

The Ripple Effect Diet

... feel how good health looks on you!

Developing Intuition

How do you make decisions in your life?

If you're like most people, you probably *think* about the situation...that is, you use some sort of left-brained, logically-based, deductive thinking pattern and then come to a conclusion about what to do.

If this sounds like you, then you are **using less than half of the “brain-power”** available to you!

Three Heads Are Better Than One!

We all know about the brain between our ears- you know, the one that's in your head. Although I'm certainly not advocating that you stop using it, the problem is that most of us are not aware of the fact that this is **not the only “brain” we have** in our bodies.

That's right. We have **two other brains**. One is in the **heart** and the other is in the **gut**. These “brains” are complete independently operating nervous systems that contain the exact same neurotransmitters, peptides, receptors and hormones as the brain between our ears. As a matter of fact, embryonic research has shown us that the heart is actually formed **FIRST**, usually at approximately the third week of conception, and the brain is then formed out of the heart, so the **HEART RUNS THE BRAIN**. The second system to develop is then the gastrointestinal system. This tells you how important and central these two organ systems are to our physiology and to our very being.

What this also means is that the heart and the gut both have **an intelligence uniquely their own**...so you're smarter than you think- or at least you could be as long as you use them!

The Wisdom Mother Nature

Why would Mother Nature supply us with more than one brain? I'm sure you can think of a lot of funny answers to this question, but physiologically, it makes sense. By having self-sufficient neurological systems, the heart, which is the center of feeling, and the gut, which is based in the solar plexus and is the center

of Self, can then both operate ***independently of, and communicate with, the rest of the body and head-brain.***

Therefore we are all born fully equipped with our own internal mechanism of wisdom, guidance and inner-knowing. Kind of like a built-in internal compass that we can then use for insight to help govern our lives and know what is right for us.

Whether it be in regard to making a tough decision like perhaps if you should change jobs, or how to know if someone has your best interest at heart or maybe even to help determine if a particular food or product is good for your body, your built-in intuition system will never steer you wrong.

The Source of Happiness

The brain in the gut is called the enteric nervous system and is located in the mucosal lining of the digestive system. There are more than 100 *million* nerve cells in the small intestine alone which is actually equal to the number in the spinal cord. And if you combine these nerve cells with the nerve cells in the esophagus, stomach and large intestine, then there are actually ***more nerve cells in the gut than in the spine!*** So I guess you could say, the stomach is smarter than the head!

And there's more. Did you know that ***over 95% of the body's serotonin is made in the gut?!?!*** That's right, the lowly ol' stomach is responsible for making you feel good, give you a sense of satisfaction after eating, feel relaxed, get a good night's sleep and make new brain cells!

The Center of Your Immune System

And that's not all. The enteric nervous system is also comprised of something called the Gut-Activated Lymphatic System (GALT). This tissue is in the mucosal lining of the body and comprises approximately ***85% of the immune system.*** So if you want to stay healthy, disease and cold-free, be sure to keep your gut healthy and happy with the right foods and the right thoughts!

This is also one of the reasons that I always teach people about how absolutely vital it is that you eat the highest quality, best diet possible and that your digestion be in tip-top shape; because the digestive system of your body actually controls and "feeds" all the other systems of the body.

The Mind-Body Connection

We've all heard the expressions: "*broken heart*", "*stole my heart*", "*stabbed in the heart*" and we can all tell the difference when someone "*puts their heart into*

something” or not. Also terms like a “*gut feeling*”, feeling “*sick to your stomach*” or having *nervous butterflies* are common sayings we all know and use on a daily basis. These are just some of the many examples of the mind-body interface, where truly there is no separation between the two.

How Can I Develop My Own Intuition?

Are you ready to start using your second and maybe even third brain?

Do you want to **develop your own inner guidance system** and increase your **ability to make healthy and wise decisions**?

Get In Touch

The first thing you have to do is to start tuning into **what’s going on *inside your body***. With our fast-paced, highly techno society, we predominantly live our lives (and therefore our consciousness) “in our heads”, disconnected from our feeling bodies. We have lost touch with the innate, primal, instinctual aspects of our nature. It would benefit us all to pay particular attention to how our body reacts to, or feels about any given situation. Start to pay some attention to what’s happening *from the neck down* the next time you are faced with a decision or dilemma. Notice any subtle feelings and physical symptoms that you might experience.

I promise you, with time, you will slowly start to hear the “voice” of your inner self, guiding you, prodding you, maybe even nagging you and letting you know the best path to take. All we have to do is take a moment to **stop, ask and listen** and then have the **courage to follow** the answer once we get it!

Here are some questions to ask yourself the next time you are struggling with a decision and some suggestions to help you tap into your intuition so you can make the best choices for you:

1. **How does my body *feel*** when I think about this issue, situation or problem? Do I feel any tension (tight shoulders or stomach) or do I feel a kind of release or feeling of relaxation? (It helps to close your eyes on first)
2. Does my **energy increase or decrease** when I think about it?
3. Do I feel a sense of **lightness** and levity or sense of **heaviness** or depression?
4. What is **the choice that best takes care of me**?
5. What do **I really want**?
6. What decision will **bring me a greater sense of ease and peace** both short-term and long-term?

7. Do I have to **compromise any of my values or any aspects** of myself regarding this decision or outcome?
8. If this concludes on the path it's on, **will I feel more peaceful?**

For more information on intuition and the mind-body connection, here are some of my favorite resources:

www.heartmath.org

www.candicepert.com

www.osho.com

The Second Brain, Michael D. Gershon, M.D.

The Heart Speaks, Mimi Guarneri, M.D., F.A.C.C.

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