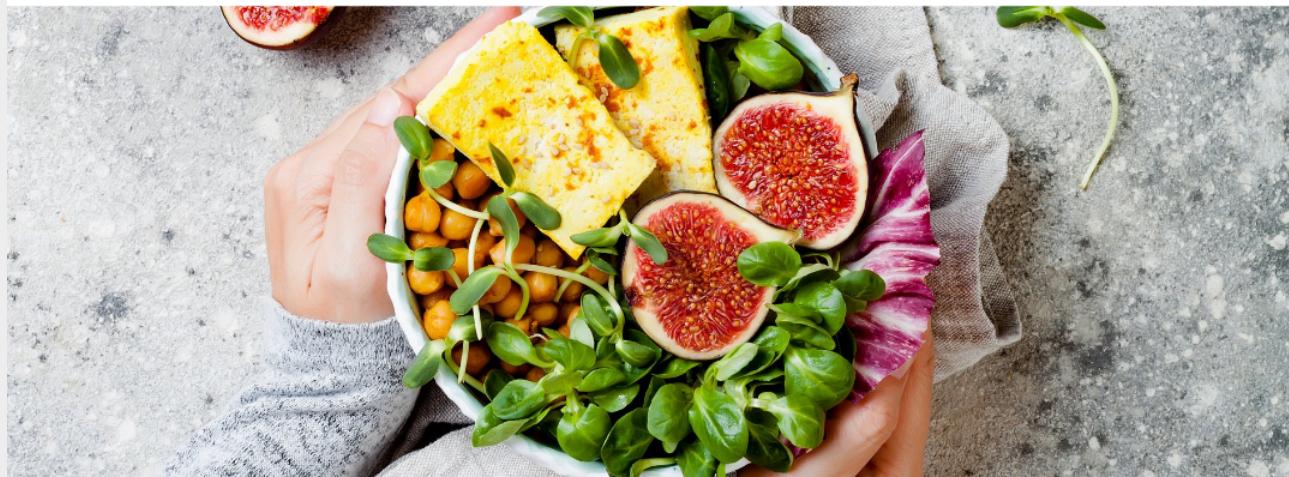




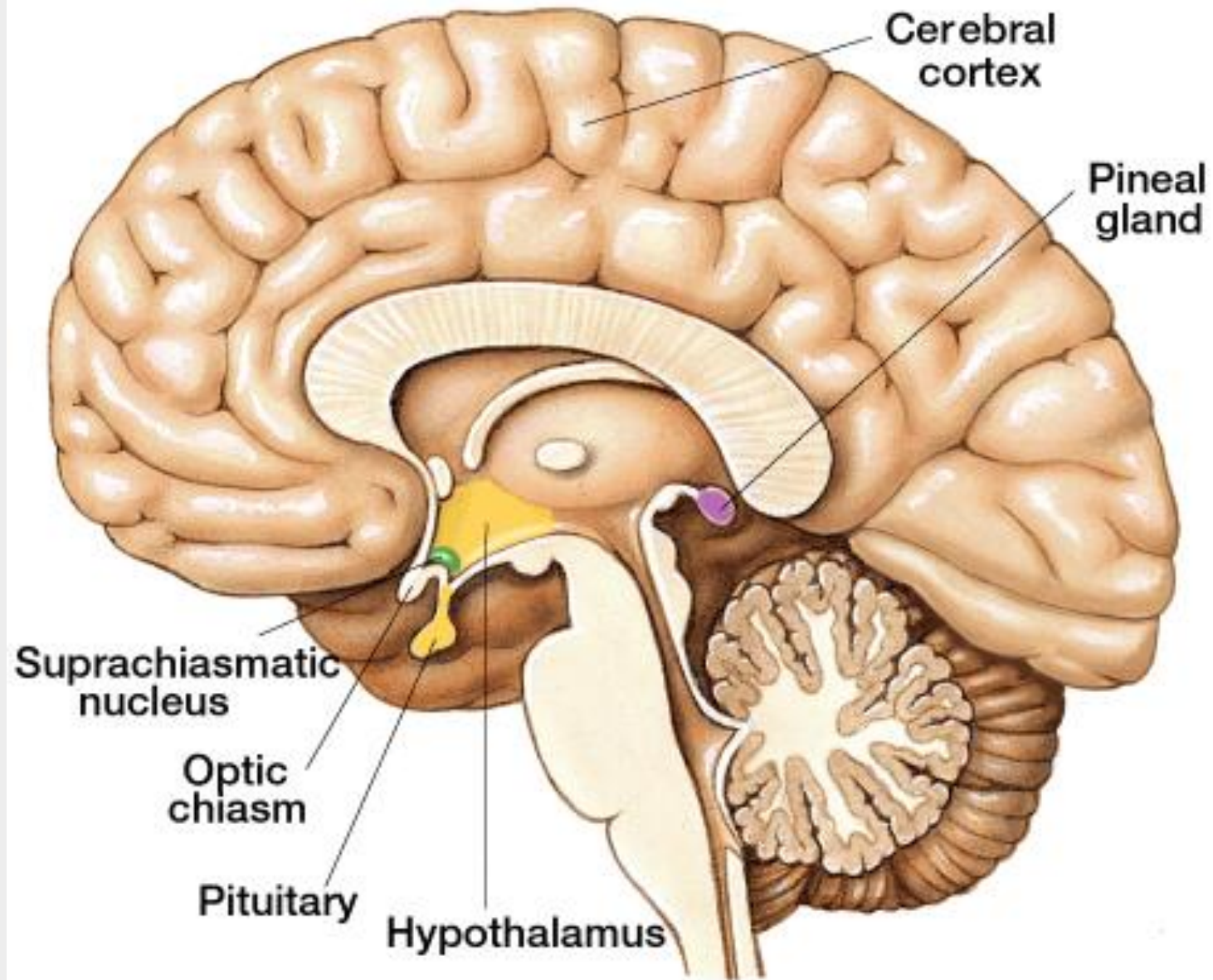
conscious
nutrition
by Heather Fleming

Meals & Feels

REDUCE YOUR GUILT & BLOAT



How Hyped is Your Hypothalamus?



Hypothalamus Function..

One of the major functions of the hypothalamus is to maintain homeostasis:

To keep the human body in a stable, constant condition.

The hypothalamus–pituitary complex can be thought of as the “**command center**” of the endocrine system.

The hypothalamus responds to a variety of signals from the internal and external environment including...

- Body temperature.
- Blood pressure
- Hunger and thirst.
- Sense of fullness when eating.
- Mood.
- Sex drive.
- Sleep.

Pituitary Gland

Your pituitary gland is in charge of making many essential hormones and also tells other endocrine system glands to release hormones.

The anterior lobe of your pituitary gland makes and releases the following hormones:

- **Adrenocorticotrophic hormone (ACTH or corticotrophin): ACTH** plays a role in how your body responds to stress. It stimulates your adrenal glands to produce **cortisol** (the “stress hormone”), which has many functions, including regulating metabolism, maintaining **blood pressure**, regulating **blood glucose (blood sugar) levels** and reducing **inflammation**, among others.
- **Follicle-stimulating hormone (FSH):** FSH stimulates sperm production. FSH stimulates the ovaries to produce estrogen and plays a role in egg development. This is known as a gonadotrophic hormone.
- **Growth hormone (GH):** In children, growth hormone stimulates growth. In other words, it helps children grow taller. In adults, growth hormone helps maintain healthy muscles and bones and impacts fat distribution. GH also impacts your how your body turns the food you eat into energy, metabolism.
- **Luteinizing hormone (LH):** LH stimulates **ovulation** and testosterone production. LH is also known as a gonadotrophic hormone because of the role it plays in controlling the function of the ovaries and testes, known as the gonads.
- **Prolactin:** Prolactin stimulates breast milk production (**lactation**) after giving birth. It can affect fertility and sexual functions in adults.
- **Thyroid-stimulating hormone (TSH):** TSH stimulates your thyroid to produce thyroid hormones that manage your metabolism, energy levels and your **nervous system**.

