

Biological Individuality

How to use this card:

Pass this card around. Each person please state your name and read a small section of the content on Biological Individuality:

Concept 1: Biological Individuality

Every body is different from every other body.

The concept of biological individuality reminds us that everyone's body is different from everyone else's body. Biological individuality is seen at all levels of health, mental health, and addictive experience. We honor each other's individuality by assuming we don't know what is right for someone else and keeping the focus first on finding our own pathways. The courage and power to change our individual biology lies in the challenging work of diet and lifestyle change. This means subtracting processed foods that light up the pleasure centers in the brain artificially and then let you crash, just as drugs do. It means adding whole foods that build stable, happy brains over time.

Ellen's Story: Breakfast Is Key

I thought I'd heard every personal label there was, but I was wrong. I've heard "I'm an alcoholic"; "I'm a drug addict;" "I'm a sex-addicted, drug-addicted alcoholic;" "I'm an overeater;" you name it.

When I was new to Suppers meetings, a young woman introduced herself with a label that was new to me: "I'm an O." She meant blood type O, and she went on to explain the diet and lifestyle changes she decided to make, based on something we read at Suppers. If we're going to label ourselves at all, this sounded to me like a much gentler way of going about it: identifying ourselves in terms of our individual biological needs. Another woman dealt with her personal biology by honoring her family history and allowing coconut fat back into her life. Polly's skin cleared up and her mood swings leveled out when she discovered she "really is a coconut." My story was different. I reported on a book about different metabolic types and realized I need lots and lots of vegetables and not as much protein as my friends. I just feel better this way.

In practical terms, the most important things for my "O" friend were eating breakfast and getting off all foods with gluten, like wheat and oats. Once she did that, she had a much easier time avoiding binges and panic attacks. It was key to controlling her weight without going crazy. The biggest improvement for me came when I started eating beans or an omelet for breakfast. Right away I lost interest in afternoon coffee to give me a lift, and my mood became more even. Although our conclusions are very different, sharing our stories has helped me see there is one common denominator: real food. No matter what other truths revealed themselves about our needs, real food topped the list. I believe that anybody who comes to Suppers to work on making sobriety more comfortable or their blood sugar easier to control will benefit just from heading in the direction of real whole food. But those of us who have made the biggest strides are the ones who took the time to understand our personal biology.

Continue around the table by briefly sharing how you relate to the Suppers concept of Biological Individuality.

What kind of food do you know or suspect is most stabilizing for you?

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

- Share with the group how you would characterize your style of eating.
- Share with the group how you would characterize your relationship with food.
- Describe changes you are making or would like to make based on your understanding of your own biological needs.
- Which foods do you know or suspect “light up the pleasure centers in your brain” in ways that lead you to make unhealthy choices?
- Name some of your favorite single, whole foods.

Ideas for Next Steps:

Experiments and Observations

- Do an observation with your group. Go once around the table, each person naming a healthy, whole food you love and see by show of hands how many others relate to that statement.
- Do an observation with your group. Go once around the table, each person naming a food they wish had never been invented and see by show of hands how many others relate to that statement.
- Do a thought experiment: Imagine your healthiest breakfast and describe how you feel for the rest of the day when you eat it.
- Do a thought experiment: Imagine that you ate a big dessert for breakfast. Describe how you feel for the rest of the day.

Between Meetings:

- Read how other Suppers members related to this concept.
 - For people for whom diabetes is the issue, read [Lydia’s Story](#), page 68, and [Dr. P’s Story](#), page 77 in the 2nd edition of *Logical Miracles* or on the Suppers website.
 - For people who experience anxiety, read [Sheron’s story](#), page 73 in the 2nd edition of *Logical Miracles* or on the Suppers website.
 - Just start noticing how you feel on different kinds of food, different amounts of food, and eating under different circumstances.