WHEN PROTOCOLS PLATEAU

WHY EMOTIONS HOLD THE KEY TO LASTING CLIENT TRANSFORMATION

DR. BRANDY CUMMINGS, DCN

Im a Doctor of Clinical Nutrition

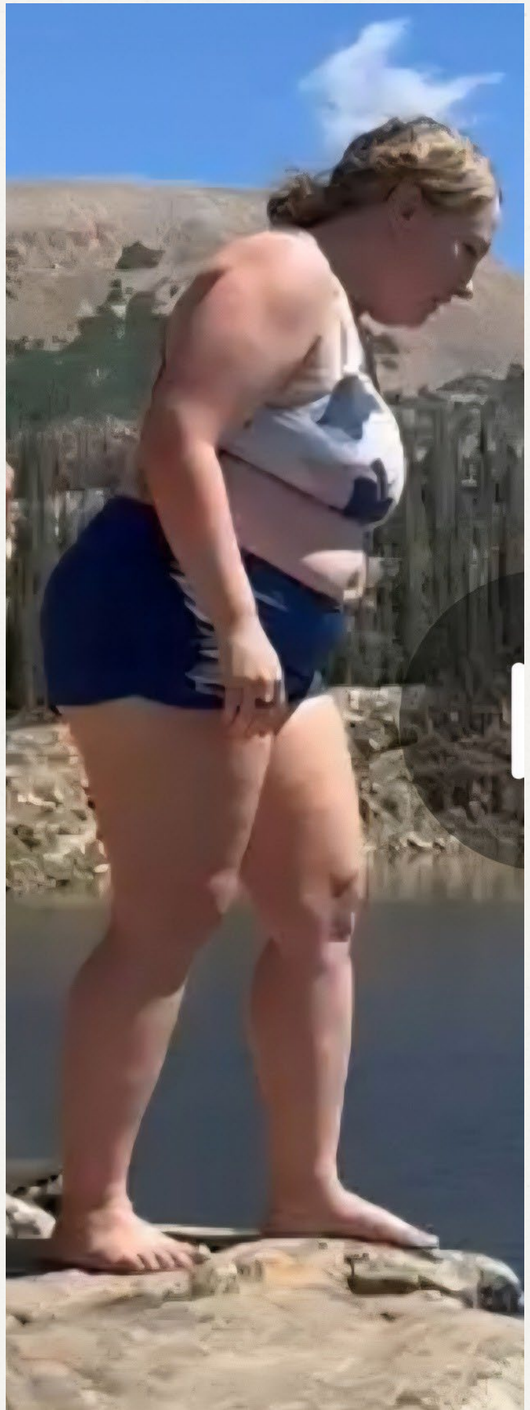
And I believe food matters

Food, Supplements, Nutrients, Lifestyle

These matter...

But they aren’t the whole story

Because if they were, all our clients would get excellent results



Health Psychol. 2011 Jul;30(4):424-9; discussion 430-1. doi: 10.1037/a0023467.

