

# The Seven Systems of Full-Spectrum Health

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SYSTEM	ENDOCRINE GLAND	ANATOMY	PHYSIOLOGICAL ACTIVITIES	CORE ISSUES	FOODS	
 THE SPIRIT	Pineal gland	<ul style="list-style-type: none"> <li>• Electromagnetic field</li> <li>• Energy meridians</li> <li>• Nervous system</li> <li>• Pineal gland</li> </ul>	<ul style="list-style-type: none"> <li>• Circadian rhythms</li> <li>• Cleansing</li> <li>• Light sensitivity and receptivity</li> </ul>	<ul style="list-style-type: none"> <li>• Connection</li> <li>• Purpose</li> <li>• Soul</li> </ul>	<ul style="list-style-type: none"> <li>• Fasting and detoxification practices</li> <li>• No foods</li> <li>• Photons</li> <li>• Toxin-free foods</li> </ul>	
 THE INSIGHT	Pituitary gland	<ul style="list-style-type: none"> <li>• Brain</li> <li>• Eyebrows</li> <li>• Eyes</li> <li>• Forehead</li> </ul>	<ul style="list-style-type: none"> <li>• Neurons</li> <li>• Neurotransmitters</li> <li>• Pituitary gland</li> </ul>	<ul style="list-style-type: none"> <li>• Mood balance</li> <li>• Sleep</li> <li>• Thought processing</li> </ul>	<ul style="list-style-type: none"> <li>• Intuition</li> <li>• Reflection</li> <li>• Visualization</li> </ul>	<ul style="list-style-type: none"> <li>• Blue-purple foods</li> <li>• Caffeine</li> <li>• Chocolate/cocoa</li> <li>• Mood-modulating foods</li> <li>• Spices</li> </ul>
 THE TRUTH	Thyroid gland	<ul style="list-style-type: none"> <li>• Cheeks</li> <li>• Chin</li> <li>• Ears</li> <li>• Mouth</li> <li>• Neck</li> </ul>	<ul style="list-style-type: none"> <li>• Nose</li> <li>• Throat</li> <li>• Thyroid gland</li> </ul>	<ul style="list-style-type: none"> <li>• Chewing</li> <li>• Metabolism</li> <li>• Hearing</li> <li>• Smelling</li> <li>• Speaking</li> </ul>	<ul style="list-style-type: none"> <li>• Authenticity</li> <li>• Choice</li> <li>• Voice</li> </ul>	<ul style="list-style-type: none"> <li>• Fruits</li> <li>• Juice</li> <li>• Sauces</li> <li>• Sea plants</li> <li>• Soups</li> <li>• Teas</li> </ul>
 THE LOVE	Thymus and heart	<ul style="list-style-type: none"> <li>• Armpits</li> <li>• Arms</li> <li>• Blood vessels</li> <li>• Breasts</li> <li>• Hands</li> <li>• Heart</li> </ul>	<ul style="list-style-type: none"> <li>• Lungs</li> <li>• Lymphatic system</li> <li>• Shoulders</li> <li>• Thymus</li> <li>• Wrists</li> </ul>	<ul style="list-style-type: none"> <li>• Breathing</li> <li>• Circulation</li> <li>• Oxygenation</li> </ul>	<ul style="list-style-type: none"> <li>• Compassion</li> <li>• Expansion</li> <li>• Service</li> </ul>	<ul style="list-style-type: none"> <li>• Leafy vegetables</li> <li>• Microgreens</li> <li>• Phytonutrients</li> <li>• Sprouts</li> <li>• Vegetables (especially green)</li> </ul>
 THE FIRE	Pancreas	<ul style="list-style-type: none"> <li>• Gallbladder</li> <li>• Liver</li> <li>• Pancreas</li> </ul>	<ul style="list-style-type: none"> <li>• Small intestine</li> <li>• Stomach</li> </ul>	<ul style="list-style-type: none"> <li>• Assimilation</li> <li>• Biotransformation</li> <li>• Blood sugar balance</li> <li>• Digestion</li> </ul>	<ul style="list-style-type: none"> <li>• Balance</li> <li>• Energy</li> <li>• Power</li> </ul>	<ul style="list-style-type: none"> <li>• Dietary carbohydrates</li> <li>• Healthy sweeteners</li> <li>• Legumes</li> <li>• Soluble fiber</li> <li>• Whole grains</li> <li>• Yellow-colored foods</li> </ul>
 THE FLOW	Ovaries/testes	<ul style="list-style-type: none"> <li>• Bladder</li> <li>• Hips</li> <li>• Kidneys</li> </ul>	<ul style="list-style-type: none"> <li>• Large intestine</li> <li>• Reproductive system</li> <li>• Sacrum</li> </ul>	<ul style="list-style-type: none"> <li>• Cellular replication</li> <li>• Fat storage</li> <li>• Reproduction</li> <li>• Water balance</li> </ul>	<ul style="list-style-type: none"> <li>• Creativity</li> <li>• Emotions</li> <li>• Relationships</li> </ul>	<ul style="list-style-type: none"> <li>• Dietary fats and oils</li> <li>• Fermented foods</li> <li>• Fish and seafood</li> <li>• Nuts and seeds</li> <li>• Orange-colored foods</li> <li>• Tropical foods</li> <li>• Water</li> </ul>
 THE ROOT	Adrenal glands	<ul style="list-style-type: none"> <li>• Adrenal glands</li> <li>• Blood cells</li> <li>• Bones</li> <li>• DNA</li> <li>• Feet</li> <li>• Immune system</li> </ul>	<ul style="list-style-type: none"> <li>• Joints</li> <li>• Legs</li> <li>• Muscles</li> <li>• Rectum</li> <li>• Skin</li> <li>• Tailbone (Coccyx)</li> </ul>	<ul style="list-style-type: none"> <li>• Enzyme activity</li> <li>• Flight-or-fight response</li> <li>• Gene expression</li> <li>• Protein production</li> </ul>	<ul style="list-style-type: none"> <li>• Safety</li> <li>• Survival</li> <li>• Tribe</li> </ul>	<ul style="list-style-type: none"> <li>• Dietary proteins</li> <li>• Immune-enhancing foods</li> <li>• Insoluble fiber</li> <li>• Mineral-rich foods</li> <li>• Red-colored foods</li> <li>• Root vegetables</li> </ul>

