

# FOODS FOR SPIRITUAL GROWTH



BY IRISH GEORGE

If not, arm yourself with a paper towel and be ready to wipe.

In the photo of the Raspberry & Vanilla Lollipops, the ice cream was poured directly into the glasses after being made, and it was left to freeze until solid. When the shot glasses came out of the freezer, they got frosty and it was difficult to see that there was a red bottom layer. I

These Raspberry & Vanilla Lollipops are still in shot glasses, showing frost, to indicate they were frozen.  
ISO 125, 100mm, Macro L

For the photo of Pineapple S because the art director had a frosted or dewy look. Yet in the studio that day, so I set. The towel underneath

Are there even any **Foods for spiritual Growth**? You might be thinking of how foods can impact spiritual growth. Well, as we know that food is an essential component of a healthy and balanced lifestyle. What most people don't realize is that what you eat not only affects your physical health but also has a profound impact on your mental and spiritual well-being.

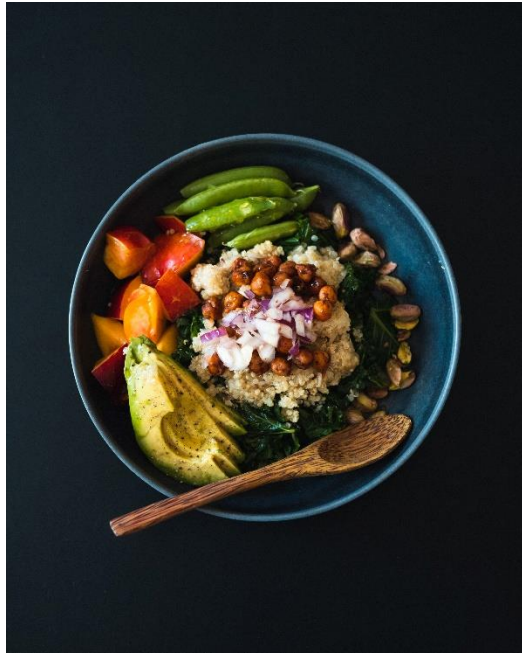


## IMPORTANCE OF RIGHT FOOD FOR THE SPIRITUALITY

Due to the rise of fast-food outlets, people have started to consume it more than ever. As such, we see spiraling obesity as well as mental problems like anxiety and depression. Not



only this, but poor food intake also has negative consequences of our daily activities e.g., low productivity, a decline in the ability to focus, insomnia, erratic mood swings, etc.



You might be wondering how the wrong intake of food can have such dire consequences on our spiritual well-being. Let me explain from a scientific perspective. Metabolism is a process that controls all functions of the human body. It includes regulation of energy and hormone production, digestion control, ability to sleep, focus and relax, etc. The wrong food intake negatively impacts your metabolism and hence all the related functions.

We have discussed in detail how the right intake of food can enhance your mental well-being and hence, spirituality. We have also discussed how your daily activities are negatively affected by the wrong consumption of food, e.g., energy drain, mood swings, lack of focus, etc.

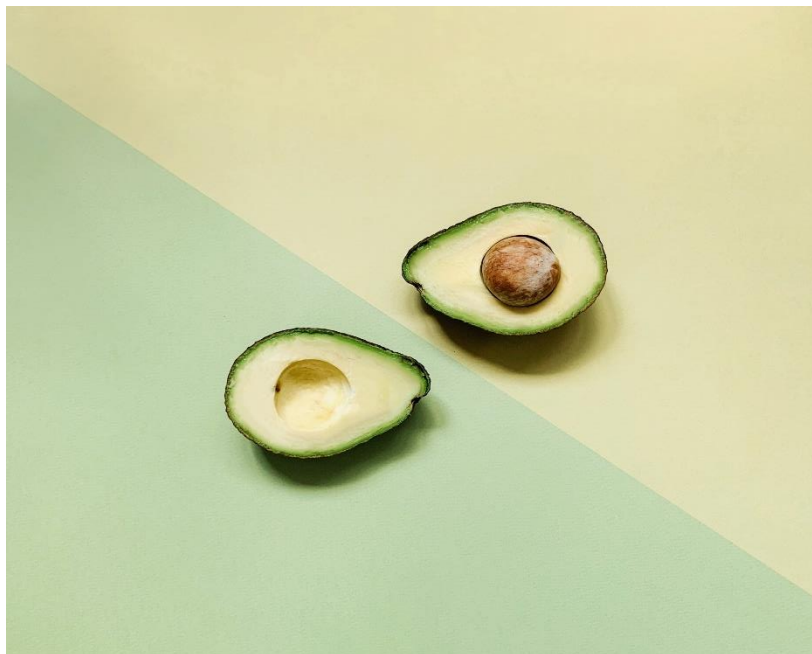
Here it is also pertinent to mention how food intake can affect spirituality beyond the daily activities that we perform in our lives. For example, if you are not spiritually healthy you won't have the will power to listen to your intuition. You won't be able to connect with yourself. Your power to sense things going on in the surrounding will be dramatically reduced and the list of the problem goes on.

