



luna*y*sol
Sanctuary
We Heal Ourselves
We Heal the World

JOURNALING



WORKBOOK

FOOD IS MEDICINE

Welcome!

This is your Food is Medicine Workbook!

This *Food As Medicine Workbook* is packed full of resources and suggested readings that have contributed to our knowledge base. We further provide stories of our own journey as we matriculate our way through this very complex maze of what to focus on for optimal health and well-being. This guidebook is part of your Food is Medicine training materials.

We thank you for joining us in this very important and life changing journey. In each section of the workbook, we provide exercises and assignments with space for written reflection. Additional space is included in the second half of this workbook to record any thoughts, epiphanies, stories or reflections you may have as you go. When you complete the 10-week workshop, you will have a complete record of the process you went through to achieve your goals.

Dr. Lisa Grayshield & Laura Luna

"The intelligence of a system (human or community) is marked by its ability to self-reflect and upon learning what is needed, make the necessary changes."



ABOUT US

We created this guidebook to foster inner exploration, curiosity and an openness for self reflection & so you can track your journey.

We know how difficult it is to make changes and we want to celebrate every single moment of meeting your intentions! Enjoy!

JOURNAL ASSIGNMENT #1

Identifying your Personal Workshop Time! Commit to this journey!

Research demonstrates that for any change of behavior to take place and become a life practice, it must be integrated into cellular memory, and this takes a minimum of 30 days of consistent behavior. We recommend that you put aside at least an hour a day to reflect and engage the suggested activities in this workbook–this is your Personal Workshop time.

Do this at a specified time and stick to it (as much as possible), the routine will assist with establishing it into cellular memory and encourage the likelihood that you will continue. If an hour is too much, do 30 minutes in the morning and 30 minutes in the evening.

Set Your Alarm! Determine when, where and, how long you will engage in your study. Set the alarm on your phone for the next 10 weeks and prepare a space for your workshop. If you are traveling, be sure to plan ahead, consider where and when you will do your workshop, adjusting the time as necessary:

I commit to the following days and times for my WORKSHOP:

Monday ____:____ a.m. for ____minutes, and ____:____p.m for____minutes.

Tuesday ____:____ a.m. for ____minutes, and ____:____p.m for____minutes.

Wednesday ____:____ a.m. for ____minutes, and ____:____p.m for____minutes.

Thursday ____:____ a.m. for ____minutes, and ____:____p.m for____minutes.

Friday____:____ a.m. for ____minutes, and ____:____p.m for____minutes.

Saturday____:____ a.m. for ____minutes, and ____:____p.m for____minutes.

Sunday____:____ a.m. for ____minutes, and ____:____p.m for____minutes.

ASSIGNMENT #2

4 BREATHS TO DEEP PRESENCE

Before you begin each session you will complete a 1 to 2-minute exercise designed to elicit a state of deep presence for optimal benefit:

This photo was taken at the top of a mountain range overlooking a small lake named **Falling Leaf Lake located in Washoe territory on the California side above dah'oh [Lake Tahoe]**. Photos of dah'oh' will appear as reminders to engage the 4 Breaths To Deep Presence exercise as outlined here, and in the 4 Breaths To Deep Presence video located on the course page.



Practice this exercise and prepare to engage it prior to each Workshop in order to clear your mind and hone your focus for optimal benefit. If you opt to do 2-30 minute sessions as opposed to one hour, do the exercise twice, before each scheduled workshop. Numerous variations of this exercise have been incorporated into self-help practices for decades, and can be used prior to any activity that requires your full focus and attention. You will soon become very comfortable with the exercise and you may even fashion one that works better for you. Sit comfortably in your Workshop space, close your eyes and clear your mind.

Now, say out loud:

“With these breaths, I engage deep presence in my body, mind, soul and spirit.”

4 BREATHS TO DEEP PRESCENCE

Now, Ground Out. Take a conscious (buddha) breath in for a 7 count in, and out for a 9 count. Inhale as you expand the belly, opening the heart. Exhale, release the breath fully, gently pressing the navel toward the spine on the out breath. Be sure that your breaths are completed in full consciousness; notice when you reach the top of your breath, and the bottom of your breath. There are no prescribed time periods between inhale and exhale, or between breaths, simply count (in your mind) as feels comfortable to you:

First Breath

On your next inhale picture in your mind's eye the number 4; inhale 4-4-4-4; exhale 4-4-4-4. In this practice, 4 represents your bodily awareness—the least complicated state of awareness, it is the physical “me”. Going deeper;

Second Breath

As you inhale, picture in your mind's eye the number 3; inhale 3-3-3; exhale 3-3-3. 3 represents your cognitive awareness, with the number 3, you will calm your mind and stop all the thoughts that flow through it. Going deeper;

Third Breath

Inhale a picture in your mind's eye of the number 2; inhale 2-2; exhale 2-2. 2 represents your soul awareness—your emotional state of being, your feelings, intuitions, and subconscious energies that you are not often aware of. Going deeper;

Fourth Breath

Inhale a picture in your mind's eye of the number 1; inhale 1; exhale 1. 1 represents your spiritual sense of self as an extension of all life, it is the deepest alpha brain wave level of presence in the waking state. When you complete this breath state the following:

“I am fully present, body-mind-soul and spirit”.

