

Nutrition For People Walking a Spiritual Path

by Ami Karnosh

Often when people are on a spiritual journey, the physical becomes background. This means that our bodies need to work hard in order to get our attention. But as the phrase mind-body-spirit indicates, you cannot separate the body from the spirit. To do so, would be unwise and would not be honoring the process.

When one begins the journey of increasing their spiritual awareness, they can often become ill. This is because the body is shifting and energies are moving, releasing emotion, energy and toxins. While the work is spiritual, the body is still physical and must be taken care of during this process.

It is my belief that what you must first do is take responsibility for yourself. This is always the case, in spiritual enlightenment as well as in physical health. While one is always responsible for oneself, we often look to outside factors to place blame in order to try to make ourselves innocent, or not responsible. Life is not always easy. And especially in our culture of instant gratification, we want everything to come easily. Humans do not like to struggle, but what we don't realize is that when we do not take care of ourselves, it will always be a struggle.

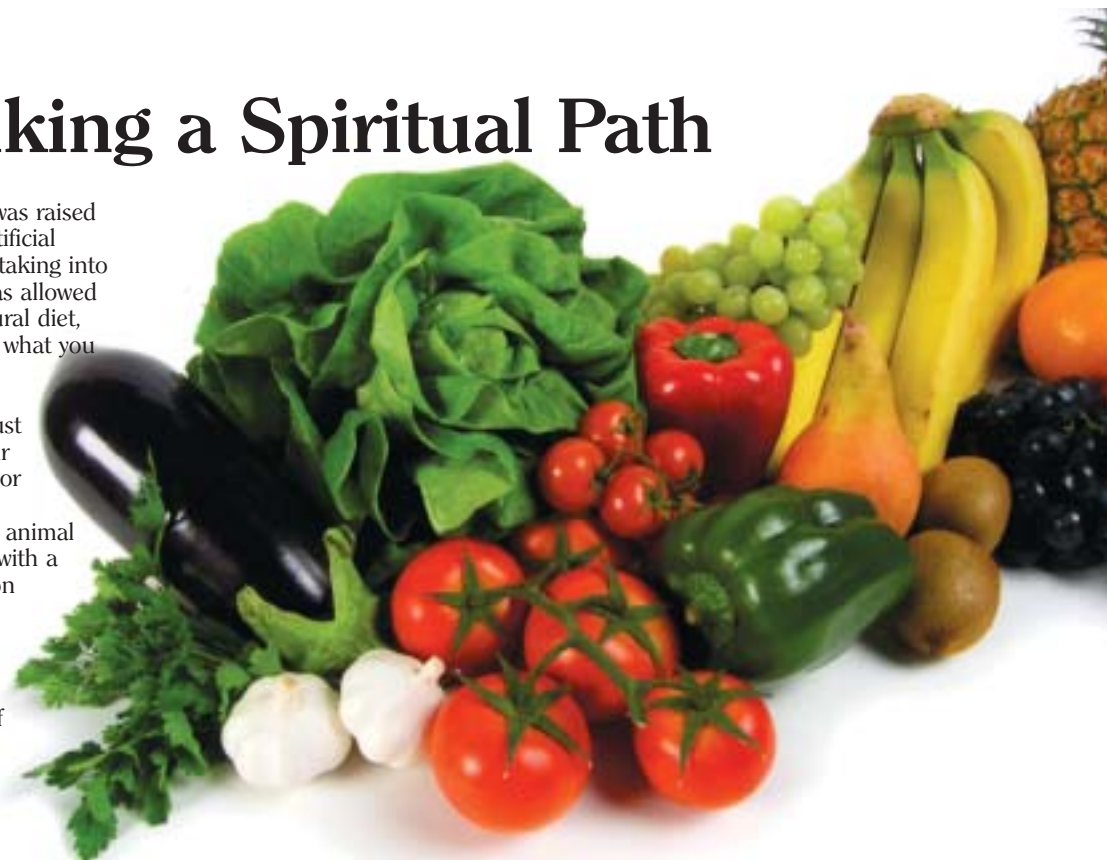
• **Eat well and nourish your body.** I do not prescribe one specific diet for everyone. If you wish to eat animals, then choose the best source of the meat. Educate yourself of how the animal lived, was raised, what it was fed. This determines if the meat will contain the

right energy for you. If an animal was raised with chemicals, in the dark, fed artificial foods, this is exactly what you are taking into your body as well. If the animal was allowed to live in the sunshine, eat its natural diet, and to have a healthful life, this is what you are taking into your body.

If you choose to eat no animal foods, this is okay too. But you must also look at what you put into your body. Is the food real? Did it grow or was it produced in a factory? Just because it does not come from an animal does not mean it is healthy. Meet with a nutritionist if you need guidance on choosing the best foods for you.

• **Do not eat so much sugar.** Knowing what has sugar is part of this step. I am speaking of the bleached, white version but also of any other foods that contain unnecessary sweeteners. Desserts aren't the only foods that contain sugar. Desserts don't even always need sugar. Stick to fruits and fruit-based sweets. These will have essential vitamins and nutrients as well as give you the psychological fix for which you are searching. There are healthy, sweet foods out there! Be aware that eating excessive sugar can be an addiction much like drugs or alcohol, covering the true source of your problems and hindering forward spiritual movement.

• **Read labels.** Know what is in your food. Even if you think it should be obvious, there



are often extra chemicals and sugars added that are not only entirely unnecessary for your body, but also can decrease wellness overall. You might be surprised to find that a can of tomatoes has far more than just tomatoes on the ingredients list. Be educated about your food choices. This honors not just the body, but also your soul.

• **Take supplements only as necessary.** For optimum health, a person often needs to take additional vitamins. This is especially true for the person increasing their spiritual awareness. If you work in a modality aiming to increase your vibration, your body will also be feeling the effects.

B vitamins are those first used by the body under any type of stress, emotional or physical. If you are re-living past lives, dealing with current pain or hurt, your body is using the B series of vitamins equally as much as if you were doing physical labor. A multi-B, sometimes they are called a stress blend, is a good choice. As always though, speak to a knowledgeable person to make certain what vitamins are best for you. Not all supplements are positive or meant to be taken in conjunction with other medications or herbs.

• **Your body will also need more water.** Is this not always the case? Good clean water is a must for everyone. Invest in a quality water filter. Add orange slices or a few drops of rose water to flavor your water if this pleases you. Never drink sodas. These are of no benefit. The sugar content is always too high and the artificial sweeteners are just that,

artificial.

• **Sleep well.** Rest is a nutrient for the body, too, one that we often take for granted. If you need to go to bed earlier than normal, do so. If you are tired after work and instead sit down to fill yourself with food, instead listen to your body and take a nap. Get into a routine. You will notice the difference very quickly improving energy and stamina.

• **Love is the final nutrient and common denominator for everyone.** If you do not have family or friends to rely on for comfort, companionship, hugs, and care, then consider getting a pet with whom you can connect. Pets are wonderful for grounding energy and bringing peace to a home.

Developing a spiritual practice and living healthfully for body, mind and spirit can be a challenge for anyone. Educating yourself and making wise decisions about what is most healthful for you can be the simplest way to benefit your spiritual life. Do not neglect your physical health while focusing on your spiritual health. If you are unsure what to eat, contact a holistic nutritionist for guidance. Most importantly, listen to your body as well as to your soul.

Ami Karnosh, MS is a certified nutritionist who is passionate about helping others to create a healthy, balanced life. Ami can help you create personalized plans with an emphasis on enhancing, restoring, and preserving your health. Contact Ami at (206) 683-5083 or ami@karmanutrition.com.

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