

Relationship between Spirituality and Nutritional and Hormonal Processes

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<p>Abstract: It is essential to many people's lives, providing meaning, connection, and balance. Likewise, nutrition plays a fundamental role in the health and well-being of the body. When these two aspects are combined consciously and intentionally, holistic wholeness and vitality can be achieved. Mindful eating involves choosing healthy foods, being present when eating, connecting with where your food comes from, and enjoying each meal. This simple act can become a spiritual practice, nourishing not only the body but also the soul. Some foods have traditionally been associated with spiritual and emotional benefits. For example, fresh, whole foods rich in nutrients can increase vitality and mental clarity, promoting elevated states of consciousness. The objective of this paper is to verify the relationship between spirituality and nutritional and hormonal processes. The methodology used an integrative literature review and a synthesis process to develop the study to expand the understanding of knowledge and achieve the expected results. Regarding the inclusion criteria, national and international articles were used in full, in Portuguese, English, and Spanish. The exclusion criteria were articles that were presented in duplicate and that did not meet the objectives of the investigation. In this way, the reviewer/researcher can prepare an integrative review with different purposes, which can be directed towards defining concepts, reviewing theories, or methodological analysis of included studies of a particular topic. In its construction process, it is necessary to go through six distinct stages, which are: identification of the theme and selection of the hypothesis or research question; establishment of criteria for inclusion and exclusion of studies/sampling or literature search; definition information to be extracted from selected studies/categorization of studies; evaluation of included studies; interpretation of results; and presentation of knowledge review/synthesis. To carry out the study, a search for scientific articles was carried out through Virtual Health Library, in SCIELO, LILACS, and Pubmed databases.</p>	<p>Research Paper</p>
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1. INTRODUCTION

1.1. Spirituality

It is essential to many people's lives, providing meaning, connection, and balance. Likewise, nutrition plays a fundamental role in the health and well-being of the body. When these two aspects are combined consciously and intentionally, a state of holistic wholeness and vitality can be achieved. Mindful eating involves choosing healthy foods, being present when

eating, connecting with where your food comes from, and enjoying each meal. This simple act can become a spiritual practice, nourishing not only the body but also the soul. Some foods have traditionally been associated with spiritual and emotional benefits. For example, fresh, whole foods rich in nutrients can increase vitality and mental clarity, promoting elevated states of consciousness (Figure 1) (Volcan *et al.*, 2003; Moreira-Almeida *et al.*, 2005; Peres *et al.*, 2007; Meanings, 2025).



Figure 1: Here are some steps to help you welcome the soul into your life

Source: <https://www.techment.com/embracing-the-soul-an-art-of-welcoming-our-soul-spiritually/>

1.2. Religiosity

It means the quality of the individual with a disposition or tendency to reflect on aspects of religious activity, whatever the religion. It addresses religious feelings and the individual tends to sacred things. Typically, religiosity consists of a series of actions that aim to reflect ethical values that have some religious content. These actions serve as a kind of moral evaluation of the dedication that person has to religion (Volcan *et al.*, 2003; Moreira-Almeida *et al.*, 2005; Peres *et al.*, 2007; Significados, 2025).

In general, religiosity shows the sense a person has when reflecting on issues related to religion and personal religious beliefs that show the power of faith. From a psychological point of view, religiosity influences a person's values and way of acting when reflecting on what is and what is not right for them. In addition to this aspect, another factor observed within psychological issues is how a subject manages, within his religious beliefs, to communicate with his deities, whether through rituals, prayers, or prayers (Volcan *et al.*, 2003; Moreira-Almeida *et al.*, 2005; Peres *et al.*, 2007; Significance, 2025).

1.3. Difference Between Soul and Spirit According to the Bible

The soul is the person's personality, and the spirit is the part of the person connected to God. The soul and spirit are interconnected and must be understood together. The Bible assigns some functions to both the spirit and the soul. The soul is the part that forms our personality. The soul has feelings, will, and reasoning. It is not a physical thing, but it is connected to our body. The soul interprets sensory information from the body and influences its actions (Biblical Answers, 2025; BP Editorial Team, 2025). In the Bible, the soul also means the essence of individual life. Creatures that have souls are alive and dead things do not have souls. Without the soul, the body dies. At death, the soul is separated from the body. At the resurrection, those who love Jesus will receive a new body for their soul (Biblical Answers, 2025; BP Editorial Team, 2025). Our spirit is our connection to spiritual things. **God is spirit:** The spirit gives life because all life comes from God. The spirit defines the major influences in our lives. It is the spirit that receives the influence of the holy spirit, who convicts of sin, of the need for repentance and salvation, and who gives access to a personal relationship with God. On the other hand, the spirit, when in rebellion against God, can receive evil influences (Figure 2) (Volcan *et al.*, 2003; Biblical Answers, 2025; BP Editorial Team, 2025).