Mind over milkshakes: mindsets, not just nutrients, determine ghrelin response

Alia J Crum [1], William R Corbin, Kelly D Brownell, Peter Salovey

Affiliations + expand

PMID: 21574706 DOI: 10.1037/a0023467

Abstract

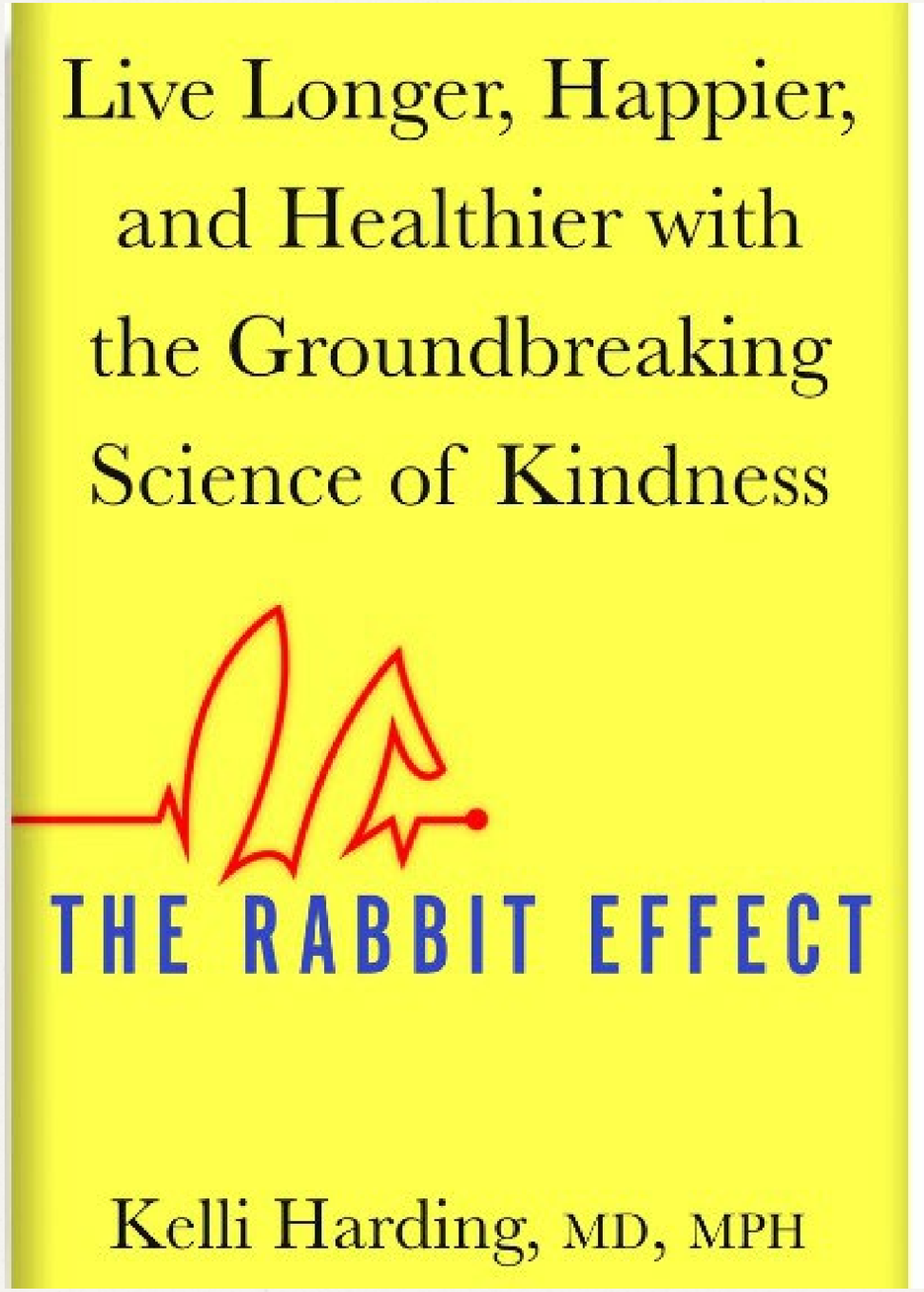
Objective: To test whether physiological satiation as measured by the gut peptide ghrelin may vary depending on the mindset in which one approaches consumption of food.

Methods: On 2 separate occasions, participants (n = 46) consumed a 380-calorie milkshake under the pretense that it was either a 620-calorie "indulgent" shake or a 140-calorie "sensible" shake. Ghrelin was measured via intravenous blood samples at 3 time points: baseline (20 min), anticipatory (60 min), and postconsumption (90 min). During the first interval (between 20 and 60 min) participants were asked to view and rate the (misleading) label of the shake. During the second interval (between 60 and 90 min) participants were asked to drink and rate the milkshake.

Results: The mindset of indulgence produced a dramatically steeper decline in ghrelin after consuming the shake, whereas the mindset of sensibility produced a relatively flat ghrelin response. Participants' satiety was consistent with what they believed they were consuming rather than the actual nutritional value of what they consumed.

Conclusions: The effect of food consumption on ghrelin may be psychologically mediated, and mindset meaningfully affects physiological responses to food.

Crum AJ, Corbin WR, Brownell KD, Salovey P. Mind over milkshakes: mindsets, not just nutrients, determine ghrelin response. Health Psychol. 2011 Jul;30(4):424-9; discussion 430-1. doi: 10.1037/a0023467. PMID: 21574706.