Pituitary Gland: Posterior Lobe:

The posterior lobe of your pituitary gland stores and releases the following hormones, but your hypothalamus makes them:

- **Antidiuretic hormone (ADH, or vasopressin):** This hormone regulates the water balance and sodium levels in your body.
- **Oxytocin:** Your hypothalamus makes oxytocin, and your pituitary gland stores and releases it. Its main function is to facilitate childbirth, which is one of the reasons it is called the "love drug" or "love hormone."

The hypothalamic–pituitary–adrenal (HPA) axis

is part of the endocrine system, the chemical messenger system of the body through which hormones are secreted.

It consists of the hypothalamus, the pituitary gland, and the adrenal glands.

Symptoms of dysfunction:

- Sleep problems/difficulty getting up in the morning
- Insomnia
- Thyroid dysfunction
- Blood pressure problems/poor circulation
- Lowered immune system
- Blood sugar problems
- Increase in abdominal fat
- Brain fog/fatigue (especially during the morning and mid-afternoon)
- Inability to handle stress
- Inflammation
- Slow wound healing
- Cravings for salt or salty foods
- Dizziness
- Dry skin
- Low libido
- Poor muscle tone
- Depression/anxiety

The biggest sign of adrenal fatigue is tiredness that is not relieved with quality sleep. In this way, it is not an illness that has obvious, physical signs (those who have the condition may not look ill at all), but is one that needs treatment to preserve good health and wellbeing.

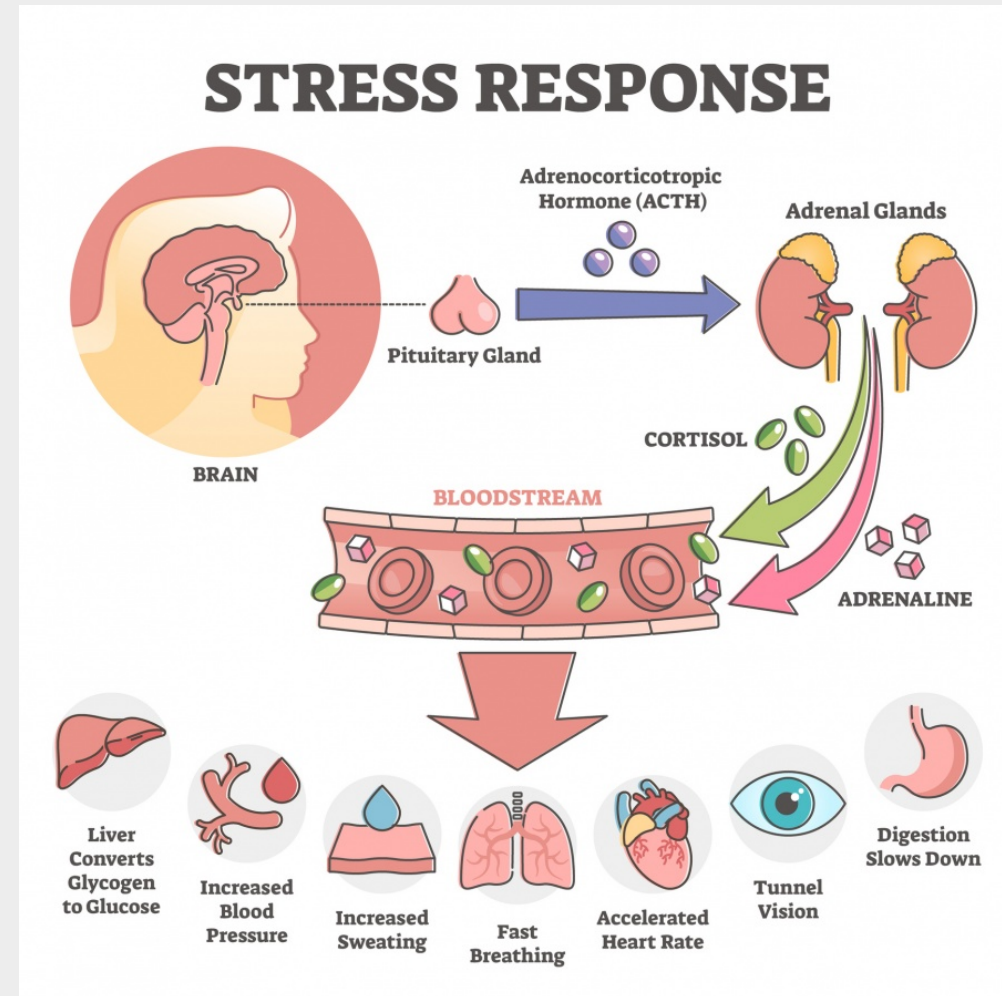
How to Help our HPA????