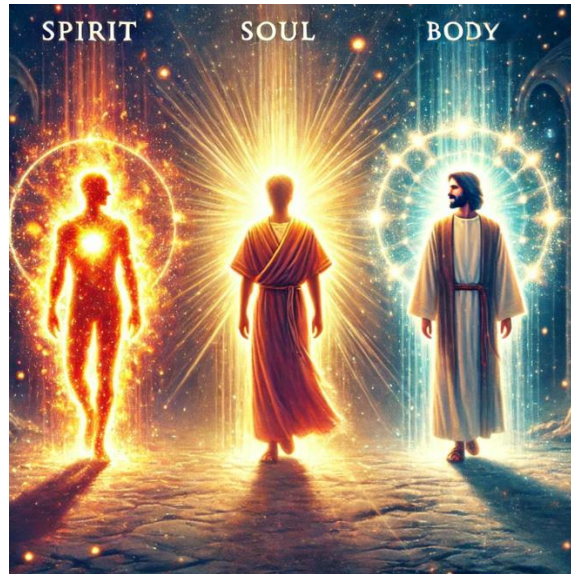


Figure 2: The Bible reveals that while the body interacts with the physical world, the soul reflects our humanity's thoughts, emotions, and will. The spirit, however, is the innermost part of us, designed to connect with God in a profound and eternal way

Sources: Wesley Miriye and PNG Bible Church National Media & Publications

1.4. The Body, the Soul, and the Spirit

All of these parts have specific functions. The body is our physical function, and here we feel our physical senses, such as the sense of sight, taste, smell, hearing, and touch. The soul, on the other hand, is our humanity that makes us feel emotions. It is our way of magnifying God through our human limitations. Finally,

the spirit is our spiritual and deepest connection with the Lord. We express our love for God and Jesus Christ through our spirit because it is one of the gifts that Christ gave us when he became human and died for our sins (Figure 3) (Volcan *et al.*, 2003; Biblical Answers, 2025; BP Editorial Team, 2025).



Figure 3: Tripartite or Bipartite. One way to view our nature is that we have a material part, our body, and an immaterial part, our soul and/or spirit. A frequently held view is that we have a bipartite nature where the “soul” and “spirit” are taken as different terms for the same entity

Source: <https://www.faithandhealthconnection.org/wp-content/uploads/files/spirit-soul-body-mind-emotions-will.jpg>

1.5. The Soul According to Science

Science is getting closer and closer to explaining the existence of the soul. This is a fascinating challenge since humanity has been trying to decipher it since the beginning of time. The Soul According to Science The soul has long been a mystery, and there are many hypotheses about it. Various academic disciplines continue to try to explain it (Arbeláez, 2025; Biblical Answers, 2025).

The idea of the existence of the soul is associated with beliefs about life after death. This idea of

the soul is linked to the conviction of eternal life. In addition, many people also believe that the soul is a guide by which they think and feel and that it operates independently of the body. The scientific paradigm on the existence of the soul, a scientific paradigm is the set of realizations of this type that are universally recognized. In addition to generating models of solutions and problems in the scientific community, paradigms are subject to criticism [The philosopher and scientific historian Thomas Kuhn] (Figures 4-5) (Redação iQuilibrio, 2024; Arbeláez, 2025; Biblical Answers, 2025; Meanings, 2025; Oliveira, 2025).



Figure 4. The Quantum Soul theory, proposed by Edward and Roger Kamen, suggests that the human soul is a type of quantum field that interacts with electromagnetic waves, no matter what. This could explain phenomena like near-death experiences and imply that memories and consciousness persist after death

Source: [r/HighStrangeness](https://www.reddit.com/r/HighStrangeness)



Figure 5: Scientific spirit refers to the basic mental state and mode of thinking determined by the nature of science and running through scientific activities. It is an idea embodied in scientific knowledge. The scientific spirit defines the behavior of scientists and ensures the success of scientists in the field of science

Source: <https://www.linkedin.com/pulse/spirit-science>

The current scientific paradigm generally fails to acknowledge the spiritual dimension. Instead, it suggests that there is no need for a soul. It tends to explain life through equations about the activity of carbon and the activity of proteins. In other words, science understands it as synonymous with the mind, reducing it to the concept of cognition and consciousness. Neuroscience has made great progress in explaining the functioning of the human nervous system and trying to explain the reason behind subjective experiences. However, this remains a mystery. Therefore, the question of whether the soul exists or not

is related to understanding the nature of the self (Peres *et al.*, 2007; Redação iQuilibrio, 2024; Arbeláez, 2025; Oliveira, 2025).

1.6. Spiritual Practices

Spirituality can be a powerful anchor amid life's storms. Cultivating regular nurturing practices can nourish the soul and provide a solid foundation for dealing with everyday challenges. Here are some suggestions: Daily Meditation: Take a few minutes each morning to connect with yourself and something bigger than yourself (Figure 6).



