

# Upgrade Your Body's Software: Food as Information

## What is "Food as Information"?

Most of us were taught that food is just "fuel"—like putting gas in a car. But food is actually much more powerful. Think of every bite you take as a piece of **information** or "software" for your body. This information tells your cells whether to store fat or burn energy, whether to increase pain or start healing, and even which genes to turn on or off.

## Why This Matters For You

- **You Are the Architect:** Your DNA is not your destiny. By choosing the right foods, you can "silence" genes that cause problems and "activate" genes that keep you young and healthy.
- **No More Energy Crashes:** By eating the right balance of foods, you can stop the blood sugar "rollercoaster" that leads to brain fog and afternoon slumps.
- **Natural Healing:** When you give your body high-quality "data" (nutrients), your body naturally knows how to reduce inflammation and repair itself.

## What You Can Do Today

1. **Use the "50/25/25" Plate Rule:** At every meal, try to fill **50%** of your plate with colorful, non-starchy vegetables (like broccoli, peppers, or leafy greens), **25%** with clean protein (like fish, eggs, or beans), and **25%** with healthy fats or slow-burning carbs (like avocado or sweet potato).
2. **Eat the Rainbow:** Different colors in plants provide different "medicines" for your body. Try to eat at least one food from every color of the rainbow (Red, Orange, Green, Blue/Purple, White) every single day to give your brain and heart the protection they need.
3. **The "Crowding Out" Method:** Don't worry about what you *can't* have. Focus on filling your plate with so many delicious, nutrient-dense foods that there simply isn't room for the processed stuff. You aren't "dieting"; you are upgrading your system.

## Questions to Discuss with Your Practitioner

- Which "colors" of the rainbow am I currently missing in my daily meals?
- Do I notice my energy crashing at a certain time of day, and what "information" (food) did I give my body before that happened?

- Are there any healthy-looking foods that might actually be causing "noise" or irritation in my system?
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