



INSTITUTE FOR THE
PSYCHOLOGY
of **EATING**

THE FUTURE OF NUTRITION



THE FUTURE OF NUTRITION

- Where is the field today?
- Who's driving the ship?
- Does it have a clear trajectory?
- What can we expect?
- What can we hope for?
- What are the obstacles?
- What's the good news?
- And what's worth talking about?

SOME POSTULATIONS & OBSERVATIONS

- Nutrition is a young science
- Nutrition is an art, as well as a science
- Meaning it is not an exact science
- The field of nutrition is a reflection of humanity as a whole
- We cannot expect complete agreement in the field. It does not exist
- We often expect a lot from nutrition
- The field will likely never provide us with all the answers we seek from it

WHAT WE OFTEN EXPECT FROM NUTRITION:

- Energy
- Great health
- A long life
- Pleasure
- Brain power
- A good mood
- The perfect body and weight
- Satisfaction
- And so much more...

SOME REMINDERS OF THE REALITY OF THE FIELD

- Nutrition as a field is like the wild west
- There are dueling experts, and contradictory science
- For every study there is an equal and opposite study
- Much of the science is science for hire - industry driven
- Government colludes with industry in this way
- Food production - think quality - is driven by profit motives
- Pundits tend to read their own body and translate it onto yours...
- We live in a world of "nutrition refugees"
- The field is at a good and important crossroads...

THE GOOD NEWS

- The “fringe” community or cutting edge of nutrition is active and strong
- There’s a tremendous amount of innovation coming from outside the field of nutrition academia
- In other words, the grass root efforts of clinicians, researchers, enthusiasts, and all kinds of self appointed experts is quite productive
- The field has truly been advancing as fast as it can in the last 5 decades
- There are honest and caring people in the nutrition universe
- The proof is in the pudding...
- Just about anyone can push the envelope in the nutrition field...

WHERE DOES NUTRITION INFORMATION COME FROM

- Repetition of old science
- Industry driven science
- Academic driven science
- Clinical experience
- Wisdom traditions
- Culture & family
- Personal experience
- Body wisdom

THE NEED FOR NUTRITIONAL WISDOM

- We are oversaturated with nutrition information
- We tend to overvalue information in this realm
- In times of excessive information, wisdom becomes very valuable
- Wisdom means a deeper and more holistic approach
- It means a highly individual and whole person approach
- It means a sense of nutritional curiosity, observation and mature perceptions that have a timeless quality to them

NUTRITIONAL UNIQUENESS

- It's time for each of us to own our unique nutritional journey
- It's different for everyone
- What do you want from nutrition?
- What's possible and practical?
- What actually works for you, and doesn't work for you?
- What is your body asking of you?
- How do you want to participate in the circle of life?



SOME MUSINGS ON THE PRESENT & FUTURE

- It seems that in terms of the good news, the nutrition field is doing its best to integrate the wisdom of the past with the the science of today
- This is a great direction
- Examples: Ayurveda, herbs, probiotic rich foods, ancestral diet principles, the importance of health beginning in the gut, sustainable living and growing, gardening, nutrient dense foods, organic foods...
- It's so important that we don't make the field of nutrition overly complex and out of touch with the simplicities of being an eater

SOME MUSINGS ON THE PRESENT & FUTURE

- Just as the world has always had its “haves” and “have nots” -
- So too do we have our nutritional haves and have nots -
- Meaning, those who have access to good information and wisdom, and those who do not
- Those who can afford some of the more expensive high quality foods and those who cannot
- Those who are being fed cheaply by corporations - Mc Donald’s - and those who are not...
- Will there be an end in sight?

SOME MUSINGS ON THE PRESENT & FUTURE

- Big corporations are buying up all the smaller natural food companies
- Quality gets diluted oftentimes in service to creating mass market products
- Big companies often falsely capitalize on the natural and organic trend and market inferior products
- Fortunately, there is a return these days to farmer's markets, community supported agriculture - CSAs, gardening, and self reliance around food and nutrition
- And the good news also is that big business and small business is realizing that healthy high quality foods are a good business
- Nutritional awareness is also becoming more popular and more accessible across different races and ethnic groups