Figure 6: Gratitude can also help us cultivate forgiveness. When we practice gratitude, we become aware of the good things in our lives, and we start to focus on the positive aspects of our relationships. This can help us forgive others for their mistakes and shortcomings, and it can also help us forgive ourselves. Gratitude can help us let go of negative emotions and cultivate compassion and understanding

Source: <https://fastercapital.com/topics/the-importance-of-cultivating-a-spiritual-practice.html>

Gratitude:

Practice gratitude daily, acknowledging the blessings in your life, no matter how small. Time in Nature: Find time to be outdoors, contemplating the beauty of nature and reconnecting with the world around you. By integrating these practices into your daily routine, you will be strengthening not only your physical body but also your inner self, finding a balance between nourishing your body and your soul (Biblical Answers, 2025; Meanings, 2025).

1.7. The Spiritual Pain

This happens because we are surrounded by different energies and people who make us susceptible to attracting unenlightened spirits. Even when we are energetically well, we can attract these opposing energies or entities that seek to take advantage of this vulnerable state somehow. Accumulated energies in our body can generate pain, discomfort, and even exhaustion, so it is important to know which symptoms and problems may indicate this energetic interference (Biblical Answers, 2025; Oliveira, 2025; Significados, 2025).

1.7.1. Headaches:

One of the most common symptoms is feeling a headache after certain contacts or after having been to a specific place. It is not just headaches that you feel, but when these pains are linked to other symptoms, they serve as confirmation that the cause is energetic.

1.7.2. Constant fatigue and tiredness:

Another very common symptom when there is a set of energy is the feeling of tiredness or fatigue. These

sensations can occur immediately after contact with someone very charged or after visiting a place with charged or negative energies. Therefore, if you have seen a discrepancy between the events and the discomfort, it may be a strong indication that the cause is energetic and spiritual.

1.7.3. Feeling of being energetically drained:

The next symptom is very similar to the previous one, since tiredness and fatigue are caused by a lack of energy. The feeling of being energetically drained in these cases appears without having made a great effort or getting tired in any way. It simply happens. Just like the previous symptoms, it occurs when you have contact with a person or place.

1.7.4. Restless nights and nightmares:

Even though you are tired and feeling drained, you cannot sleep at night or when you do sleep, it is full of nightmares. Another symptom or sign that the problem is spiritual is excessive nightmares and restless nights even when you have no energy. Once we sleep, our connection with the spiritual plane intensifies and if our energy is not balanced, there is a susceptibility to spiritual attacks.

1.7.5: Electronics and things break down frequently:

Therefore, if you have been noticing that whenever you are near a place and something breaks, pay attention to the signs that you have received. This symptom may not occur in the body, but it ends up being a strong indication that the energy is not balanced or even charged (Figure 7).

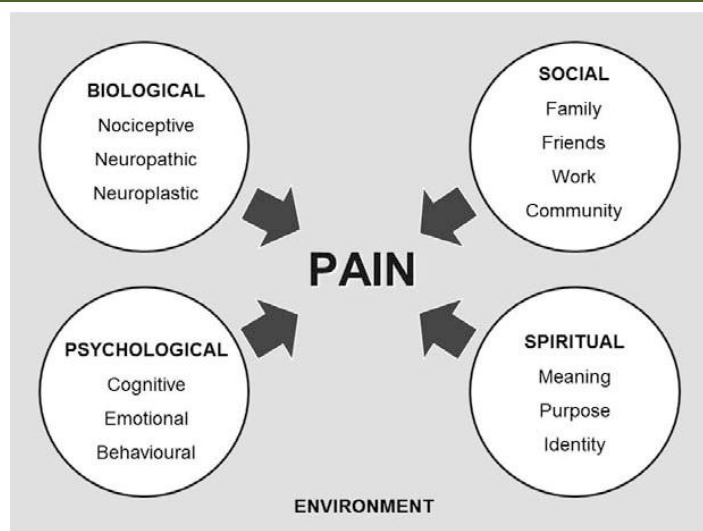


Figure 7: Diagram of the biological, psychological
Source: Doi: 10.1111/pme.12511

1.7.6. Headaches:

One of the most common symptoms is to feel a headache after certain contacts or after having been to a specific place. Do not feel only headaches, but when these pains are linked to other symptoms, they serve as confirmation to know if the reason is energetic. Since the energy itself does not affect just one part of the body, but rather the well-being as a whole, it can affect several areas at the same time.

1.7.7. Constant weight on the shoulders and back:

Returning to the physical symptoms that can indicate health problems, the weight on the back and shoulders can also be one of these indicators. This occurs because the energy tends to accumulate in certain points of the body and causes tension by impeding the natural flow of energy. In this way, parts of the body can become painful or feel like there is a weight being carried on them.

1.7.8. Intrusive negative thoughts:

The symptoms and signs that can occur are intrusive negative thoughts that feel as if they are not yours. These thoughts can appear spontaneously without you doing anything related to them. In this case, this symptom, if it occurs with the others mentioned here, may indicate that in addition to the charged energy, there may be an entity in your home or with you (Luna, 2021; iQuilibrio Editorial 2024; Biblical Answers, 2025; Meanings, 2025; Oliveira, 2025).