## THE RIGHT FOOD FOR SPIRITUAL GROWTH

The problems with being spiritually weak are countless. However, the good news is that there is a solution and you are already aware of it. Yes, just change your diet intake and let the magic unfold. A slew of diet options is present in the market. Therefore, it is not less than a challenge to decide what to take and what not to. As such, we have compiled a list of top 8 foods for spiritual growth that you can take to improve your mental and spiritual well-being. Please note that I have also mentioned other health benefits that these foods bring to the table So, read on!

### 1. Avocado

Avocado is called superfood due to its high nutrients (including 20 different vitamins and



minerals) and rich texture. Their specialty is that they can be used with any dish. One significant advantage of Avocado is their effectiveness against heart attack. Controlled studies have proved that Avocado reduces blood triglycerides by up to

20% and cholesterol up to 22%. Avocados also act as antioxidants.

## 2. Walnuts



For the past 50 years, scientists have been gathering at the University of California for the annual Walnut conference. In this conference, the latest research on Walnut and its nutritious value is discussed. From this, you can get an idea of how beneficial walnuts are for our health. Therefore, it won't be possible to mention all of them in detail. However, below, we have mentioned

some of the benefits that regular intake of walnuts can provide.

- **Prevention against heart attack**

Walnuts have 2.7 grams of Omega 3 Fat per 1 Ounce serving. Regular intake of the plant form of Omega 3 Fat is beneficial in the prevention of heart disease.

- **Weight Control**

A controlled study of ten obese people was conducted. These participants were made to consume walnuts for five consecutive days. At the end of the experiment, the participants showed reduced appetite and hunger. This is the first step towards weight control.

- **Rich in antioxidants**

Walnuts are rich in Polyphenols, Melatonin, Vitamin E and plant compounds. These nutrients and vitamins help in cleansing of the body and hence act as antioxidants.

- **Reduction in inflammation**

Inflammation leads to a lot of problems. This includes, but not limited to, Type 2 diabetes, Alzheimer's, Cardio complications and even some forms of cancer. Walnuts contain Polyphenols which help fight against this life-threatening inflammation and its related ailments.

- **Improved brain functioning**

As I mentioned previously, Walnuts contain Polyphenols and Vitamin E, which play a vital role in preventing Alzheimer's. Hence, Walnuts are an excellent source to feed your brain and improve its functioning.

### **3. Beet**

Just like Walnuts, Beet also has a slew of vitamins, minerals, and nutrients packed into it. It might be one of the reasons why Beet is used widely in cuisines around the world.

So, let's find out how Beet is good food for spiritual growth.



- **Blood pressure control**

Beet is rich in nitrates which acts as a blood pressure-lowering agent. However, nitrates remain in the blood vessels only for a few hours after they have been consumed. Consequently, you need to have a regular intake to drop your blood pressure.

- **Enhanced Digestion**

We all know that Fiber is extremely helpful in improving the process of digestion. We have been hearing about it since our childhood. One cup of Beetroot juice contains 3.4 grams of Fiber. So, it plays a significant role in improving the digestion process.

Beet also helps in preventing other digestion related complications, e.g., bowel inflammation, constipation, etc.

- **Prevention of Cancer**

Beetroot juice can help restrict the growth of cancer-causing tumor cells. A study conducted using human cells demonstrated that Beetroot juice had a high concentration of Beta lains which helps prevent prostate and breast cancer. However, the research on the effectiveness of Beetroot juice against cancer is quite limited and there is disagreement among the experts.

- **Weight loss**

Every other person you come across complains about his/her weight. People opt for expensive medications and surgeries to remove excess fat from their bodies. The good news is that now you don't have to empty your wallet to control your weight. Beet is low in calories, has a moderate number of vitamins and nutrients and has a high content of water. All this helps in weight reduction. Other than this, Beet also has the right amount of Fiber which reduces appetite. Consequently, a person consumes a lower number of calories.

- **Improved brain functioning**

We discussed earlier how nitrates in Beet help to lower blood pressure. These nitrates also help expand the blood vessel. Consequently, there is an improved flow of blood to the brain, which enhances its functioning.



## 4. Water



Hold on! I am not joking. Yes, water is good food (drink) for spiritual growth. Let me explain how? Water is probably the best antioxidant. It flushes out toxins as well as negative energy. When a person is on a

journey of attaining spiritual excellence, he/she may remember some past scars. These, if not addressed appropriately, can hinder your journey. Water helps you stay hydrated and divert your energy from those scars towards many vital things. Also, when you are hydrated, your Pineal Gland and Nervous System remain healthy which improves brain functioning.

