My Brain CAN Heal What Makes Me Sick... Seriously?

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***Where do we begin to heal? In Our CELLS?***

Healing your cells is easy. It begins with how you treat your body, and this starts with what you eat! Not supplements but actual real, colourful fruits and veggies, animal, and vegan proteins, and omega-9 fatty foods. Specifically, your brain needs omega-9 fats for optimum health! Food therapy doesn’t have be expensive. Is each person the ENTIRE Universe in microcosm?

Quantum science is proving how the tiniest atom within each human cell has everything the body needs to reproduce and heal itself. Your longest lasting and most effective healing is triggered in our brain cells. Empaths... YOU are that valuable and that influential that healing yourself may actually help to heal our world and influence the Universe!

***Healing Begins Inside Your Brain***

Your brain controls *every aspect* of your health and survival, from the actual manufacture and repair of cells and neural networks across your entire brain hemispheres, to whole body wellness, emotions, and spiritual connections with your essence self and your God. Today our focus is on the key to the whole healing system... your brain!

***Food Therapy***

The food you put into your body controls your brain. This isn’t our happy kitchen recipe talk here. We aren’t looking at feel-good emotional foods. Instead we are exploring how specific foods groups build and connect neural networks that communicate with each other by producing healthy, healing brain chemistry like dopamine, serotonin, oxytocin, etc. that promote full body functioning. Our brains should be using fight/fight/freeze chemistry like cortisol and adrenaline only in moments of real danger. This is brain-cell health. Your greatest life depends on what you eat! (Lisa Wimberger, Neurosculpting)

***Nourished Brain vs Starved Brain***

The well-fed brain manages stress very differently than the malnourished brain. We aren’t talking about psychology or problem solving... we are talking about the mechanical, physiological functioning of HOW the bran electrically connects across all its electrical networks to tell you what to do to survive when needed, and to thrive the rest of the time.

The well-fed brain thinks and acts more clearly and efficiently with confidence, self-belief, and self-worth. The nutritionally malnourished, starving brain recognizes its survival is at risk and reacts. In reaction to this threat, the Hippocampus (primitive brain) pumps survival cortisol and adrenaline into your bloodstream multiple times a day to keep the body primed for fight or flight. Think of how a morphine pump works… it’s the same function. You know when this happens because you might get a burst of anxiety, a wave of fear, the feeling that you need to run or hide when there is no actual danger. Add these bursts to your already over-stressed reactions to real trauma which your brain is already over-reacting to, and you have a personal and physical disaster in the making.

***Survival Chemistry Is Simple...***

Your brain protects your body and its health in the exact same ways. What might your brain filters recognize as a threat?

1. physical danger
2. emotional danger
3. pain
4. old fear patterns
5. starving brain tissues

I’ll bet #5 Starving Brain Tissue has you puzzled. Did you know that your brain is 60% fatty tissue? Did you know that this fatty brain tissue NEEDS to be replenished by the fat content in the foods you eat? BUT... not just any fats! If starved of good fats (omega-9 fats) your brain’s go-to reaction is fight or flight chemicals flooding your body to get your attention.

***How do I nourish my brain?***

Get used to eating good omega-9 fatty foods such as salmon, fish oils, avocados, omega-9 oils, certain types of nuts like walnut, pecan, sunflower seeds. Do your research.

***What actually happens in a brain-starved, cortisol flooded body?***

* Your omega-9 starved brain releases large quantities of cortisol into your bloodstream to get your attention
* Your brain loses focus on all but the ‘emergency’
* You feel ready to run, hide, or turn and fight, all the time
* It becomes more and more difficult to shut off or turn down your fight or flight responder
* Toxins are not removed from your organs by normally flowing blood because your flood flow has been redirected to your muscles
* Food is not digested properly because it has been abandoned by diverted blood flow and left sitting in your gut creating more toxins and pain
* Auto-immune responses are shut down

Cortisol is not designed to be stored long term in muscles or tissues. Multiple shots of cortisol over a 24-hour day, that are not expelled through physical fight or flight gets stored in your body causing unexplained gut pain, muscle pain, compromised auto-immune system, palpitations, etc

***Who is most affected?***

We all are! However, for PTSD victims, victims of narcissistic or abusive relationships, adults who were abused children, victims of chronic illness and chronic depression, etc... this fight, flight, and freeze reaction to most life situations has been stamped on their brains early on and they become the most dangerously over exposed to cortisol flooding. Over-exposure to high cortisol levels may explain your unexplained pain, over-sensitivity to light, sound, heat, cold, tastes, and increased auto-immune breakdown, foggy brain, and inability to make or stick with decisions.

***FYI…*** *chronic illness and chronic* *depression are increased by chronic over abundance of cortisol in your body so that it becomes a looping cycle of depression and illness feeding each other.*

*What you eat is key to how your brain manages your health!*

***Healing Your Brain Using Food***

Understanding and meal planning around the 3 balanced food blocks must show up on your plate every day... **pure protein /** **good carbohydrates** / **good omega-9 fats.** If meals include these three pillars it means you are feeding the *myolin sheaths* that coat the outer surfaces of the *neurotransmitters* in your brain... those sheaths actually reach out to other connectors called dendrites that are like little hooks catching the electrical signals that should network all of your brain parts together electrically.

I can’t stress enough the importance of including Omega-9 Fatty Foods into your diet every day, in some way at every meal, so YOU will get your whole brain network firing efficiently, getting the results you need to keep your body functioning in top health. Do this first - add in the fatty good foods - then get to work on adding pure protein and good carbs to complete your healing diet.

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