THE FUTURE OF NUTRITION

- The field of nutrition will continue to wed itself with the emerging field of eating psychology, by necessity...
- We will see a continued elevation of Mind Body Nutrition principles and practice in the nutrition professions
- In the professional realm, we are going from the delivery of nutrition information to information "consulting"...
- Therefore, we need experts and professionals and practitioners who can create "order out of chaos" for everyone else
- Individualized or personalized nutrition is what makes the most sense



THE FUTURE OF NUTRITION

- The question of “What should we eat? What truly nourishes me, and others?” is one of the most important health questions of our times...
- The human appears to be the only organism that will knowingly go out of its way to create or obtain foods that are designed to slowly disease and kill it. We are the most nutritionally “in the dark” of all creatures. And, it’s part of being human...
- Hence, one of the key missing pieces in nutrition is **body wisdom**
- Because this is not sexy and cannot be sold for a profit, it is not taught
- And, it’s the next great nutritional frontier for us as individuals...



DIFFERENT KINDS OF INTELLIGENCES

- One of the great distinctions from the field of psychology and an understanding of the human mind:
- There are different kinds of intelligences. For example:
- Intellectual (classic IQ based), emotional, athletic, body based, musical, spiritual, logical, animal, earth based, scientific, social, so many more...
- When it comes to nutrition, it's very helpful to have some amount of these 3 types of intelligence:
- Body based intelligence (body wisdom), earth based intelligence, scientific intelligence...

SOME KEY REMINDERS

- **The spectrum of nutrition**
- **There is no perfect diet**
- **The 3 levels of diet**
- **Take the nugget of wisdom**

SOME DIRECTIONS FOR THE FUTURE OF NUTRITION

- **Focus On A Good Nutritional Beginning**
- Targeted in utero nutrition
- Breast feeding
- Targeted infant nutrition
- Training taste buds from a young age
- Good guidelines for helping kids have a healthy relationship with food and body...

SOME DIRECTIONS FOR THE FUTURE OF NUTRITION

- **The Importance of the Gut**
- A deeper understanding of the gut micro biome
- More options for quality probiotic foods
- Right relationship with antibiotics
- Right relationship with soil and dirt and nature
- Understanding how stress and relaxation impact the gut

SOME DIRECTIONS FOR THE FUTURE OF NUTRITION

- **Resurgence of the Natural**
- Beyond organic
- Not just a label and a marketing tool
- Real food...
- Right relationship with farms and community - natural and organic
- Real support for community agriculture
- A return to healthy soil and water

SOME DIRECTIONS FOR THE FUTURE OF NUTRITION

- **Nutritional Self Defense & Immunity**
- The body today is uniquely challenged
- The body is under an unusual amount of genetic, epigenetic and environmental pressure
- Extreme times require extreme measures
- Immune strategies for protecting against human made toxins is important -
- Targeted supplementation
- Nutrient dense foods
- Relaxed vigilance...

SOME DIRECTIONS FOR THE FUTURE OF NUTRITION

- **Nutritional Makeover & Detoxification**
- All cleansing strategies
- All fasting strategies
- Nutritional reboots
- Willingness to do deep dietary change & transformation
- Ability to spend time nourishing the body in more significant ways
- Healthy and natural water...

SOME DIRECTIONS FOR THE FUTURE OF NUTRITION

- **Elevation of Nutritional Re-Building**
- After we cleanse and detoxify, it's time to rebuild
- This is rarely discussed in by the cleaning experts and community
- Nutrient dense foods, clean foods
- Healthy protein & EFAs
- Phytonutrient rich foods
- Rebuilding exercise and movement

SOME DIRECTIONS FOR THE FUTURE OF NUTRITION

- **Functional Nutrition**
- This is where the leading edge of nutrition is when it comes to the field of medicine
- Advanced and interesting lab work and distinctions
- Using food as medicine
- Using natural medicines as medicine
- Focus on epigenetics
- The medical understanding that everything is indeed connected in the body, and in our lives...