The HPA axis is regulated by the **nerves**, which act as a sensor for all the stress in the environment and then relays these signals to all of the glands involved in the HPA axis.

An example of when the HPA may be activated is when someone is experiencing **extended periods of stress** at work, or when someone is facing a lot of anxiety.

The HPA axis is therefore **integral in our healthy response** to stress.

Overall, a healthy stress response is characterized by a **quick rise** in cortisol levels, followed by a **rapid decline** when the stressful situation ends.



FEEL *your* **MEAL**

VAGUS NERVE EXERCISE!

•Breathe!!

- Take 5 DEEP BREATHS.
- 60% of body fat loss is by CO2 from our lungs and exhale.
- Feel the main emotion for 90 seconds. Allow the Stress to move thru FULLY!
- Other Modalities: EMDR, Hypnotherapy, Meditation, Visualization, EFT, Breathwork

• Parasympathetic Nervous System & Vagus Nerve

- 80% of the Vagus Nerve's duties are to deliver messages FROM your body TO your Brain.
- This IS the gut-brain connection
- The Vagus Nerve Exercise: <https://youtu.be/CnrermbXGvY>

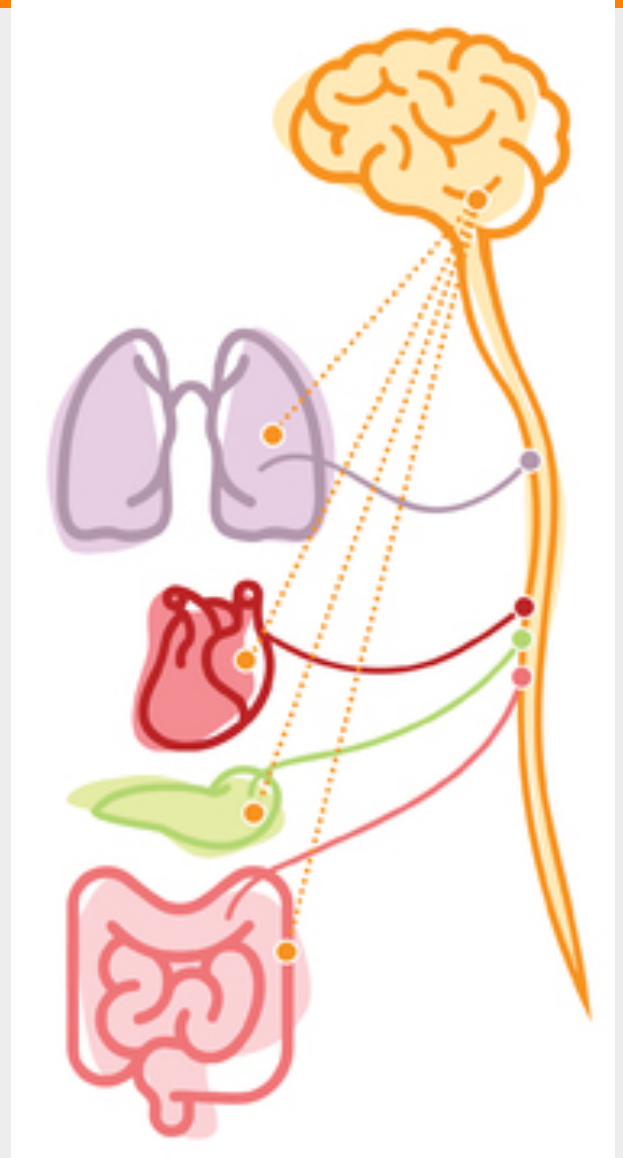
• CONNECT: Ask if your body what it needs?