1.8. The Symptoms Presented by Spiritual Problems

They are easily identifiable and have been felt by everyone at some point in their lives. These symptoms can be mild or more intense depending on the energy that is accumulated or close to the person who is feeling it. In other words, heavier energies make the symptoms more intense. Although some of them can occur when there is an entity in the environment or nearby, this does not necessarily mean that there is. An excess of negative

energy can have the same effect. Will talk in detail about these symptoms in the topics below and ways to check if your symptoms are energetic (iQuilibrio Editorial 2024; Biblical Answers, 2025; Meanings, 2025; Oliveira, 2025).

The most prevalent symptoms were changes in well-being (65.2%), anxiety (63.7%), sadness (63%) and fatigue (63%). Sadness, dyspnea, sleepiness, anxiety, and depression presented a weak to moderate correlation with spiritual well-being. They often associate nutrition only with physical health, but the truth is that it also plays a fundamental role in our spiritual well-being. Believe it or not, our body is the temple of our soul. And just as we take care of our physical temples, we also need to take care of our spiritual temple. And one of the ways to do this is through food. When we think about feeding the soul, are not only refers to physical foods but also to everything that nourishes our essence. However, it is important to remember that what is put on our plate also has a direct impact on our spiritual energy and vibration (Volcan *et al.*, 2003; Guyton and Hall, 2006; Guimarães and Avezum, 2007; Silva *et al.*, 2013; Ianni, 2024).

1.9. Physical and Spiritual Life

1.9.1. Spiritual life

Spiritual life is a broad and multifaceted concept that encompasses a variety of beliefs, practices, and experiences. It is a fundamental aspect of human existence that goes beyond the material and physical world. Spiritual life involves the search for a higher purpose, a connection with something transcendental, and the search for meaning and purpose in life. One of the main characteristics of spiritual life is the search for meaning. Many people feel an existential void and seek to fill it through spirituality. This search can involve deep questions about the purpose of life, the existence of a higher being, and the nature of reality. Through spiritual life, people find answers to these questions and find greater meaning in their lives.

Spiritual life also involves the search for a connection with something transcendental. This can be interpreted in different ways, depending on each individual's beliefs and practices. For some, this connection may be with a supreme being, such as God or a specific deity. For others, it may be a connection with nature, the universe, or cosmic energy. This transcendental connection brings a sense of fulfillment, inner peace, and harmony.

1.9.2. Physical Life

Life, which is something that reinforces or even favors its existence in a given environment, has the following characteristics: **Metabolism:** These are the transformations of chemical substances and energy that occur in the organism. **Homeostasis:** When the stability of the organism is maintained within itself, such as sweat, which helps to keep the body temperature low. **Growth:** Cells multiply and give rise to new cells. **Reproduction:** the ability to generate new individual organisms, either sexually or asexually. **Adaptation:** The ability to change as the environment changes, being able to be in places with different climates, which is essential for human beings to evolve. **Responding to stimuli:** Another characteristic of life is the response to external stimuli, such as the contraction of a single-celled organism (Kovács, 1996; Kübler-Ross, 1998; Meleiro, 1998; Combinato and Queiroz, 2006).

1.9.3. Viruses and life

There is controversy over whether viruses are considered living beings. This is because they need a host

cell to replicate and cannot meet up with themselves. This is why viruses are often considered to be merely replicators that encode genes, even though they can evolve through natural selection and create many copies of themselves.

1.10. What happens after death

1.10.1. Christianity:

Christians believe that after death, the soul is sent to heaven or hell, depending on its life on Earth, that is, if the person lived a dignified and upright life, his soul would go to heaven, If you have lived a life of mistakes and sins, your soul will go to hell (Kovács, 1996; Kübler-Ross, 1998; Meleiro, 1998; Combinato and Queiroz, 2006).

1.10.2. Science:

According to neuroscience, at the moment of death, the central nervous system ceases its functions permanently. This implies that consciousness and all associated brain functions, such as thoughts and perceptions, also cease. Therefore, the feeling of being dead, according to neuroscience, refers to a transition of intense brain activity followed by the complete cessation of brain functions and consciousness. The perception of a tunnel of light, feelings of euphoria, or well-being reported in near-death experiences are explained by neurochemical and electrical processes in the brain (Figure 8) (Kovács, 1996; Kübler-Ross, 1998; Meleiro, 1998; Combinato and Queiroz, 2006).



Figure 8: The science of near-death experiences
 Source: Mark Garlick/Science Photo Library via Getty Images

1.10.3. From a neurological standpoint:

From a neurological standpoint, what happens to you after death is that the body prioritizes the brain, heart, and kidneys during multiple organ failure. However, brain death is characterized by the cessation of brain function, where neurons die due to lack of oxygen

hypoxia, and ischemia (Meleiro, 1998; Combinato and Queiroz, 2006).

1.10.4. The spirit after death:

According to spiritists, the spirit continues to live after death, that is, death only affects the body, and

this spirit will continue its trajectory based on its achievements on Earth. According to Judaism, all the dead will be resurrected in the Messianic Era, which will happen when the Messiah arrives on Earth (Meleiro, 1998; Combinato and Queiroz, 2006).