Live Longer, Happier, and Healthier with the Groundbreaking Science of Kindness
THE RABBIT EFFECT
Kelli Harding, MD, MPH

Meditation-induced bloodborne factors as an adjuvant treatment to COVID-19 disease

Juan P Zuniga-Hertz [a,b,1], Ramamurthy Chitteti [a,b,1], Joe Dispenza [c], Raphael Cuomo [b], Jacqueline A Bonds [a,b], Elena L Kopp [a,b], Sierra Simpson [b], Jonathan Okerblom [b], Svetlana Maurya [d], Brinda K Rana [e], Atsushi Miyonahara [b], Ingrid R Niesman [f], Jacqueline Maree [g], Gianna Belza [a,b], Hillari D Hamilton [c], Carla Stanton [c], David J Gonzalez [d,h], Michelle A Poirier [g], Tobias Moeller-Bertram [g], Hemal H Patel [a,b,*]

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PMCID: PMC10432704 PMID: 37600600

Abstract

The COVID-19 pandemic has resulted in significant morbidity and mortality worldwide. Management of the pandemic has relied mainly on SARS-CoV-2 vaccines, while alternative approaches such as meditation, shown to improve immunity, have been largely unexplored. Here, we probe the relationship between meditation and COVID-19 disease and directly test the impact of meditation on the induction of a blood environment that modulates viral infection. We found a significant inverse correlation between length of meditation practice and SARS-CoV-2 infection as well as accelerated resolution of symptomology of those infected. A meditation "dosing" effect was also observed. In cultured human lung cells, blood from experienced meditators induced factors that prevented entry of pseudotyped viruses for SARS-CoV-2 spike protein of both the wild-type Wuhan-1 virus and the Delta variant. We identified and validated SERPINA5, a serine protease inhibitor, as one possible protein factor in the blood of meditators that is necessary and sufficient for limiting pseudovirus entry into

Zuniga-Hertz JP, Chitteti R, Dispenza J, Cuomo R, Bonds JA, Kopp EL, Simpson S, Okerblom J, Maurya S, Rana BK, Miyonahara A, Niesman IR, Maree J, Belza G, Hamilton HD, Stanton C, Gonzalez DJ, Poirier MA, Moeller-Bertram T, Patel HH. Meditation-induced bloodborne factors as an adjuvant treatment to COVID-19 disease. Brain Behav Immun Health. 2023 Aug 7;32:100675. doi: 10.1016/j.bbih.2023.100675. PMID: 37600600; PMCID: PMC10432704.

Basic emotions reported by individuals with persistent physical symptoms receiving exposure therapy versus healthy lifestyle promotio in primary care

Jonna Hybelius [1,2,✉], Sandra af Winklerfelt Hammarberg [1,2], Sigrid Salomonsson [3], Caroline Wachtler [1,2], Majk Epstein [2,4], Anna Olsson [2], Emma Strand [2], Lina Söderström Winter [2], Alice Ahnlund Hoffmann [3], Edward Spans Tomas Åkerlund [2], Daniel Björkander [2], Amanda Kosic [6], Gabriel Chahin [2], John Wallert [3], Eva Toth-Pal [1,2], Stev Nordin [7], Michael Witthöft [8], Erland Axelsson [1,2]

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PMCID: PMC12920773 PMID: 41702998

Abstract

The importance of fear has been emphasized in research and treatment focusing on persistent physical symptoms (PPS). Recognizing a broader range of emotions may inform theory and personalized care. This study aimed to examine what basic emotions individua with PPS experience related to their physical symptoms, the correlations between such emotions and overall somatic symptom burden and disability, and whether emotions chan with treatment. Analyses drew on data from a randomized controlled trial that compared internet-delivered exposure therapy with healthy lifestyle promotion for patients with PPS (n = 159), supplemented by data from age- and gender-matched healthy volunteers (n = 16 Participants self-reported emotions related to their physical symptoms. Mean differences were evaluated within a linear regression modeling framework. Compared with the health

Hybelius J, Af Winklerfelt Hammarberg S, Salomonsson S, Wachtler C, Epstein M, Olsson A, Strand E, Söderström Winter L, Ahnlund Hoffmann A, Spansk E, Åkerlund T, Björkander D, Kosic A, Chahin G, Wallert J, Toth-Pal E, Nordin S, Witthöft M, Axelsson E. Basic emotions reported by individuals with persistent physical symptoms receiving exposure therapy versus healthy lifestyle promotion in primary care. Sci Rep. 2026 Feb 17;16(1):7170. doi: 10.1038/s41598-026-39962-x. PMID: 41702998; PMCID: PMC12920773.

The dynamic relationship between emotional and physical states: an observational study of personal health records

Ye-Seul Lee [1], Won-Mo Jung [1], Hyunchul Jang [2], Sanghyun Kim [2], Sun-Yong Chung [3], Younbyoung Chae [1,✉]

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PMCID: PMC5308597 PMID: 28223814

Abstract

Objectives

Recently, there has been increasing interest in preventing and managing diseases both inside and outside medical institutions, and these concerns have supported the development of the individual Personal Health Record (PHR). Thus, the current study created a mobile platform called "Mind Mirror" to evaluate psychological and physical conditions and investigated whether PHRs would be a useful tool for assessment of the dynamic relationship between the emotional and physical conditions of an individual.

