Sacred Healing

Christiane Northrup, MD, FACOG
It All Starts with MOTHER
Food and Love: The Intimate Connection

- Healthy attachment, immunity, and digestion begin with how we were born, fed, and cared for in infancy.

- Our early life experience with nurturing creates the basic wiring diagram we follow when we attach ourselves to others.

- The way our mother’s body, mind, and spirit interacted with ours in pregnancy, and the way we are fed and cared for teaches both our brains and bodies what to expect from nourishment and intimacy, setting the stage for how sweetly and joyfully we will be able to meet both our nutritional and emotional needs for the rest of our lives.
Happy Mother: Happy Baby
Microbiome

- Infant feeding entrains gut flora
- Vaginal births colonize babies with healthy bacteria
- Premie study from England: WW II
- “Let the Earth pass through you. Then you’ll be immune to everything.” GW Northrup, DDS
Imagine! Breasts are also for Babies!
Happiness is Our Birthright
Laughing with the Angels
Breastfeeding Entrains Mind/Body/Gut for Healthy Digestion and Attachment

• Improves the mother’s health
  Protects against breast cancer, ovarian cancer, weight gain, and postmenopausal osteoporosis.

• Promotes a sense of safety and security in the baby

• Offers baby protection from disease
  Babies breast fed for first 15 weeks of life are 50% less likely to develop respiratory illnesses.

• Meets primal need to suck
  Sucking is a primal need. Babies suck their thumbs in utero. The areas of brain controlling tongue and mouth are huge – with more nerve cells devoted to these body parts and functions than almost any other.
Breastfeeding Benefits

• Promotes optimal facial and jaw development
  Nursing at the breast is hard work and better exercise for the jaw and cheek muscles. As a result, the jaw, hard palate, sinuses, and back of the throat are developed optimally.

• Promotes optimal breathing
  Babies are obligate nasal breathers. Mouth breathing is abnormal – and a stress response. Breastfeeding reinforces nasal breathing – which contributes to optimal nasal development. Bottle feeding does the opposite because of the speed at which the milk goes down.

• Promotes optimal intelligence

• Is Neuroprotective
The Truth About Our Childhood is Stored in Our Bodies
Impact of Birth interventions: Epidural Anesthesia

• Epidural anesthesia increases malpresentation by 400%

• Increases risk of fever of unknown origin = sepsis workups for neonate and mother

• Estimated cost of unnecessary interventions from epidurals alone is over $3 billion/year

• Cost of maternal fetal separation and anxiety postpartum – incalculable


Epidural Anaesthesia in Labour: Influence on Surgical Delivery Rates, Intrapartum Fever and Blood Loss, Ploeckinger B. · Ulm M.R. · Chalubinski K. · Gruber W. Second Department of Obstetrics and Gynecology, University Hospital of Vienna, Austria Gynecol Obstet Invest 1995;39:24–27
Wounds of Childhood

• Abandonment
• Betrayal
• Shame

• If unresolved, all of these produce small amounts of inflammatory chemicals in the body that favor disease and addiction.

Mario Martinez, PhD.
Founder of Institute for Biocognition
ACE STUDY: Adverse Childhood Experiences

- Largest prospective ongoing trial of its kind
- >17,000 patients - middle class, middle age
- Peer reviewed
- Over half of all adults have experienced at least one adverse childhood trauma.
- Time doesn’t heal this pain. It produces cellular inflammation and increases risk for premature death from all leading causes.
ACE PYRAMID

- Death
- Early Death
- Disease, Disability, and Social Problems
- Adoption of Health-risk Behaviors
- Social, Emotional, & Cognitive Impairment
- Adverse Childhood Experiences
- Conception

Scientific Gaps
The Impact of Shame

• Guilt says “I made a mistake”
• Shame says “I AM a mistake”

Brené Brown, “Daring Greatly”

• The number one problem most patients face is the inability to love themselves

Bernie Siegel, MD

• Addictions aren’t the problem. They are the solution to the problem of unresolved pain.

ACE STUDY
"A remedy [for masturbation] which is almost always successful in small boys is circumcision... The operation should be performed by a surgeon without administering an anesthetic, as the brief pain attending the operation will have a salutary effect upon the mind... In females, the author has found the application of pure carbolic acid to the clitoris an excellent means of allaying the abnormal excitement."

Dr. John Harvey Kellogg
At War with our Bodies

• 42 percent of first to third grade girls want to be thinner.

• 81% of 10 year olds are afraid of getting fat.

• Only 5% of women have the kind of bodies that are considered ideal in magazines.

Dove Real Beauty Campaign
Contagion Theory of Lifestyle Behaviors

• Harvard researchers tracked 12,067 people over more than 3 decades.