1.10.5. The spirit in the human body:

Philosophers and physiologists imagined that it was located in the heart, kidneys, spinal cord, or vertebrae, and today it is believed that the soul is housed in the brain. Or in the intestine, our second brain. We know that there is a system of emotions - the limbic system. Locus of all substances of feeling and action (Kovács, 1996; Kübler-Ross, 1998).

11.0. Holy water

To be truly holy water, it must be blessed by an ordained minister, deacon, priest, or bishop. When blessed, water, as prescribed by the Holy Catholic Church, becomes a sacramental, which has great efficacy for people in the various realities of life. It begins with a prayer and exorcisms of the salt and water, asking God to sanctify them and give them power over demons and diseases. Then, the priest mixes the blessed salt with the blessed water with more prayers to create the holy water that will protect the faithful (Altman, 2002).

Water in the Bible:

As the Letter to Ephesians 5, 25-26 reminds us: "Christ loved the Church and gave himself up for her, that he might sanctify her, having cleansed her by the water of baptism." In the consecration at Holy Mass, a drop of water is placed in the chalice with wine, symbolizing our humanity that is united with the divinity of Christ (Altman, 2002; De Almeida, 2006a).

Holy water is, according to Catholicism, Anglicanism, Byzantine Orthodoxy, Eastern Orthodoxy, and other churches, water that has been sanctified by a priest for baptism, blessing people, places, and objects, or as a way to ward off evil. The formula for holy water is H God O. Did you know that holy water, in addition to blessing us, protects the body and soul? One benefit of this powerful sacramental is that it drives away demons (De Almeida, 2006b; De Almeida, 2006c).

1.12. Objective: This paper aims to verify the relationship between spirituality and nutritional and hormonal processes.

2. METHODS

The methodology used an integrative literature review and a synthesis process to develop the study to expand the understanding of knowledge and achieve the expected results. Regarding the inclusion criteria, national and international articles were used in full, in Portuguese, English, and Spanish. The exclusion criteria were articles that were presented in duplicate and that did not meet the objectives of the investigation. In this way, the reviewer/researcher can prepare an integrative review with different purposes, which can be directed towards defining concepts, reviewing theories, or methodological analysis of included studies of a particular topic. In its construction process, it is necessary to go through six distinct stages, which are: identification of the theme and selection of the hypothesis or research question; establishment of criteria for inclusion and exclusion of studies/sampling or literature search; definition information to be extracted from selected studies/categorization of studies; evaluation of included studies; interpretation of results; and presentation of knowledge review/synthesis. To carry out the study, a search for scientific articles was carried out through Virtual Health Library, in SCIELO, LILACS, and Pubmed databases.

3.0. SELECTED STUDIES

3.1. Spiritual Nutrition

Our spiritual food: Jesus is saying: "I am the Bread of life. Whoever eats this Bread will never go hungry". we need to feed on Jesus and allow Him to be the food of our life. Jesus feeds our spirituality, our soul, our feelings, and our affections. The process of feeding the soul and spirit: Promoting a state of emotional and mental well-being. Foods with spiritual energy are a powerful tool for nourishing the body and soul. By choosing fruits, vegetables, whole grains, nuts, seeds, legumes, and fermented foods, we are connecting with the vital essence present in these foods and strengthening our spiritual energy (Figure 9) (Nussenzveig, 2019; Mukamel and Glaser, 2021; CSD, 2024).



Figure 9: Here are just a few ways that diet quality is related to each dimension of wellness
Sources: [Dina Aronson and https://www.dietid.com/blog/diet-quality-the-common-link-dimensions-of-wellness](https://www.dietid.com/blog/diet-quality-the-common-link-dimensions-of-wellness)

Spiritual nutrition transcends physical needs and leads us on a journey of self-knowledge, connection with the Creator, and discovery of our true purpose in life. For our spiritual evolution, we need to take care of our energy. There is no point in dedicating ourselves only to practices such as meditation, praying every day, increasing the house, or taking a cleansing bath every week if you do not pay attention to the energy of what you consume (Silva and Mata, 2021; Sousa, 2022).

3.1.1. Feeding spirituality:

For our spiritual evolution we need to take care of our energy. There is no point in dedicating ourselves only to practices such as meditation, praying every day, increasing the house, or taking a cleansing bath every week if you do not pay attention to the energy of what you consume.

3.1.2. Nourishing the spirit:

Prayer, reading sacred texts, and reflecting on existential issues are also effective ways to nourish spirituality. In addition, activities such as yoga and contact with nature can provide a deep sense of peace and spiritual connection.

3.1.3. Nourishing spirituality:

For our spiritual evolution we need to take care of our energy. There is no point in dedicating ourselves only to practices such as meditation, praying every day, increasing the house or taking a cleansing bath every week if you do not pay attention to the energy of what you consume.

3.1.4. The Bible talks about spiritual food:

They all ate the same spiritual food and drank the same spiritual drink. For they drank from that spiritual rock that went with them, and the rock was Christ.

3.1.5. The most sacred food in the world is peanuts.

3.1.6. Food gives the soul:

Knowledge is the food of the soul. Nourishment of the mind: Pleasantly start the day. Smell smells that welcome you and bring back good memories. Paying more attention to the sensations of a loving hug or receiving a quick massage can even be a self-massage or foot bath.

