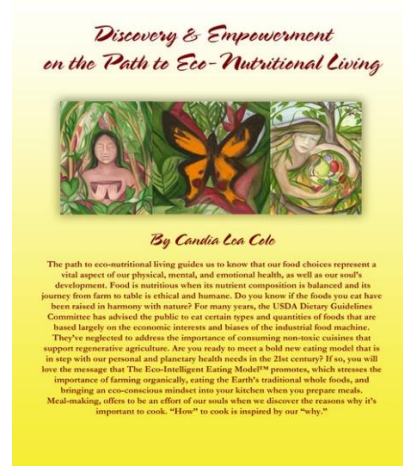


4 & 4X Course Module Description: Nourishing Your Eco-Intelligence on the Path to Eco-Nutritional Living



Discovery and Empowerment Video/Audio Dialogue Overview

(4a) Are You a Conscious Eater?

1. **Key Insights:** This dialogue challenges you to evaluate your eating habits and the influence of the USDA food models, which may not reflect true nutritional value. You will explore the impact of industrial food production on health and the environment, questioning the sustainability of current dietary guidelines.
2. **Action Step: Complete Discovery Mission 4: Respecting the Gifts that Are Your Body and the Earth** to reflect on the true costs of food production and commit to conscious eating practices that nurture a healthy connection to the earth. If you've been using food as a drug, or you've been eating what you've been socially conditioned to eat, you'll be inspired to make a shift toward meals that are more tailored to your needs.

(4b) Are You a Conscious Eater?

1. **Key Insights:** This dialogue introduces the Eco-Intelligent Eating Model™, emphasizing sustainable farming methods and nourishing food choices. You'll learn about the wonderful world of traditional whole foods and the importance of nutrients often overlooked in conventional diets.
2. **Action Step: Engage with the Eco-Intelligent Eating Model™** to identify and incorporate whole foods into your diet,

focusing on their health benefits and restorative environmental impact.

(4Xa) Are You a Conscious Eater?

1. **Key Insights:** This dialogue explores the concept of thriving through conscious eating and self-care in food preparation. You'll reflect on your relationship with food and the importance of mindful eating practices.
2. **Action Step: Complete Discovery Mission 4X: What's Your Mealtime Mentality?** to examine your beliefs about food, mealtimes, and cooking, and how they influence your (healthy or unhealthy) eating habits.

(4Xb) Are You a Conscious Eater?

1. **Key Insights:** This dialogue outlines the three essential steps to bringing meals to the table: choosing, preparing, and eating food mindfully. You will learn about the energetic qualities of foods and how they affect your metabolism and health.
2. **Action Step:** Reflect on your food choices and preparation methods, considering how they contribute to your overall well-being and the importance of cultivating gratitude during meals.

Conclusion

These lessons aim to enhance your understanding of eco-nutritional living, encouraging conscious eating practices that support both personal health and environmental sustainability. Through self-reflection and practical action steps, you will be empowered to make informed dietary choices that nourish your body and respect the Earth.