• Risk of becoming obese spread almost like a virus from person to person.

• In married couples, if one becomes obese, the other has a 37% likelihood of following suit.

• If a friend becomes obese, a person’s chances climb to 57%.

Miriam Nelson, Jennifer Ackerman “The Social Network Diet: Change Yourself, Change The World”
Contagion Theory of Lifestyle Behaviors (cont.)

• Among mutual close friends, if one becomes obese, the others chances increase by 171%.

• Overweight and obese men and women are more likely to have romantic partners, best friends, and casual friends who are also overweight.

• The GOOD NEWS? Overweight men and women with more social contacts trying to lose weight positively influence them to also do the same.

Miriam Nelson, Jennifer Ackerman “The Social Network Diet: Change Yourself, Change The World”
You’re WRONG
Why Lost Love literally HURTS

- Emotional pain registers in the anterior cingulate gyrus of the brain the same as physical pain.
- Opiates relieve emotional pain.
- Sugar is an opiate.

In the Beginning
TED – Macrobiotics
TED – 2 months later
TED – 4 months
TED – 6 months
TED – One year
Ovarian cancer
6 months later
Cancer of the Eye
6 months later
Why Whole Foods Heal:
Eating Whole Organic Foods is like Breast-Feeding from the Earth Herself

• The body is self-renewing. Every cell in our bodies is replaced approximately every 7 years.

• Organic foods grown on healthy soil produce healthy cells when consumed.

• We pay the doctor to make us better when we really should be paying the farmer to keep us healthy.
80% of the Diet Should be THIS

• “It took the human body a billion years to get its act together. Until World War II there were parallel threads in the diets of people the world over.“

• The food was basic

• Directly related to the land or sea

• Prepared at home

• Fresh, whole, and unprocessed

Betty and Si Kamen: The Kamen Plan for Total Nutrition During Pregnancy (New York, Appleton Century Crofts)
Cellular Inflammation: The Root Cause of Chronic Degenerative Disease

• Virtually all chronic degenerative diseases begin in childhood.

• The mechanism is cellular inflammation resulting from excess stress hormones—cortisol and epinephrine.

• These stress hormones are the result of unresolved childhood pain and ongoing stress resulting in adulthood.
What You Need to Know About Sugar and Carbs

• Those with a fasting glucose above 85mg/dL have an increased risk for heart attack and other disease.

• All carbohydrates are broken down into sugars.

• Fat is not the problem. It’s sugar. Low fat eating is obsolete.

• The only calories that count are sugar calories.

• Grain Brain by David Perlmutter, MD

Dangers of High Glucose

• The dangers of high glucose are so strongly evident that the International Diabetes Federation has warned that non-diabetics with postprandial glucose above 140 mg/dL (normally measured two hours after a meal) are at significant risk for many diseases including:

  • Retinal damage to the eye
  • Arterial blockage
  • Oxidative stress
  • Increased inflammation
  • Endothelial dysfunction
  • Reduced coronary blood flow
  • Increased cancer risk

The Side Effects of Excess Sugar plus Stress Hormones

Symptoms and Signs of Insulin Abuse

- Fatigue and possibly shaky weakness following a meal
- Carbohydrate cravings and uncontrollable hunger (the munchies)
- Emotional eating
- Night time eating
- Slowly expanding waist line
- Increasing resistance to weight loss
Signs of Early Insulin Resistance

<table>
<thead>
<tr>
<th>Signs of Early Insulin Resistance</th>
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<tbody>
<tr>
<td><strong>Night-time eating</strong></td>
</tr>
<tr>
<td><strong>Central weight gain</strong></td>
</tr>
<tr>
<td>(expanding waist line)</td>
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<tr>
<td><strong>Slow weight gain</strong></td>
</tr>
<tr>
<td>without change in diet</td>
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<tr>
<td><strong>Low HDL cholesterol</strong></td>
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<tr>
<td><strong>Increased triglycerides</strong></td>
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<tr>
<td><strong>Heartburn</strong></td>
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<tr>
<td><strong>Increasing fatigue</strong></td>
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<tr>
<td>following a high</td>
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<tr>
<td>glycemic meal or snack</td>
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<tr>
<td><strong>Menstrual irregularities</strong></td>
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<tr>
<td><strong>Hypoglycemia</strong></td>
</tr>
<tr>
<td><strong>Carbohydrate addiction</strong></td>
</tr>
<tr>
<td>craving sugar and high</td>
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<tr>
<td>glycemic carbohydrates</td>
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### Diseases Associated with Insulin Resistance