3.1.7. Feeding the spirits:

The Spirit has no physical needs and does not have physical organs to satisfy its carnal desires, its bodily desires, resulting in its frustration and suffering. Feeding the soul: Hydrate yourself, Being dehydrated can lead to fatigue and irritability. Walk: Even a short walk releases endorphins, making you feel good and more energetic. Drink more energy teas: Some teas that contain caffeine or even coffee can positively help by giving you more energy for the day.

3.1.8. Feeding faith:

Faith, as part of the spiritual dimension, is the spirituality that feeds and strengthens itself, which is given to the relationship with God since it is based on prayer. "In the richness of His love, the invisible God speaks to men as friends and lives with them, to invite and admit them to communion with Him.

3.1.9. Spiritual food:

Spiritual nourishment transcends physical needs and leads us on a journey of self-knowledge, connection with the Creator, and discovery of our true purpose in life.

3.1.10. Feeding the soul according to the Bible:

The Gospel of Jesus Christ: Lasting Food for the Soul. The Gospel of Jesus Christ: Lasting Food for the Soul. Teaching that nourishes the soul elevates people, strengthens their faith, and gives them confidence to face the difficulties of life. It motivates them to turn from sin and come to Christ, call on His name, keep His commandments, and remain in His love.

3.1.11. The most blessed food: Bread is considered a sacred food.

3.1.12. Healthy food for the spirit:

The presence of the Holy Spirit that reveals Jesus to us. To feed the spirit, we need to pray, pray intensely, and read the Word in search of knowledge of the truth. Self-help words are nice, they are cute, they touch the soul, but they do not provide sustenance.

3.1.13. The most powerful food in the world:

Researchers studied 47 fruits and vegetables and of these, watercress, a cruciferous vegetable, obtained the highest score and was considered the most powerful food.

3.1.14. Jesus' food:

According to Colbert, "Jesus ate, basically, natural foods in their natural state, many vegetables, mainly beans and lentils." "He would have eaten whole-grain bread, lots of fruit, drank lots of water and a little wine.

3.1.5. The fruits of the spirit:

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control. Against such things, there is no law. And those who belong to Christ Jesus have crucified the flesh with its passions and desires. If we live in the Spirit, let us also walk in the Spirit.

3.1.16. Emotional nutrition:

Practicing physical activities helps release substances in the body that cause feelings of well-being, and comfort and improve mood, in addition to being good for your health. Remember to sleep well to rest your body and mind, in addition to staying hydrated and maintaining a balanced diet.

3.1.17. Foods to activate the brain:

Eggs, vegetables, dark green leaves, whole grains, meat, fish, beans, legumes, and lentils are rich in B vitamins. This nutrient plays a fundamental role in brain health, allowing brain cells to function better.

3.1.18. Brain nutrition:

Some foods that are good for the brain are green tea, salmon, pumpkin seeds, dark chocolate, tomatoes, and eggs. This is because these foods are good sources of omega-3, flavonoids, and catechins, which are bioactive compounds with antioxidant, stimulant, and anti-inflammatory properties.

3.1.19. To strengthen the mind:

Avoid multitasking. Keep your health up to date. Enrich your diet. Get good quality sleep. Practice physical activities. Exercise your brain Rest.

3.1.20. The sacred food of evangelicals:

Bread and Wine. Bread and wine are related to the Lord's Supper. According to tradition, Jesus Christ reserved wine and unleavened bread at his last supper with his Christian disciples; he designated wine and unleavened bread as memorials of his body and blood.

3.1.21. Nurture food Pumpkin seeds:

Apple. Chickpeas. Strawberries. Oats. Lean protein: Protein is necessary for healthy energy levels. It takes longer to digest than carbohydrates, keeping blood sugar levels balanced and providing energy for longer. Eggs. Salmon. Lentils (Cohen and Koeing, 2003; Stroppa and Moreira-Almeida, 2008; Richardson, 2012; Bruce *et al.*, 2017; Strelhow and Sarriera, 2019; Taunay *et al.*, 2019; Pires *et al.*, 2021; Silva, 2021; Comarovschi *et al.*, 2024).

3.2. Action of Spirituality in Nutrition and Health

Nutrition is not limited to what is put on our plate. It is also directly linked to our thoughts and emotions. When eat healthily, we provide our bodies with the nutrients they need to keep our brains functioning properly. This means that a balanced diet, rich in natural foods and essential nutrients, can help improve our mental clarity, reduce stress, and promote positive thoughts. After all, when we feel good physically, it is easier to maintain a calm and balanced mind (Volcan *et al.*, 2003; Guyton and Hall, 2006; Guimarães and Avezum, 2007; Significados, 2025).

When talking about spiritual nourishment, it is important to give preference to natural foods. Fruits, vegetables, whole grains, and organic foods are excellent options to nourish not only our bodies but also our souls. In addition, it is important to avoid processed and industrialized foods, which are often full of artificial substances that are harmful to our spiritual health. Remember that nature provides us with everything we need to nourish ourselves completely and healthily (Silva *et al.*, 2013; Ianni, 2024; Redação iQuilibrio, 2024; Oliveira, 2025: Significados, 2025).