Methods

Mind Mirror was used to collect 30 days of observational data about emotional valence and the physical states of pain and fatigue from 20 healthy participants, and these data were used to analyze the dynamic relationship between emotional and physical conditions. Additionally, based on the cross-correlations between these three parameters, a multilevel multivariate regression model (mixed linear model [MLM]) was implemented

Lee YS, Jung WM, Jang H, Kim S, Chung SY, Chae Y. The dynamic relationship between emotional and physical states: an observational study of personal health records. Neuropsychiatr Dis Treat. 2017 Feb 9;13:411-419. doi: 10.2147/NDT.S120995. PMID: 28223814; PMCID: PMC5308597.

	God-view	Life-view	Level	Scale	Emotion	Process	
POWER	Self	Is	Enlightenment	700-1000	Ineffable	Pure Consciousness	STRONG
	All-Being	Perfect	Peace	600	Bliss	Illumination	
	One	Complete	Joy	540	Serenity	Transfiguration	
	Loving	Benign	Love	500	Reverence	Revelation	
	Wise	Meaningful	Reason	400	Understanding	Abstraction	
	Merciful	Harmonious	Acceptance	350	Forgiveness	Transcendence	
	Inspiring	Hopeful	Willingness	310	Optimism	Intention	
	Enabling	Satisfactory	Neutrality	250	Trust	Release	
	Permitting	Feasible	Courage	200	Affirmation	Empowerment	
FORCE	Indifferent	Demanding	Pride	175	Scorn	Inflation	WEAK
	Vengeful	Antagonistic	Anger	150	Hate	Aggression	
	Denying	Disappointing	Desire	125	Craving	Enslavement	
	Punitive	Frightening	Fear	100	Anxiety	Withdrawal	
	Disdainful	Tragic	Grief	75	Regret	Despondency	
	Condemning	Hopeless	Apathy	50	Despair	Abdication	
	Vindictive	Evil	Guilt	30	Blame	Destruction	
	Despising	Miserable	Shame	20	Humiliation	Elimination	

David Hawkins - Map of Consciousness

What emotional state are your clients in?