<table>
<thead>
<tr>
<th>Insulin Resistance is Associated With:</th>
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<tbody>
<tr>
<td>Type 2 diabetes</td>
</tr>
<tr>
<td>Increased levels of fibrinogen (increased blood clotting)</td>
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<tr>
<td>Obesity</td>
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<tr>
<td>High blood pressure</td>
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<tr>
<td>Cardiovascular disease, including stroke</td>
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<tr>
<td>Abnormal cholesterol levels (dyslipidemia)</td>
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<tr>
<td>Most forms of polycystic ovary syndrome</td>
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<tr>
<td>Heavy menstrual periods</td>
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<tr>
<td>Breast, colon and other forms of cancer</td>
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<tr>
<td>Male pattern baldness</td>
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<tr>
<td>Excess facial hair growth</td>
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<tr>
<td>Depression</td>
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<tr>
<td>Dementia</td>
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</tbody>
</table>
Blood Sugar / Carbohydrate Connection

Blood Sugar Levels

Processsed Carbohydrates
- Instant Oatmeal
- Instant Rice

Unprocessed Carbohydrates
- Rolled Oats
- Brown Rice

Ingestion 1 hour 2 hours
Hyper-Insulinism Through the Life Cycle

- Infancy
- Childhood
- Adolescence
- Adulthood
Signs and Symptoms of Glycemic Stress Through the Life Cycle

**Adulthood**
- Toxemia of pregnancy
- Gestational diabetes
- High blood pressure
- Polycystic ovary
- Infertility
- Diabetes
- Depression
- Cancer

**Adolescence**
- Early pubic hair growth
- Truncal body fat pattern
- Increased triglycerides
- Abnormal lipid profile
- Increased acne
- Decreased HDL
- Hirsutism

**Infancy**
- Lipid streaks in arteries
- Low birth weight or high birth weight

**Childhood**
- Obesity
- Early onset of pubic hair growth
- 95 percentile for weight
- Excessive carbohydrate cravings
Food and Mood (Sugar)

Highly Refined Carbohydrate and Low Protein Meal → ↑ Serotonin

Tryptophan

↑ Insulin

↑ Mood
↑ Serenity
↑ Calmness
↑ Relaxation
↓ Obsessionality
Food and Mood: Reward

REINFORCING CYCLE OF ADDICTION

ADDICTION
- Caffeine
- Alcohol
- Aspartame
- Marijuana
- Cocaine
- Sex

Reward Center

OPIATE

REWARD

↑ Self Esteem for things you have done
Cyclic Nourishment

MENTAL MIND
- Active Metabolism
- Info sent to the world
- Direct Light/Illumination
- Exercise/Extroverted Self
- ↑ Eating/Food intake

12 NOON

6 AM

6 PM

12 MIDNIGHT

EMOTIONAL MIND
- Rest
- Nourishment/Storage
- Deep seated Info
- Indirect Light/Mist
- Comfort/Good food
- Introverted Self
- ↓ Eating/Food intake
Living a Sweet Life Requires Reframing Your Mother and Love Story

• “The woman I needed to call my mother was silenced before I was born.” Adrienne Rich

• “One in 3 women on planet Earth will be raped or beaten in her lifetime.” 1 Billion Rising www.Vday.org

• The feminine in men is also raped and beaten (Big boys don’t cry.)

• The War stops with YOU. Forgive your mother. She didn’t know. Neither did your father.

• You have to feel it to heal it.

• “Become the person who, when you walk in a room, everyone is blessed.” Tosha Silver
My Mother
High on the Hill was a Lonely Goatherd
What Brings you Pleasure?
Everest Base Camp
Age 84
Labor of Love
Components of a Sweet Life

VIBRANT HEALTH

- Rhythmic Dance
- Laughter and Sense of Humor
- Sunshine and Natural Light
- Nutritious Food
- Clean Air and Water
- Fullfilling Sex Life
- Satisfying Living and Working Environment
- Outdoor Exercise
- Uplifting Relationships
- Inspiring Music
- Natural Sleep and Relaxation

From Improving Performance, Wares, England
Light is a Nutrient
Food Creates Community
Lobsters
The Pleasure of Connection
Pleasure
Four Legged Prayer
The Sacred
Divine Love
The Effects of Diet are Tremendously Influenced by States of Consciousness


Social environment as a factor in diet-induced atherosclerosis. Nerem RM, Levesque MJ, Cornhill JF.
LET THE EARTH HEAL YOU

• All of our healthcare and dietary imbalances and woes are related to a disconnect from the Earth herself, from our bodies, from pleasure, and from the feminine.

• The Solution:
  Connect with the Earth, Love and Appreciate Your Body, Power Your Life with Divine Love, Cultivate the Discipline of Pleasure, Enjoy whole delicious foods in community. Move with delight.

• And when there’s nothing good to eat, PRAY!
Gaia – Love Your Mother