- Water, snack, rest, quick walk?

Our body releases FAT/Toxins thru our exhale!!!

• Try to Tune out of your head and FEEL your SENSES & TASTE BUDS

- Are you craving **HOT** or **COLD** and
- **Sweet** or **Savory**? Soup vs. Salad.





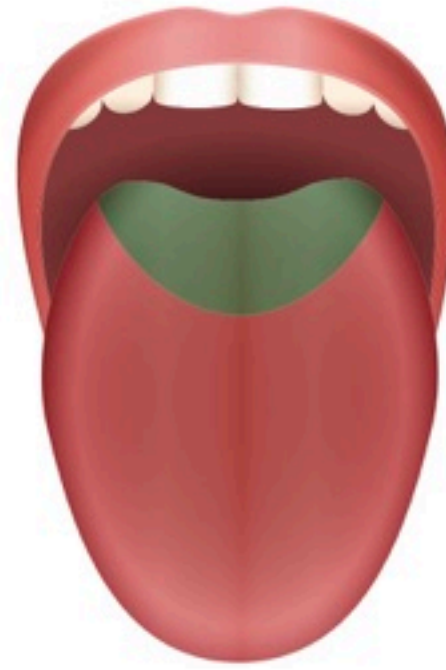
sweet



sour



salty



bitter



umami

Pineal Gland & 3rd Eye

The pineal gland produces melatonin, a serotonin-derived hormone which modulates sleep patterns in both circadian and seasonal cycles. The shape of the gland resembles a pine cone, which gives it its name.

Your pineal gland tends to calcify as you age. While some calcification is normal, excessive calcification can prevent your pineal gland from functioning properly. Some studies have revealed that the degree of calcification of the pineal gland is higher in those affected by Alzheimer's disease.

There's a loose link between pineal gland calcification and some migraine and cluster headaches.

Physical Manifestations of a Blocked Third Eye Chakra:

- Problems with eyesight
- Poor vision
- Migraine
- Sciatica
- Seizures
- Sinus problems

Emotional and Spiritual Manifestations of a Blocked Third Eye Chakra:

- Feeling “stuck in the grind”
- Confusion about life
- Lack of purpose
- Lack of focus
- Pessimism
- Rejection of spiritual beliefs
- Difficulty seeing a “greater vision” of life
- A gut feeling that something just isn’t right

The Spirit of the Pineal Gland or 3rd eye

In ancient Egypt, the pineal gland was known as “the seat of the soul”.

