fat - Look for first IM lock (don't stack) (drill down from here using chain of life info)
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Checking changes:

1. Check stage of nutrition is now clear and new % actual
2. Check other stages of nutrition - fix as necessary
3. Check emotion
4. Check mode

Remember MODIFY means to change either:

1. Amount eaten
2. Time eaten
3. Form it's eaten in

6 Stages of Nutrition Metaphysics

DIET

What are you taking in from mental/emotional/environment that isn't nourishing you or serving you
Are the activities/people you are doing/being around serving you?

DIGESTION

What do you need to break down into more manageable pieces, so you can take action and not feel overwhelmed
Do you spend enough or too much time thinking about things?
Thinking about preparing things?

CEPHALIC - mental stage of preparation to eat
What mental preparation, preplanning, intention do you have around the goal

MASTICATION - chewing mechanical stage
Biting off more than you can chew?
Chewing over things for too long?
What do I need to break down to make it easier for me?
Am I rushing through life?

ABSORPTION

Are you blocking out all the goodness?
Defence mechanism that causes you to go into a hyper protective mode.
Do you need help taking good things in?

CIRCULATION

Are you going with the flow?
Are you flowing in the right direction
Is what nourishes you getting to you?
Lack of steam/propulsion getting to you?
Are you circulating in your community?

ASSIMILATION

Integrate, allow to become part of you
Are you not allowing yourself to become part of something?
Where are you not reaping & celebrating the reward?
Too busy or shut off?

ELIMINATION

Where in your life do you need to detox
Let go of things that don't serve you
Do you need support to get this toxicity out

Nutrition Metaphysics

CARBOHYDRATES

What do you need to fuel you
Do you need a boost
Have you blocked your need for a boost
Sweetness in life - maybe lacking nice things in life

PROTEINS (building blocks of life)

What do you need to build upon this foundation

FATS

Protection/insulation/safety/assimilation of life
Who/what are you protecting yourself from?

ENZYMES

Do you need catalyst for change/shift in your situation
To build something up or take something down

VITAMINS + PHYTONUTRIENTS (plant based nutrients)
Water soluble B C / Fat soluble ADEK
What are you lacking on a daily basis that you need to obtain from the outside world around you to keep you going

MINERALS

Spark plugs that kick start, catalyst
Do you need to be more grounded and connected to the earth?
Catalyst for change
Breaking down or building up

ESSENTIAL FATTY ACIDS

Alpha linolenic Omega 3
Alpha linoleic omega 6
Omega 3 = DHA + EPA + 6 others