

# 11 Phases of Nourishment

1. **Cleansing:** Instinctive urge to 'clean house'. Can't be forced. Can be misused as a means to avoid 'dirty' parts of life or manage fears related to disease and death.
2. **Building:** Usually follows cleans. Associated with desires to expand and a hunger for growth. Can experience a powerful high, and fear moving on.
3. **Sustaining:** Find the extraordinary in the ordinary. Easily overlooked because on biological cruise control. Creates space to invest in life while enjoying rhythm and balance.
4. **Emotional:** Most challenging of all phases. Requires acceptance and surrender to the emotions behind the food without judgement, blame or self-abuse. Relinquish the need for control and honor life's peaks and valleys, trusting the phase will pass if we let it.
5. **Celebration:** Retire restriction. Naturally attracted to 'pleasure' foods and desire to put fun first. Often a time to go on a culinary adventure of new restaurants, vacation or holiday. When unchecked, can become an excuse for instant gratification and abandonment of self-care.
6. **Learning:** Drawn to new healthstyle practices and personal improvement without being tied to outcomes. When unbalanced, can lead to nutritional elitism, overriding body's wisdom and exhaustion from endless seeking. When successful, can lead to confidence and trust so the need to be right or perfect can be released.
7. **Fundamentalist:** Driven to follow specific diet, eat certain foods/supplements all in a tightly controlled and purposeful manner. Usually a means to bring light to dark truths and release judgment, hiding, etc. Can be used to overcompensate for shortcomings or quest for perfection. Good time to examine personal definition of truth.
8. **Death:** Bored with food, in a rut or feel like life has reached a dead end. Go to foods for nourishment are unappealing. Requires courage to move through this phase and allow food to take a backseat. Sometimes we need to experience a symbolic, dietary death for a short period to invite in new possibilities. When stuck in this phase, can adopt a punishing eating pattern that puts health at risk.
9. **Healing:** Often follows the Death Phase. Adopt a 'food as medicine' approach to supporting the body's needs. Time to prioritize health over taste. Can be described as a breakthrough phase. The challenge in this phase is to release this phase when it's time to move on.
10. **Anything Goes:** All rules are turned upside down. Experience bizarre cravings, eating at strange hours, erratic eating without noticing, unusual symptoms that don't make sense (e.g., want to smoke when never smoked before). Represents time when life is shaken and being rearranged.
11. **Surrender:** Life is asking you to surrender from a nutritional standpoint and put preference aside. May be required when life is firing at you point blank so you can make space, clear clutter and find calm in the chaos. Sometimes health requires a dose of humility and surrender. This is a time to explore places in life to add nourishment away from the table.