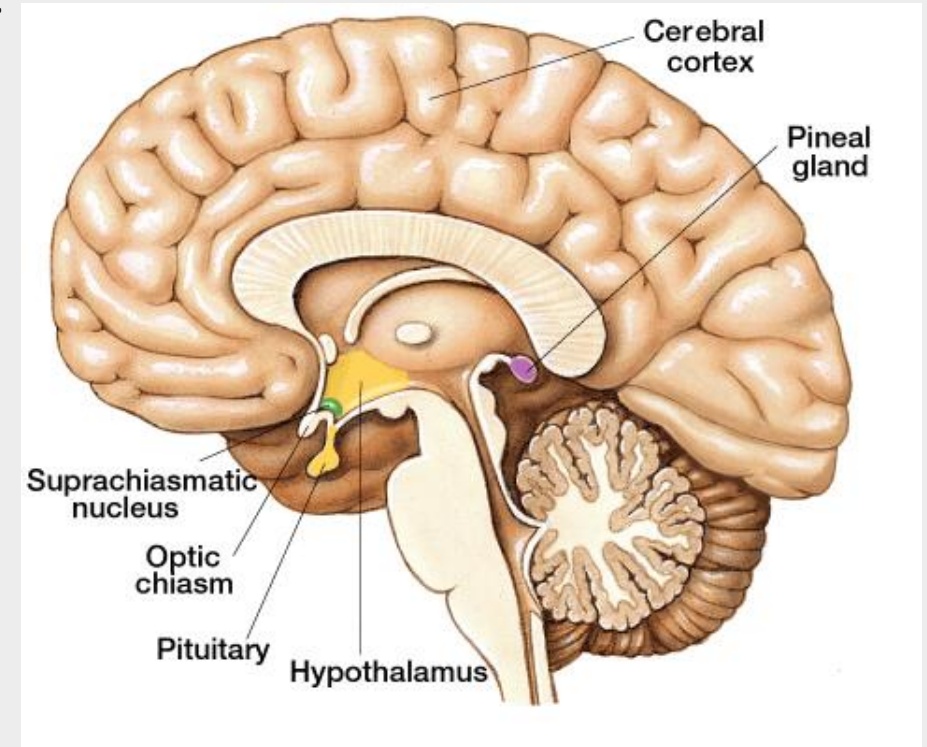
They used the third eye as a route to higher awareness and consciousness.

The Buddhists related it to spiritual awakening.

The Hindus connect it to the third eye which represents intuition and clairvoyance.

The Spirit of the Pituitary Gland:

- Open minded versus closed-minded or limited belief systems.
- Actually closes the pituitary gland functioning.
- Traveling thru a tunnel toward the light of your being.



Pineal Gland Support

- raw cacao
- goji berries
- garlic
- lemon
- watermelon
- star anise
- honey
- coconut oil
- hemp seeds
- cilantro
- ginseng
- vitamin D3
- Sun gazing
- Apply Essential Oils

Manifest from Your Organs

to get out of Fight and Flight/Stress response and create new feelings!

Amplifying your **DESIRED** thought frequencies so they can be sent throughout the body.

The hormones **flow from the pituitary into the pineal** and is what activates different parts of our brain to receive the different thought frequencies.

The level of balance is determined by the **collective thought frequencies** being received by the pineal system.

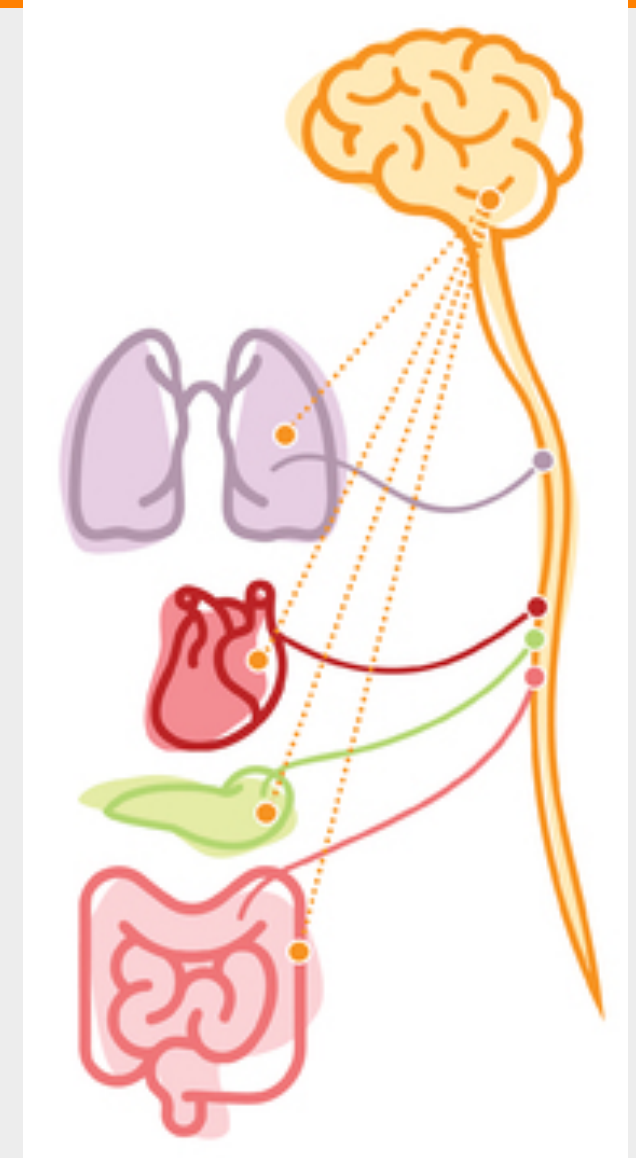
The more the pineal activates the pituitary to secrete its hormone flow, which activates the brain to receive even higher thought frequencies.

