

How You Feel is *Data!*

How to use this card:

Pass this card around. Each person please state your name and read a small section of the content on How You Feel is Data!

CONCEPT 9: How You Feel is *Data!*

Your body is constantly communicating important information to you, if you would just learn to interpret its language.

Daytime fatigue, mental energy, depression, anxiety, cravings, mood swings, and of course good spirits, emotional stability, and freedom from impulses are all important data. You just need to learn to interpret the signals your body is sending you. At Suppers we seek to help you establish connections with the part of you that is constantly trying to send you feedback about what's going on inside and how you need to change. We do this mostly by teaching you how to do experiments and make observations about how foods and behaviors make you feel. Honoring biological individuality, Suppers does not advocate any particular diet over any other. Rather, we focus on helping people develop a palate for the freshest, healthiest whole foods. Of those, Suppers experiments will help you determine which are the healthiest for you. Start by learning what high, normal and low blood sugar can *feel* like.

Continue around the table by briefly sharing how you relate to the Suppers concept of How You Feel is *Data!*

Describe some sensations, feelings or thoughts you think may relate to how you have been eating.

Discussion Prompts (Each person select a prompt that works for you.)

- Name other influences on how you feel besides what you consume.
- Referring to the chart on the reverse, what symptoms that can be signs of low blood sugar do you sometimes experience?
- When you have uncomfortable feelings you interpret as responses to food, what do you do to set yourself right again?
- What foods satisfy normal hunger for you?
- What foods give pleasure and make you feel well without triggering unwanted eating or symptoms?
- Discuss signals your body sends in its efforts to get your physical and emotional needs met.
- What conversation do you need to have with the important people in your life to increase the chances that you will stay on track with the foods and beverages that improve your health?

Ideas for Next Steps:

Experiments and Observations

- Identify something you do or eat that leads to physical or emotional consequences.
- Journal the experience in a food/mood notebook with no intention of changing anything yet, just noting authentically how you feel.

- At your next Suppers, share what you learned about how you behave and how you feel.
- Use the chart below for a facilitator-guided discussion on what it feels like when blood sugar peaks and crashes.

Between Meetings:

- Read how other Suppers members related to this concept
 - For people who may not recognize their body’s messages, read [Katya’s Story](#), page 148 in the 2nd edition of *Logical Miracles* or on the Suppers website.
 - Do the [Suppers Breakfast Challenge](#), page 152 in the 2nd edition of *Logical Miracles* or on the Suppers website.

Blood Sugar and Mood Chemistry Peaks and Crashes

Brain Functions – such as thinking, learning and remembering – are closely related to blood glucose levels and how well your brain uses this fuel. Feelings and sensations provide important data about your brain’s fuel supply.

Do you have feelings and sensations of High Blood Sugar? (Diabetes)

Normal? Fatigue? Sluggish?

Do you have feelings and sensations of Normal Blood Sugar? (range for normal brain function)

Clear headed? Calm? No thoughts of food or stimulants?

Do you have feelings and sensations of Low Blood Sugar? (below range for normal brain function)

MENTAL/LEARNING	MOOD	BEHAVIOR	PHYSICAL
Poor concentration	Depressed	Laziness	“All gone”
Confusion	Anxious	Act on cravings	Cravings
Mental fatigue	Dissatisfied	Act on impulses	Jittery
ADD or ADHD	Cranky	Drink coffee, alcohol	Body discomfort
Brain Fog	Rapid Mood Change	Diet	Adding belly fat

Do you have feelings and sensations of Very Low Blood Sugar? (range of urgent adrenal stress hormone response – eventual COMA)

MENTAL/LEARNING	MOOD	BEHAVIOR	PHYSICAL
Desperate thoughts	Panic	Rage trigger	Palpitations
Survival mode	Anger/rage	Eating disorder	Sweating
No productive work	Impatience	Bingeing trigger	Extreme discomfort

Feelings and sensations are your brain’s way of letting you know if you’re feeding it the right fuel to function optimally. Start collecting your data today.