Some foods are known to help raise our energetic vibration and expand our spiritual awareness. Foods such as fresh fruits, dark green vegetables, nuts, seeds, and herbal teas are great options to include in your

spiritual diet. These foods are rich in vitamins, minerals, and antioxidants, which help strengthen our immune system and promote a greater connection with our inner self (Volcan *et al.*, 2003; Guyton and Hall, 2006).

In addition, they are also sources of vital energy, which help us maintain a state of spiritual well-

being. To achieve a state of spiritual well-being, it is important to find a balance between body and soul. This means that we should not only be concerned about what we eat but also about how we relate to food (Figure 10) (Guimarães and Avezum, 2007; Silva *et al.*, 2013; Ianni, 2024; Redação iQuilíbrio 2024; Oliveira, 2025).

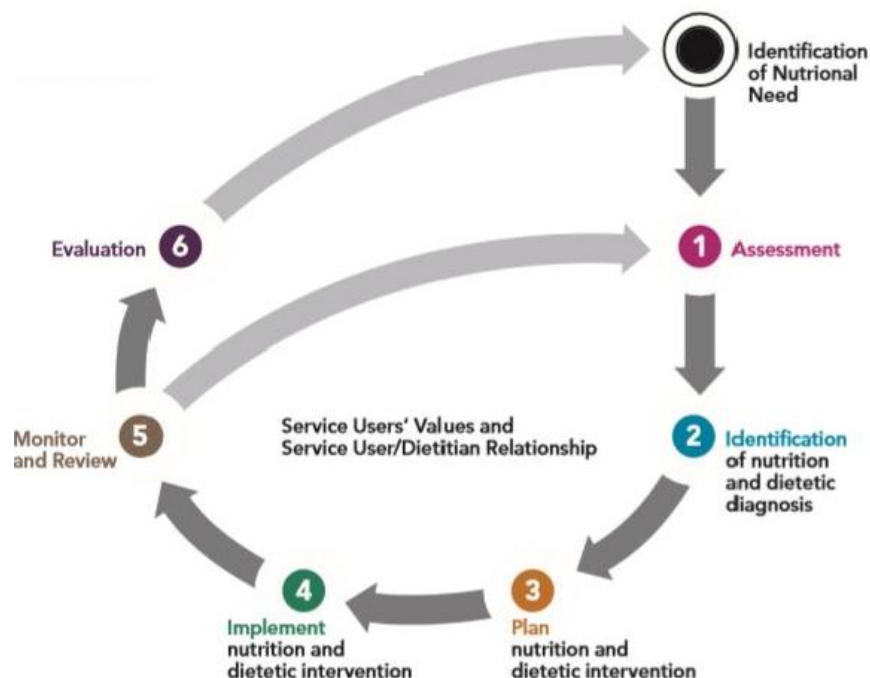


Figure 10: Why is spiritual care important in dietetic practice? Dietitians come across many people who are struggling with a very wide variety of health problems, both physical and mental. They often spend longer with an individual than a medical practitioner does, for example, and during a consultation dietitians probe into lifestyle and habits gaining a very personal insight into a person’s day-to-day living

Source: <https://www.bda.uk.com/resource/spiritual-care-and-dietetic-practice-a-call-beyond-cultural-competency.html>

An important tip is to practice mindful eating, that is, to be present at mealtimes and pay attention to each bite. This helps us appreciate and value the food is consuming, in addition to connecting with our essence and gratitude for life. Even when are energetically well, we can attract these opposing energies or entities that seek to take advantage of this vulnerable state somehow. Accumulated energies in our body can generate pain, discomfort, and even exhaustion, so it is important to know which symptoms and problems may indicate this energetic interference (Guimarães and Avezum, 2007; Silva *et al.*, 2013; Ianni, 2024; Redação iQuilíbrio, 2024; Oliveira, 2025).

A proper diet can help calm the mind and increase our ability to concentrate during meditation. In addition, light and natural foods can make us more present in the present moment. A balanced diet can provide us with the energy we need to engage in spiritual activities, as well as promote a sense of general well-being. In addition, healthy foods can help cleanse our

bodies and minds, allowing for greater spiritual connection (Volcan *et al.*, 2003; Guyton and Hall, 2006; Guimarães and Avezum, 2007; Biblical Answers, 2025).

As incredible as it may seem, it is not just a nutritional issue because it involves: Tradition; Culture; History; Biology; Religion; Philosophy; Ecology; Economy; and Science (Biblical Answers, 2025). The foods choose to consume have an impact that goes beyond the physical aspect. They can affect our mental, emotional, and spiritual state, influencing our energy, mental clarity, and connection with something greater than ourselves. Vibrant foods: Prioritizing fresh and natural foods, rich in nutrients, can raise our vibration and promote a state of balance and vitality. Processed foods: On the other hand, excessive consumption of processed foods full of additives can create imbalances and interfere with our inner peace (Figure 11) (Silva *et al.*, 2013; Ianni, 2024; Redação iQuilíbrio 2024; Oliveira, 2025; Significados, 2025).



