

Stephanie McWilliams presents . . .

Unstoppable You[®] Inner Circle

For Women Destined to Change the World.

MARCH 2015: Using Food to Connect to “God”

Dedicated to Pandora (the prettiest pug in the world!) — R.I.P. March 25, 2015

Unstoppable You[®] Inner Circle

For Women Destined to Change the World.

Using Food to Raise Your Vibration

Ask yourself: “Does this food bring me CLOSER to Source?”

Look for these food traits:

- **Quality:** the density of nutrients contained within your food
- **Energy:** the general, does the energetic makeup and state of any given food have a higher vibration, or a lower one? (How “alive” is it?)
- **History: how has it been treated?** who’s handled the food, picked it, packaged it, and driven it to market?
- **Enjoyment level:** How much do you love it? What mood are you in? How present are you? How well did you chew the food?
- **Unique Biochemistry:** Depending on your DNA, time of year, age, health history, location, etc. you may thrive with different types of diets (and this can change throughout your life)

BE ON THE LOOKOUT FOR 2 WAYS THAT FOOD LOWERS YOUR VIBRATION:

1. By Lowering Your Overall Energy

Look for foods that cause lethargy, tiredness, foggy thinking, mood swings, illness, health issues or digestive distress?

2. Masking Underlying Issues, Emotions, or Wounds

Look for foods that are covering up underlying issues like fatigue, imbalances, emotional pains, etc. like: coffee, alcohol, junk food (highly processed foods, sugary treats, sodas, candy, chips, or other high-fat-high-salt products, etc.) drugs, medications, etc.

7 “SPIRITUAL” DIETARY GUIDELINES TO CONSIDER:

- 1. Eat a plant-based diet: vegetables, fruits, nuts, seeds and grains**
- 2. Eat nutrient-dense foods and meals**
- 3. Drink fresh, clean water**
- 4. Avoid chemicals as much as possible**
- 5. Try to eat local (and loved!) produce when possible**
- 6. Be grateful for your food**
- 7. Be mindful and present, chewing slowly and delighting in the eating process!**

Unstoppable You[®] Inner Circle

For Women Destined to Change the World.

6 Myths About Plant-Based Diets

Dot down your thoughts or questions as you listen to the audio as I cover these 6 myths — and bring any questions, concerns or excitement over to the online forum!

1. It's unhealthy to eat a plant-based diet.

2. Lots of animals eat other animals.

3. Free-Roaming, Free-Range and Organic Labels mean it's "better".

4. I won't get enough protein.

5. I won't get enough calcium.

6. It's too hard to eat only plant-based foods.



10 Great Documentaries

- Earthlings
- Food Inc.
- Food Matters
- Fat, Sick and Nearly Dead – 1 and 2
- Vegucated
- May I be Frank
- Fork Over Knives
- Farmageddon
- Food Chains
- Hungry for Change

Note: If you have challenges watching any parts of these documentaries, it may be shining a light on the fact that there's a disconnect or energetic "rift" between the energy of your food, and the energy of Source.

Especially if it's challenging to watch any parts about animal and factory-farming conditions, that alone clearly shows you that the energy of those animals is in direct opposition to your very own Soul.

...Education + Awareness is freedom!

NOTES: _____

Unstoppable You[®] Inner Circle

For Women Destined to Change the World.

Great Quotes

"I personally choose to go vegan because I educated myself on factory farming and cruelty to animals, and I suddenly realized that what was on my plate were living things, with feelings. And I just couldn't disconnect myself from it any longer."

~ Ellen DeGeneres

"The greatness of a nation and its moral progress can be judged by the way its animals are treated." ~ Gandhi

"Vegetarian food leaves a deep impression on our nature. If the whole world adopts vegetarianism it can change the destiny of humankind." ~ Einstein

"Nothing will benefit human health and increase the chances for survival of life on Earth as much as the evolution to a vegetarian diet." ~ Einstein

"Eating for me is how you proclaim your beliefs, three times a day. That is why all religions have rules about eating. Three times a day, I remind myself that I value life and do not want to cause pain to or kill other living beings. That is why I eat the way I do."

~ Natalie Portman

"Of all the creatures, man is the most detestable. Of the entire brood, he's the one that possesses malice. He is the only creature that inflicts pain for sport, knowing it to be pain. The fact that man knows right from wrong proves his intellectual superiority to the other creatures; but the fact that he can do wrong proves his moral inferiority to any creature that cannot." ~ Mark Twain

"Veganism is not about giving anything up or losing anything; it is about gaining the peace within yourself that comes from embracing nonviolence and refusing to participate in the exploitation of the vulnerable" ~ Gary L. Francion

Unstoppable You[®] Inner Circle

For Women Destined to Change the World.

Great Quotes (cont.)

“For as long as men massacre animals, they will kill each other. Indeed, he who sows the seed of murder and pain cannot reap joy and love.” ~ Pythagoras

“We all love animals. Why do we call some ‘pets’ and others ‘dinner?’” ~ K.D. Lang

“A man can live and be healthy without killing animals for food; therefore, if he eats meat, he participates in taking animal life merely for the sake of his appetite. And to act so is immoral.” ~ Leo Tolstoy

“It is more important to prevent animal suffering, rather than sit to contemplate the evils of the universe praying in the company of priests.” ~ Buddha

“While we ourselves are the living graves of murdered beasts, how can we expect any ideal conditions on this earth?” ~ George Bernard Shaw

“One should not kill a living being, nor cause it to be killed, nor should one incite another to kill. Do not injure any being, either strong or weak, in the world.” ~ Buddha

“If you don’t like seeing pictures of violence toward animals being posted, you need to help stop the violence, not stop the pictures!” ~ Johnny Depp

“The minority, the ruling class at present, has the school and the press, usually the church as well under its thumb. This enables it to organise and sway the emotions of the masses, and thereby make tools of them.” ~ Albert Einstein

“Non-violence leads to the highest ethics, which is the goal of all evolution. Until we stop harming all other living beings, we are still savages.” ~ Thomas Edison