# FOOD SPIRIT™

*Nourish your whole self*

## THE INSIGHT

Spices, Mood-Altering Foods (e.g., Chocolate, Caffeine), Blue-Purple Foods

Eat intuitively, be mindful, eat foods to enhance thinking

## THE LOVE

All Vegetables, Leafy Greens, Cruciferous Vegetables, Microgreens, Sprouts

Grow, eat, and serve with love, give thanks for food, share meals with others

## THE FLOW

Fats & Oils, Water, Fish, Nuts, Seeds, Tropical Foods, Orange-Colored Foods

Prepare meals with creativity, open to the senses, be playful, recognize emotional eating patterns

## THE SPIRIT

Pure, Organic Foods, Foods to Encourage Detoxification, Sunlight, Oxygen, Love, Intention

Connect with life through eating, harmonize body and soul, eat pure foods, cleanse the body through detoxification practices

## THE TRUTH

Sea Plants, Soups, Sauces, Juices, Fruits

Chew thoroughly, choose high-quality foods, vary food choices

## THE FIRE

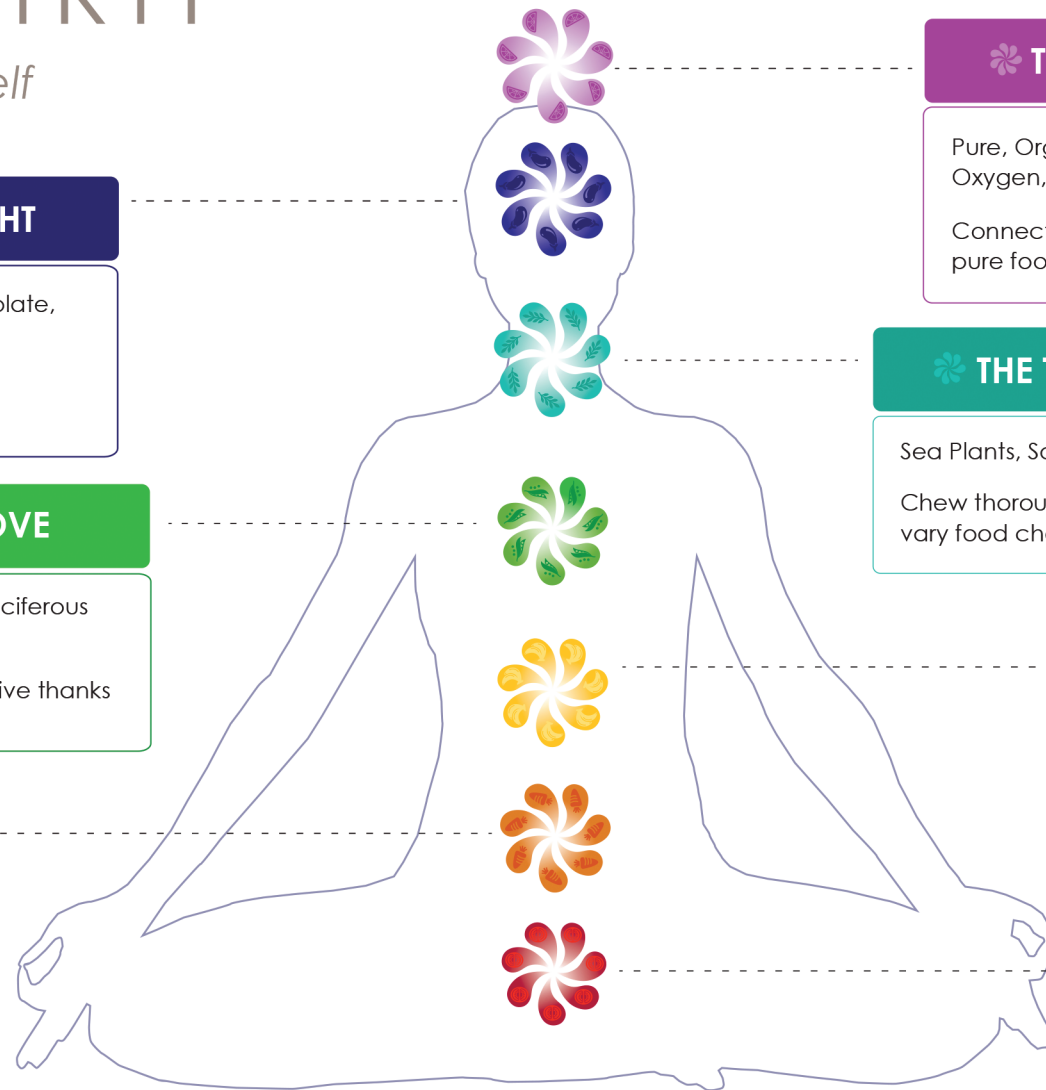
Carbohydrates, Healthy Sweeteners, High-Fiber Foods, Legumes, Whole Grains, Yellow-Colored Foods

Eat according to your body's rhythm, schedule time to eat when busy, promote balance in all activities

## THE ROOT

Protein, Minerals, Root Vegetables, Medicinal Mushrooms, Red-Colored Foods

Honor the body's wisdom, follow instinct, cultivate traditions, engage in healthy social eating



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