Practice this exercise several times with the video and on your own. This is a life practice that will assist you with better and better focus and attention, paving the way for a deeper and more profound change as you grow.

ASSIGNMENT #3

IDENTIFYING FOOD HABITS

Identifying Our Food Habits write down at least 5 food habits that must change. Don't simply provide a list of my bad foods, explain the habits that you have created around eating; the times of day you eat; your indulgences; the known impacts to your body; your fears surrounding food.

For example, I eat an entire bag of chips sometimes late at night and it always interferes with my sleep but I keep doing it.

After you have at least 5 of these statements, for each one, write an opposite statement that better serves you.

FOOD HABITS THAT MUST CHANGE:

HERE IS WHAT I AM CREATING NOW:

ASSIGNMENT #4

IDENTIFYING PRIMARY DOSHA

The Doshas are made up of the elementals.

Air, Water, Fire, Earth & Ethers

Use the space below to draw a picture or write words that describe your personality through the elementals.

ASSIGNMENT #4

IDENTIFYING PRIMARY DOSHA

"In the physical body, the three doshas – vata, pitta and kapha – mirror the three basic functions of all existence. All of existence must come into creation. Once created, all of existence struggles for survival. Eventually, all of creation returns to dust for recycling" Dr. M, Halpern

There are 3 main doshas
Vata, Pitta & Kapha

Vata is made up of Air & Ether
Pitta is made up of Fire & Water
Kapha is made up of Water & Earth

The elementals are in everything and so the doshas and their characteristics are also in everything. The doshas are also ways to describe the seasons and stages of life and much more!

This is one of many opportunities to understand your primary doshic type which will help guide you to best lifestyle practices for your unique personality, stage of life, season, geographic location and other life experiences you may be going through.

On the next page, you will find a basic chart to help you identify your primary dosha.

For each characteristic on the far left column, circle the description(s) that you feel best fit for you. You may pick two or more answers in each column.

At the bottom, count how many you have in each category (Vata, Pitta and/or Kapha).

ASSIGNMENT #4

IDENTIFYING PRIMARY DOSHA

	AIR & ETHER	FIRE & WATER	WATER & EARTH
Characteristics	VATA (AIR)	PITTA (FIRE)	KAPHA (WATER)
HEIGHT	Tall or very short	Medium	Usually short but can be tall and large (stocky, sturdy)
FRAME	Thin, bony, good muscles	Moderate, developed	Large, well formed
WEIGHT	Low, hard to hold weight	Moderate	Heavy, hard to lose weight
SKIN LUSTER	Dull or dusky	Ruddy, lustrous	White or pale
SKIN TEXTURE	Dry, rough, thin	Warm, oily	Cold, damp, thick
EYES	Small, nervous	Piercing, easily inflamed	Large, white
HAIR	Dry, thin	Thin, oily	Thick, oily, wavy, lustrous
TEETH	Crooked, poorly formed	Moderate, bleeding gums	Large, well formed
SWEATING	Scanty	Profuse, yellow	Moderate, clear
STOOL	Hard or dry	Soft, loose	Normal
URINATION	Scanty	Profuse, yellow	Moderate, clear
SENSITIVITIES	Cold, dryness, wind	Heat, sunlight, fire	Cold, damp
IMMUNE FUNCTION	Low, variable	Moderate, sensitive to heat	High
DISEASE TENDENCY	Pain	Fever, inflammation	Congestion, edema
DISEASE TYPE	Nervous	Blood, liver	Mucous, lungs
ACTIVITY	High, restless	Moderate	Low, moves slowly
ENDURANCE	Poor, easily exhausted	Moderate but focused	High
SLEEP	Poor, disturbed	Variable	Excess
DREAMS	Frequent, disturbed	Moderate, colorful	Infrequent, romantic
MEMORY	Quick but absent minded	Sharp, clear	Slow but steady
SPEECH	Fast, frequent	Sharp, cutting	Slow, melodious
TEMPERAMENT	Nervous, changeable	Motivated	Content, conservative
POSITIVE EMOTIONS	Adaptability	Courage	Courage
NEGATIVE EMOTIONS	Fear	Anger	Attachment
FAITH	Variable, erratic	Strong, determined	Steady, slow to change
	VATA	PITTA	KAPHA
TOTAL			



READY TO SCHEDULE YOUR INDIVIDUAL CONSULTATION?



Take advantage of the opportunity to meet with us for a more thorough individualized life style recommendations!

Email:

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**SCHEDULE YOUR FIRST
INDIVIDUAL CONSULTATION**