SOME DIRECTIONS FOR THE FUTURE OF NUTRITION

- **Mind Body Nutrition**

- Yes, good nutrition and the specific foods we eat is imperative. And, the body must be in a place to optimally receive that nutrition...
- Stress & Relaxation physiology
- Bio Circadian Nutrition
- Toxic Nutritional Beliefs
- Eating Speed
- Awareness
- Pleasure
- Time
- Breathing
- CPDR



SOME DIRECTIONS FOR THE FUTURE OF NUTRITION

- **The Inseparable Connection Between Eating Psychology & Nutrition**
- Our ability to nourish ourselves, feel free with food & body, have a happy relationship with food, and to metabolize, digest, assimilate, eliminate is profoundly impacted by our inner world:
- Our story
- Our journey
- Our emotional world
- All the important life domains - relationship, money, work, purpose, family, spirituality, sexuality, fears, hopes, dreams...
- Our life or soul lessons



NUTRITIONAL EXPERIMENTATION

- It's so much better to see the field of nutrition as one big, lovely, fascinating, ongoing experiment
- It's an exploration
- It's a beautiful way to do our best to evolve ourselves, evolve the body, and reach our best personal and metabolic potentials
- For this reason, just about any diet one is drawn to is worthy of considering and trying in the spirit of this kind of journey
- And it's so important to check our moralism at the door and see things through the eyes of a true scientist - observation without bias
- With this in mind, here are some useful distinctions to consider when looking at some of the popular dietary approaches that people are experimenting with these days -

PALEO UPSIDE

- Can be ketogenic
- Can have profound short to midterm health benefits and disease reversal
- Nutrient dense
- Weight loss promoting for many people
- Can promote insulin regulation
- Can promote muscle building
- A great lifestyle experiment - exercise, food, nature
- Nutritional X factors in bone marrow, real meats, butter, etc
- Grounding
- Can be very balancing for many people who have been nutrient depleted



PALEO DOWNSIDE

- Meat heavy - impact on our animals. Not sustainable on a mass population level
- Environmental impact
- The diet itself is not necessarily sustainable for many individuals
- Carbohydrate cravings, hair loss, and other health issues ???
- Not suitable for all body types, requires far more exercise
- Not necessarily “ancestral” in the pure sense
- May have a genetic timing to it for certain people
- Paleo enthusiasts do not focus so much on the importance of food amount and meat use frequency. These can potentially have a big impact long term for many people

VEGAN UPSIDE

- Cleansing
- Rejuvenating
- Expansive and deepening quality
- Can be a profound and proven short to mid term therapeutic diet for many disease conditions
- Fiber and phytochemical rich
- A truly peaceful and honorable nutritional path
- No harm to animals. Builds awareness of the treatment of animals...
- Can truly elevate the discussion about our relationship to animals
- Environmental health
- A powerful nutritional experiment



VEGAN DOWNSIDE

- May be genetically timed in effectiveness
- No true historical precedent as a long term, generational diet
- Personal morals may overcome the body's need for animal foods
- Potential for low protein or EFA deficiency
- Can reverse and then cause various symptoms
- Low energy for many people - various nutritional reasons: deficiencies in iron, B12, EFAs, protein...
- Can create separation - love animals, hate people who eat them
- Can be un-grounding for many people

RAW FOOD UPSIDE

- Can be:
- Cleansing and rejuvenating
- Vitalizing
- Expansive
- Spiritualizing
- Age and disease reversing for many people
- Nutritional X factors unavailable in cooked and processed foods
- A lifestyle: nature, purity, clean living
- Very focused on super foods, nutrient density, herbs, and more...
- Can be a therapeutic diet - short to mid term



RAW FOOD DOWNSIDE

- Can create a dietary bubble
- Can build "ego"
- Over-reliance on the diet as a lifestyle
- Can adversely impact nutritional status
- Can adversely impact muscle mass
- Can create over-sensitivity
- Can harm teeth and create lightheadedness if too much fruit
- Can be dispersive and un-grounding
- Potential for "state addiction"
- Reliance on weather and environment
- Not a long term sustainable diet for most people



SOME FINAL MUSINGS

- The future of nutrition is available to you now, today, in the way you choose to nourish yourself, and nourish the world
- Don't get stuck in nutritional "confusion" and frustration - relax, it's an ongoing exploration. Stop looking for the perfect diet. Enjoy the ride...
- Learn to help others be nutritional explorers...
- What goes around comes around. Whatever you expect from your food - health, pleasure, beauty, longevity, nourishment, energy - make sure you're living those qualities in the world, and bringing them to the table...

THE FUTURE OF NUTRITION

THIS IS THE END OF

The Future of Nutrition

PLEASE GO TO

The Future of the Work