Water also helps in enhancing your cognitive abilities. An experiment was conducted on 101 participants to study the impact of water consumption on cognitive skills. The participants were divided into two groups:

### **Water And Non-Water Group**

Later on, cognitive tests were performed on both groups. It was noted that the water group was performed higher on cognitive tests than the other group. The research was published in the ***American Journal of Clinical Nutrition***.

## 5. Chlorella



Chlorella is over 3 billion old living food. It is known as a *superfood* due to its range of benefits. Eager to know what they are? Let's find out.

- **Anti-aging Agent**

Chlorella is known to act as a protective layer against Oxidative stress which causes aging.

- **Ultra-rich in nutrients and minerals**

Chlorella is rich in Omega 3 fatty acids, Vitamins, Minerals and a range of other nutrients that are required by the human body for performing the day-to-day tasks. These nutrients, among other benefits, help enhance the internal body functions, e.g., the neurotransmitter levels,

the nervous system, the reproductive system, functioning of the brain, etc. It is hard to find another single material that can provide such a wide range of benefits.

## 6. Raw Cacao



Once again, I am serious!

Cacao has many proven health benefits. It is particularly helpful in enhancing cognitive abilities, e.g., memory, learning capabilities, processing power, etc. A study

conducted by Italian researchers demonstrated this. They analyzed the cognitive abilities of the participants after they had consumed Cacao. Most of the participants showed noticeable improvement in cognitive abilities. A journal named *Frontiers in Nutrition* published this study.

Not only this, but Cacao also had a profound impact on patients who suffered from Dementia. A study was conducted on ninety elderly people who were suffering from mild Dementia. They were told to consume Cacao over a period of eight weeks. After eight weeks, the subjects showed significant improvement in their cognitive abilities.

All these studies show a similar pattern, i.e. Cacao is healthy food for spiritual growth. However, one should not consume it excessively as it might lead to other health complications.

## 7. Quinoa



Earlier, we discussed how Avocado is a superfood. Here we present you the super grain. No, they are not related in any way! Quinoa was first discovered around four thousand years ago. Despite being an ancient diet, a lot of people are unfamiliar with it. Quinoa comes with a range of mental and spiritual benefits. Let's find them out.



- **Rich in Fiber**

I have discussed the benefits of Fiber intake multiple times. Quinoa is said to be one of the richest grains for Fiber content. Therefore, it reduces blood pressure, cholesterol, chances of heart diseases and improves digestion.

- **Improved brain functioning**

Quinoa enhances the functioning of the brain by improving the blood supply to it. This is due to the presence of Iron which carries Oxygen all around the body, including the brain. The more the Iron, the better the supply of oxygen around the body. Not only this, but Iron is also helpful in the regulation of body temperature and in the synthesis of neurotransmitters.

- **Rich in Antioxidants**

Quinoa is rich in manganese which is an excellent cleanser. It flushes out all the harmful materials from the body and protects it from the damage of free radicals. A clean body helps you focus your energy on spiritual growth.

## 8. Extra Virgin Olive Oil



We all have used Olive Oil while cooking at some point in our life. However, the irony is that still, the majority is unfamiliar with its benefits. A lot of research has been conducted on the health benefits of Olive Oil over the past decade. All researchers agree on the profound impact it has on the body and specifically spiritual well-being. Let's find them out.

- **Slew of Antioxidants**

The antioxidants in Olive Oil have proven to lower the cholesterol level and hence reduce the risk of heart disease.

- **Reduces chances of Alzheimer's Disease**

The research on the benefits of Olive Oil for the brain is limited. Nevertheless, studies show that Olive Oil removes Beta-Amyloid from the brain cell. Beta-Amyloid is a plague that is believed to be one of the main substances for the cause of Alzheimer's disease.

- **Protection against Stomach ailments**

Olive oil kills bacteria that cause stomach ulcer and cancer. A study on humans was conducted which demonstrated that a daily intake of just 30 grams of extra virgin oil can kill *Helicobacter pylori*. *This bacterium leads to multiple stomach ailments, including cancer and ulcer.*

- **Anti-Cancer agent**

Just like Alzheimer's Disease, the research on the benefits of Olive Oil for inhibition of cancer cells is limited. Many researchers believe that the antioxidants present in Olive Oil can kill cancer-causing cells.

So, these were some of the foods for spiritual growth. As you can see, each one comes with a set of different benefits. It is not possible to include all of them in your daily diet intake. Therefore, one should first figure out the leading hindrance in their journey towards spiritual excellence. Once you have done that, it will be effortless for you to choose the right combination.

The journey towards a higher level of spirituality cannot be completed overnight. It is a long road. Whatever combination of diet you choose, make sure to consume it daily without fail. Be persistent and you shall reach your destination in no time.