

The Seven Systems of Health by Food & Spirit™

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ASPECT	ENDOCRINE GLAND	ANATOMY	PHYSIOLOGICAL ACTIVITIES	CORE ISSUES	FOODS	
 THE SPIRIT	Pineal gland	<ul style="list-style-type: none"> • Electromagnetic field • Energy meridians • Nervous system • Pineal gland 	<ul style="list-style-type: none"> • Circadian rhythms • Cleansing • Light sensitivity and receptivity 	<ul style="list-style-type: none"> • Connection • Purpose • Soul 	<ul style="list-style-type: none"> • Fasting and detoxification practices • No foods • Photons • Toxin-free foods 	
 THE INSIGHT	Pituitary gland	<ul style="list-style-type: none"> • Brain • Eyebrows • Eyes • Forehead 	<ul style="list-style-type: none"> • Neurons • Neurotransmitters • Pituitary gland 	<ul style="list-style-type: none"> • Mood balance • Sleep • Thought processing 	<ul style="list-style-type: none"> • Intuition • Reflection • Visualization 	<ul style="list-style-type: none"> • Blue-purple foods • Caffeine • Chocolate/cocoa • Mood-modulating foods • Spices
 THE TRUTH	Thyroid gland	<ul style="list-style-type: none"> • Cheeks • Chin • Ears • Mouth • Neck 	<ul style="list-style-type: none"> • Nose • Throat • Thyroid gland 	<ul style="list-style-type: none"> • Chewing • Metabolism • Hearing • Smelling • Speaking 	<ul style="list-style-type: none"> • Authenticity • Choice • Voice 	<ul style="list-style-type: none"> • Fruits • Juice • Sauces • Sea plants • Soups • Teas
 THE LOVE	Thymus and heart	<ul style="list-style-type: none"> • Armpits • Arms • Blood vessels • Breasts • Hands • Heart 	<ul style="list-style-type: none"> • Lungs • Lymphatic system • Shoulders • Thymus • Wrists 	<ul style="list-style-type: none"> • Breathing • Circulation • Oxygenation 	<ul style="list-style-type: none"> • Compassion • Expansion • Service 	<ul style="list-style-type: none"> • Leafy vegetables • Microgreens • Phytonutrients • Sprouts • Vegetables (especially green)
 THE FIRE	Pancreas	<ul style="list-style-type: none"> • Gallbladder • Liver • Pancreas 	<ul style="list-style-type: none"> • Small intestine • Stomach 	<ul style="list-style-type: none"> • Assimilation • Biotransformation • Blood sugar balance • Digestion 	<ul style="list-style-type: none"> • Balance • Energy • Power 	<ul style="list-style-type: none"> • Dietary carbohydrates • Healthy sweeteners • Legumes • Soluble fiber • Whole grains • Yellow-colored foods
 THE FLOW	Ovaries/testes	<ul style="list-style-type: none"> • Bladder • Hips • Kidneys 	<ul style="list-style-type: none"> • Large intestine • Reproductive system • Sacrum 	<ul style="list-style-type: none"> • Cellular replication • Fat storage • Reproduction • Water balance 	<ul style="list-style-type: none"> • Creativity • Emotions • Relationships 	<ul style="list-style-type: none"> • Dietary fats and oils • Fermented foods • Fish and seafood • Nuts and seeds • Orange-colored foods • Tropical foods • Water
 THE ROOT	Adrenal glands	<ul style="list-style-type: none"> • Adrenal glands • Blood cells • Bones • DNA • Feet • Immune system 	<ul style="list-style-type: none"> • Joints • Legs • Muscles • Rectum • Skin • Tailbone (Coccyx) 	<ul style="list-style-type: none"> • Enzyme activity • Flight-or-fight response • Gene expression • Protein production 	<ul style="list-style-type: none"> • Safety • Survival • Tribe 	<ul style="list-style-type: none"> • Dietary proteins • Immune-enhancing foods • Insoluble fiber • Mineral-rich foods • Red-colored foods • Root vegetables