

## ***Nurturing Our Eating Instincts***

Adapted from *What Should I Eat? Book 1 – Finding Your Ideal Diet*

In my book, *What Should I Eat?*, I advocate the inclusion of our instincts and intuition in making our food selections, as well as providing suggestions for nurturing our eating instincts. One such suggestion is to simply include raw and unprocessed fruits and vegetables in the diet – eaten one at a time, when possible. Such unprocessed foods will more than likely promote easier access to our eating instincts because this is generally how Mother Nature provides food.

Has this approach improved my capacity to access my eating instincts? I would say yes. When I eat raw and unprocessed fruits and vegetables, I don't have to consciously regulate how much food I consume or how many calories I ingest. I simply eat until I'm full. I also seem to maintain my weight, muscle mass, and energy level. I do not have to sacrifice pleasure for the sake of good nutrition. I simply eat the specific fruits and vegetables that are most appetizing to me. The only time I have to consciously control the amount of food I eat is when I include cooked foods, or raw foods which are calorically dense, such as nuts, seeds, or avocados.

In other words, my eating instincts typically show up in a manner that closely resembles that of any animal in the wild. I just eat what tastes good until I don't want anymore. However, over the years, I have occasionally experienced my inner food guidance in other (sometimes exotic) ways. As with other humans, I have dreams, hunches and "gut feelings." When I become quiet and relaxed enough, I sometimes receive visual images or hear a quiet voice in my head. This phenomenon seems to have become more common since I began eating a simple fruit-based diet. Here are some examples:

### **Nut butter Yucky!**

In my first few months on a raw diet, I was using large amounts of fatty foods. That ended abruptly early one morning. While my mind was still in a dreamy reverie, I saw a bowl of what I took to be nut butter. That, by itself, did not mean much to me. I would have just assumed that I was seeing nut butter because that was what I had been eating in large amounts. However, I also heard a voice; a young child's voice which emphatically exclaimed, "Nut butter yucky!"

I was apparently being strongly advised (in a cutesy sort of way) to reduce my fat intake, especially nuts and seeds. As much as I enjoyed nut butter, coconuts, and avocados, I had to admit the message made physiological sense, given my health history. In years past, fatty foods used to trigger bleeding hemorrhoids. Granted, my problems with hemorrhoids were well behind me, but I also understood that my grace period would not last much longer if I continued with my high-fat ways.

So, I grudgingly reduced the nut butters and other fatty foods. However, my choice also put me in a quandary. The playful message from my subconscious mind showed me what *not* to eat on a raw diet but did not indicate what I *can* eat. In retrospect, I suspect I was closed off from the

answer because I had been indoctrinated against it. Apparently, I had to be ambushed in a way that circumvented my programming.

### **Curiosity as Inner Guidance**

The ambush came in the form of a book that literally fell on my lap. While I was sitting quietly at home, a friend walked in after having attended a lecture where she bought a book, the *80/10/10 Diet*. This book promotes a low-fat raw fruit-based diet.

When I first looked at the cover of book, I seemed to experience a muffled excitement of sorts, like the cheering of 70,000 people in a distant stadium. On the intellectual side, I was very skeptical because all the other raw food teaching I had seed up to that point discouraged eating more than modest amount of fruit. However, I was also very curious and most

As I read the book, the explanations as to why it is okay to eat larger amounts of fruit made enough physiological sense to me that my skeptical intellect I was willing to experiment with this way of eating. 19 years later, the experiment continues.

### **Fruitful Visions**

Typically, food selection for me is as easy as walking through the produce isle and buying whatever appeals to me. However, I periodically receive specific images (while sleeping or awake) to eat more or less of a particular fruit, such as pineapple and oranges. The orange visions were interesting because the images have often included a “suggestion” to go easy on this fruit. Sure enough, I have noticed that when I eat a lot of oranges, I sometimes get over-energized or sedated, which are common reactions to low-grade allergens.

On a few occasions, I have received images of bananas, which I normally have not eaten regularly over the years. Such banana images have often coincided with periods of increased stress. This is interesting because bananas have a reputation for promoting relaxation and mood elevation.

Another interesting point is that the banana signals is they became more common when I started my fitness program — and they have tasted better to me than they have in the past. This makes sense to me, because with increased exercise, I was burning more calories than I had previously and therefore required more calories. Bananas are the most calorically dense of the commonly available fruits.

### **A Message from the Doctor**

During one winter in my early years of mostly raw eating, I received a rather unusual message that really got my attention. Again, as in previous winters, I was eating some cooked foods 2-3 days a week. This time, however, I was also indulging in many of my old comfort foods, such as pizza, Mexican food, bread, and peanut butter. Not surprisingly, the voice of wisdom intervened in a more definitive way. It happened while I was drifting off to sleep. The voice clearly said: “Eat fruits of vegetables.”

The message was simple enough. I would have probably forgotten it immediately, but it had been delivered in a way that was rich in meaning, wit, and humor. It was like an auditory hologram, which lasted just one second or so, but compelled my rational mind to think about for days, until I fully grasped its many implications. You see, the message was not merely a generic voice in my head or a clear and lucid thought, but rather came in the voice of specific real-life individual whom I will call Dr. R.

Dr. R. a 30-year United States congressman, who at the time represented the state of Texas. He was also a medical doctor. Because I had been following his previous campaign for the presidency, I had developed certain impressions about him — all of which came together to give several levels of meaning to the simple suggestion to eat fruits and vegetables. For example:

- Dr. R had a reputation for being a highly principled man of integrity who spoke the simple truth. He was “a straight shooter from Texas!” And he was telling me the simple truth I that needed to hear about what I should eat.
- Dr. R was a medical doctor. Since I would conceivably see a medical doctor only I was faced with a serious health problem, I was essentially being told that I needed to return to my simple fruit and vegetable diet or face serious medical consequences down the road.
- Dr. R was also a staunch conservative, which I took to mean that I was being advised to eat “conservatively.” By implication, I was being told to eat simply, avoid excesses and not be too “liberal” and complicated with my meals.
- Around that time, Dr. R publicly speaking out against the use of a proposed “stimulus” package to boost the economy. He warned that such quick-fixes would eventually weaken the economy even more. Why is that significant for me? In the past, I had received repeated signals to avoid using stimulants, including strong spices that stimulate the appetite. For example, many years earlier, while fasting and feeling unusually peaceful and relaxed, another voice in my head had said “stimulants weak you.” The voice of the congressman was reminding me of what I already knew but had forgotten.
- Just as Dr. R’s usual solution for economic problems was to leave things alone and allow the market to reset itself with little or no government intervention, his foreign policy was consistently one of peace and non-intervention. This metaphorically describes the health-maintenance strategy that seems to work best for me. Over the years, I have been healthiest and happiest when I take the time to cultivate inner peace and eat simply. And, when I did face a health challenge (usually self-inflicted), I learned that it was best for me to not be too hasty to intervene with herbs and supplements, but rather to allow the body to naturally reset itself.

As I contemplated the many facets of that message to eat fruits and vegetables, I marveled at the genius and elegance of the inner guide that resides in every one of us. I am reminded that health, happiness, and peace cannot be acquired entirely through externally acquired information. With all of its worldly knowledge, the educated intelligence must cultivate the ability to quiet itself and receive the guidance and blessings of the innate intelligence