THOUGHTS are everything!

- Thoughts come in **without** our JUDGEMENT or meaning, they are initially unlimited.
- Then they travel first to the **upper left hemisphere** of the cerebrum, where the intellect or reasoning functions reside and the **ALTERed ego/stress response/trauma/conditioned mind** is expressed.
- The ego blocks/resists/refuses to allow all thoughts to be received and entertained for a **greater realization, expanded consciousness**.
- Each thought frequency that the ALTERed ego allows to flow into the brain is transferred into an electrical current and sent to the portion of the brain that has been activated by the pituitary **to 'house'/be a memory of** the frequency.
- That portion of the brain then amplifies the **current and sends** it to the pineal system.

THEN...

- The pineal system collects each frequency of thought and propels it thru the central nervous system **via the spinal column** as a highway of electrical thought.
- Uses water as its pathway down thru the spine and every cell of your body.
- Then it is recorded in your **'soul'**. When you feel emotional you are feeling a thought that has bombarded the light structure of our being.
- The pineal is the **seal of knowing INTO manifestation.**



BE a magnet for good!

Expectancy activates the electromagnetic portion of your light-field to DRAW to you, much like a magnet, the likeness of whatever your **collective-attitude** thinking is.

Draw situations, things, objects, people to create the same feelings experienced in your body from **ALL of your thoughts**.

- Time Magazine Article: The Science of Creativity: <https://consciousnutrition.com/you-have-to-check-out-this-time-magazine-article/>
- A front 1.5 flip off of the high dive.
- Tennis court!
- An example of a the ALTER-ed Ego blocking: I love dogs, but got bit by one. Now fear is associated. Judgement + RESISTANT+ BLOCK
- YOU?

I know. I have the feeling. I know....

- Goosebumps
- Tingles
- Flipping tummy!
- Relaxed judgement
- Release stressors quicker
- Ho'oponopono: "I'M SORRY, PLEASE FORGIVE ME, THANK YOU, I LOVE YOU"

A Hawaiian mantra to "cleanse" yourself of bad feelings, chant the following mantra repeatedly while sitting with your eyes closed, as a kind of meditation.

- YOU?

Seasonal Support: FALL/Winter 2022

- Group: 4-Week Master Class begins October 11th
- Two Personal one-on-one calls
- Monthly Healthy Happy Hours
- Access to ALL of the Conscious Nutrition programs and resources until the end of the year, including my new Meals & Feels; Reduce your Guilt and Bloat program.
- Private Facebook Group.
- **Nourish YOUniversity Group Seasonal: \$749:** <https://consciousnutrition.com/nourish-university-seasonal-transformation/>
- **Nourish YOUniversity Personal Seasonal: \$1500:** <https://consciousnutrition.com/nourish-university-personal/>

Resources

“Where your attention goes your energy flows”

Joe Dispenza

Science

- Stanford Medicine
- NCBI
- Mayo Clinic

Spiritual

- Mike Dooley
- Bruce Lipton