

PE #7a Food Rotation

Breaking the pattern of eating the same food (or food family) every day to allow enzymes to replenish. With a genetic lineage as hunter gatherers, we are not physiologically designed to eat the same foods all the time, but more in alignment with the rhythm of mother nature.

When foods are incompletely digested, chains rather than single molecules can cross the brush border of the small intestine and enter the bloodstream. This can cause a mismatched immune response to this substance (IMR). This is what is referred to as leaky gut.

Food families share the same digestive enzymes

“A food is only as healthy as your ability to digest it”

Metaphysics

Spice it up, bring more variety in your life.

What do I need to mix up to achieve my goal?

Where am I staying in my comfort zone, depleting my ability to deal with the outside world / achieve my goal.

What support do I need to break down my goal and integrate easily into my life.

Stale: same same and need to bring something new into life.

Pre-Evaluation:

1. Together with the client, list what they have eaten for the last few days: breakfast, lunch, dinner & snacks.
2. Take note of anything that they eat regularly.

Note: If they can't accurately list what they have eaten then have them complete a diet/food diary as a part of their home reinforcement (to become mindful of what they eat).

Evaluation:

1. Mode in circuit: IM unlocks
 2. Find how many food families need to be rotated (usually only 1 or 2): 1st IM lock
 3. Find the priority food to rotate using the list / food diary from the pre-evaluation: 1st IM lock
 4. Use the food families' chart to find which family the food belongs to. This helps the client to be able to avoid all foods that use the same enzyme for the required number of days.
 5. What rotation 4 / 7days: 1st IM lock
 6. How many rotations (of 4 or 7 days): 1st IM lock
 7. Close circuit
 8. Find emotion
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Balance;

1. Discuss willingness to make changes and other options to replace the food / food family they need to rotate. Client can only make changes at their own rate.
2. Add to home reinforcement
3. Ensure to follow up with the client to support them making the changes

Checking changes

1. Check emotion
2. Check mode