Our Mind

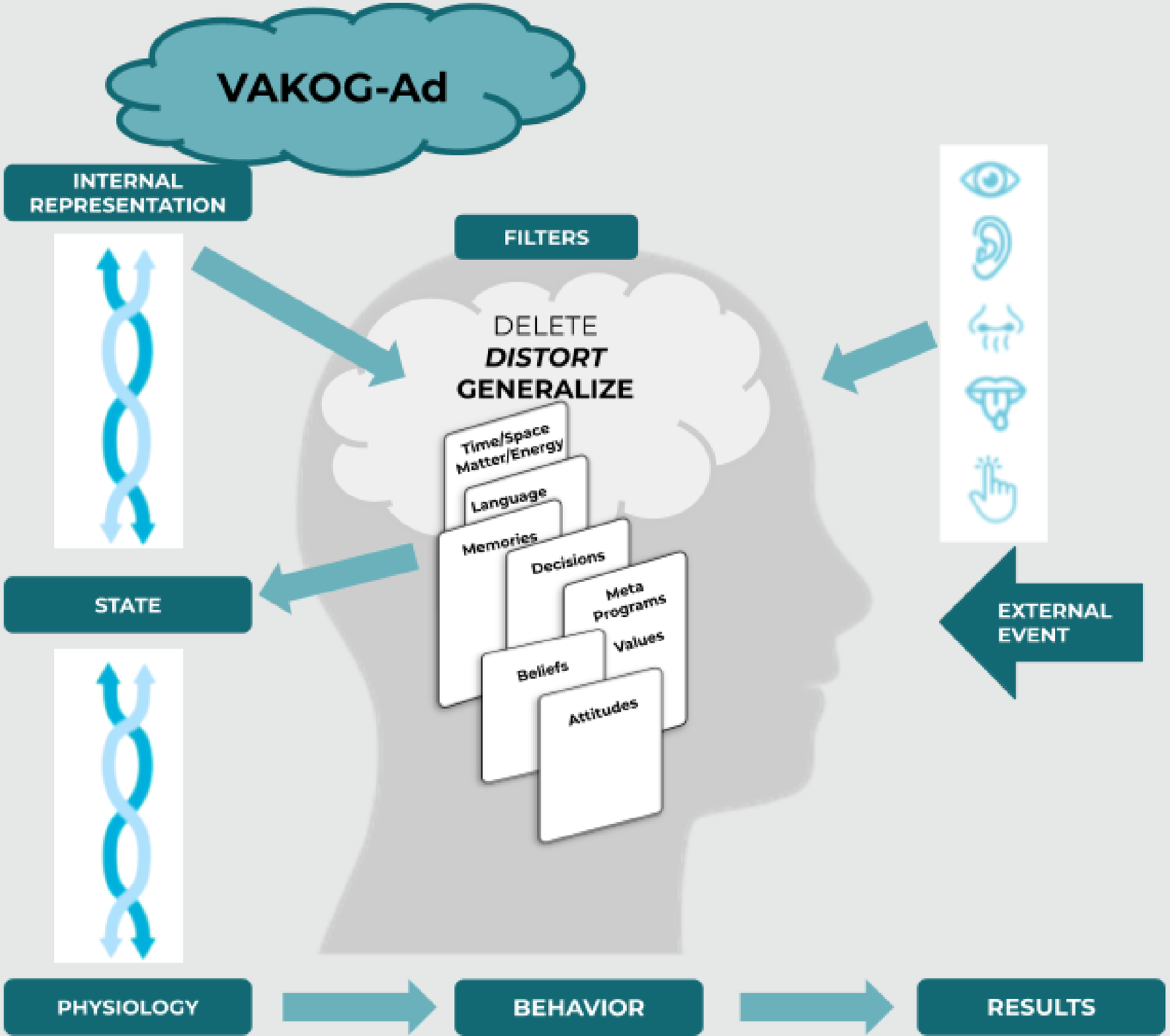
- LOGIC
- REASONING
- CREATIVITY

Conscious Mind - 5%

ANALYTICAL WEDGE

Unconscious Mind - 95%

- SKILLS
- HABITS
- EMOTIONAL REACTIONS
- BEHAVIORS (Buying Strategies)
- ATTITUDES
- ROUTINE THOUGHTS & FEELINGS
- BELIEFS & VALUES


VAKOG-Ad
INTERNAL REPRESENTATION
FILTERS
DELETE
DISTORT
GENERALIZE
Time/Space
Matter/Energy
Language
Memories
Decisions
Meta Programs
Values
Beliefs
Attitudes
STATE
EXTERNAL EVENT
PHYSIOLOGY
BEHAVIOR
RESULTS

Your client’s biology can’t out perform their identity.
Thoughts create emotions.

Emotions shape hormones, metabolism, sensitivity, digestion, neurotransmitters.

Meet Jane.

EoE, “inflammation spirals” that landed her in the ER countless times, sensitive to most foods, chronic pain in her shoulders.

Stagnation breeds disease

In the body, we see stagnation in:

- Digestion
- Bile Flow
- Lymph
- Electron Transport Chain
- Blood
- Fascia
- Energy

C > E

Cause and Effect

Taking radical self-responsibility for the results in our life

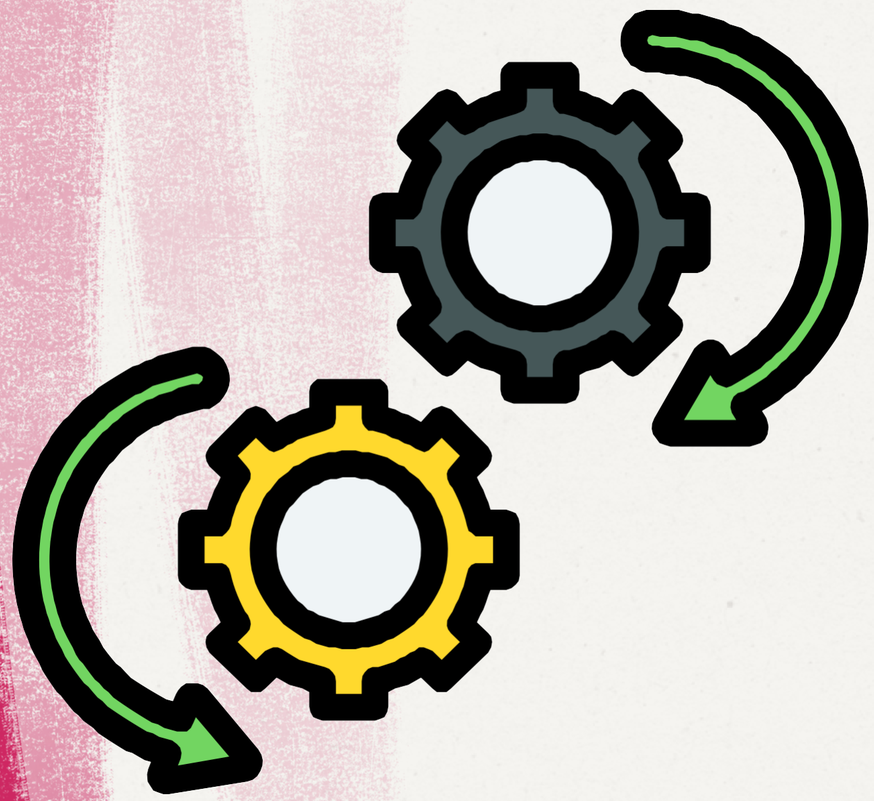
What can we do?

#1
Bring awareness to our language

#2
Shift the emotions around food

#3
Step into the reality of limitless possibilities

What limiting beliefs do you and your clients have around capacity to heal?



#4
Where are you and your clients in effect?

#5
Step into your own
subconscious healing work

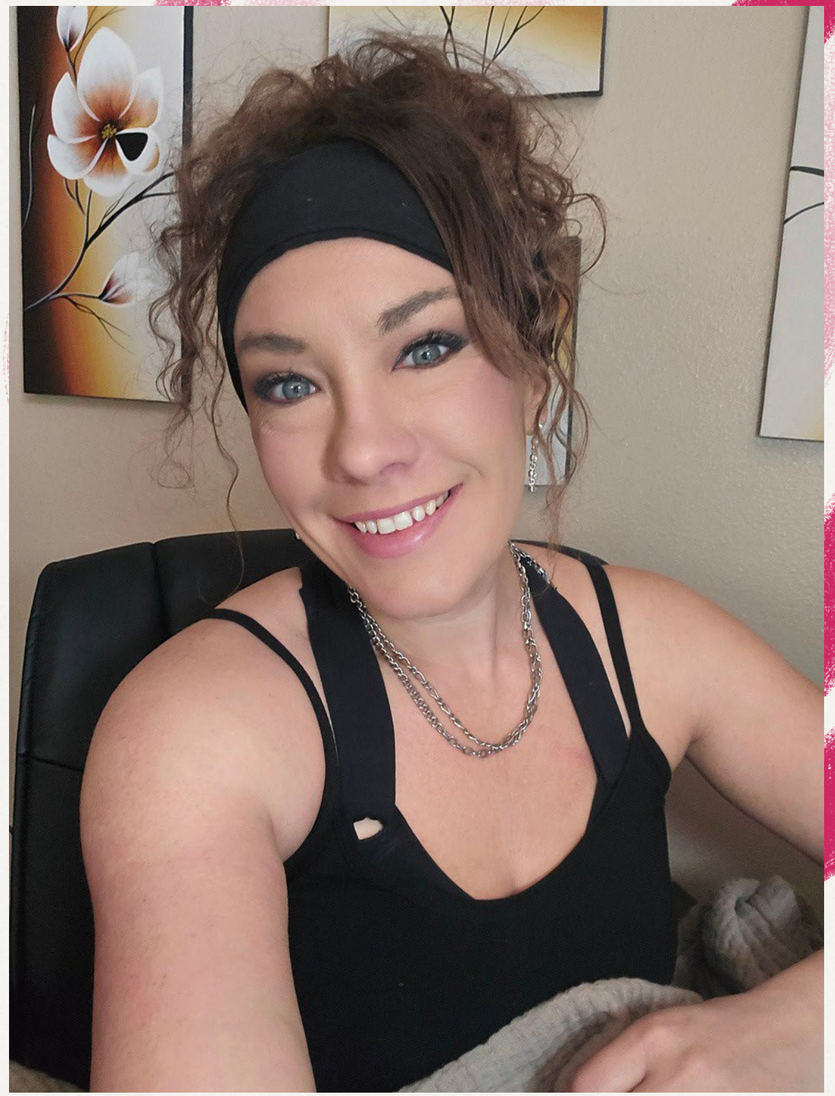
Perception is Projection




Don’t underestimate how much things can change for the better in just 3-6 months

Stay Connected

@brandycummingsdcn



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