Figure 11: Tips for eating for mental health

Source: <https://anchorednutritiontherapy.com/tips/f/tips-for-eating-for-mental-health>

3.3. Four Foods That Harm Your Physical, Mental, and Spiritual Nutrition

Invariably a source of suffering and pain, it is known as an inhibitor of higher states of consciousness. Eating meat absorbs the mental state of the animal. **Processed foods:** are extremely addictive and of very little nutritional value, when consumed in the body, they cause immediate damage to your chakras. From anxiety attacks to stress, the list is long. **Alcohol:** Although it is mass-produced, mass-promoted, legal, and consumed by

a multitude of people around the world, most people have never heard or understood the consequences of the violence of alcohol consumption. Intoxicating substances, which take away our consciousness, leave us oppressed and asleep. **Soft drinks:** cause much harm to the physical body, and are also associated with addiction, stimulants, similar to heroin, release dopamine while destroying your body (Figure 12) (Silva *et al.*, 2013; Vallee and De, 2019; Ianni, 2024; Redação iEquilíbrio 2024; Oliveira, 2025; Significados, 2025).

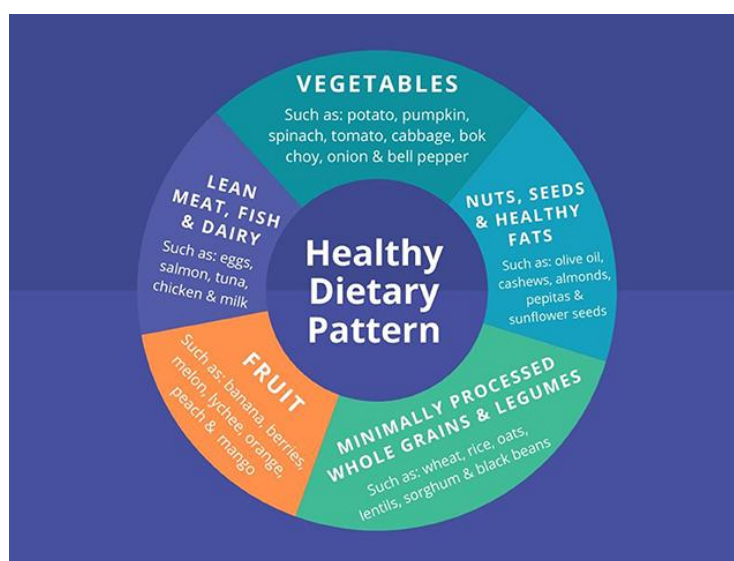


Figure 12: A typical healthy dietary pattern includes vegetables, fruit, whole grains, lean meats, dairy, and healthy fats

Source: <https://www.iso.org/standard/62085.html>

Mindful eating involves choosing healthy foods, being present when eating, connecting with where your food comes from, and enjoying each meal. This simple act can become a spiritual practice, nourishing not only the body but also the soul. Some foods have traditionally been associated with spiritual and emotional benefits. For example, fresh, whole foods rich in nutrients can increase vitality and mental clarity, promoting elevated states of consciousness (Vallee and De, 2019; Significance, 2025).

3.4. THE SPIRITUALITY AND HORMONES

Chakras are an important part of your well-being. However, what are chakras? In Sanskrit, the language from which the word originated, “chakra” means “wheel”. In a spiritual aspect, this wheel is a center of vital energy that has the function of absorbing vibrations and carrying them to a person’s organism. In the human body, there are seven main chakras. When they are open and balanced, energy flows freely through them. When they are closed and unbalanced, however, the interruption of the energy flow turns into physical, mental, and emotional problems (Eusemfronteiras, 2024). In other words, to prevent an energy imbalance from taking over your body and compromise your quality of life, it is recommended that you learn more about chakras. Start discovering the history of these vibrational

centers in the next topic (Atkinson, 2005; Guyton and Hall, 2006; Itoh *et al.*, 2006; Campino *et al.*, 2011; Barrett and Bolborea, 2012; Espino and Rodriguez, 2012; Lucchetti *et al.*, 2013).

Endocrine glands are hormone producers, and there are seven of them in our body, and they are responsible for our body chemistry. Hormones travel through the bloodstream, spreading their chemistry throughout our organism, so they can get an idea of the interaction between the body and the spiritual. Chakras are part of our body that deals with energies, and hormones are more chemical things, but everything is interconnected (Jacobs and Azmitia, 1992; Nestler and Carlezon, 2006; Eusemfronteiras, 2024).

There are hormones responsible for our well-being. Happiness is something of our spirit, of our good feelings. It is also interesting to note that there are seven endocrine glands, and each one is associated with a specific Chakra, this means that there are no parts of this system that do not have to do with energy centers. Chakras regulate our organism, both physically, energetically, and spiritually: thoughts, emotions, and their influences (Figure 13) (Guyton and Hall, 2006; McEwen, 2007; Striepens *et al.*, 2011).

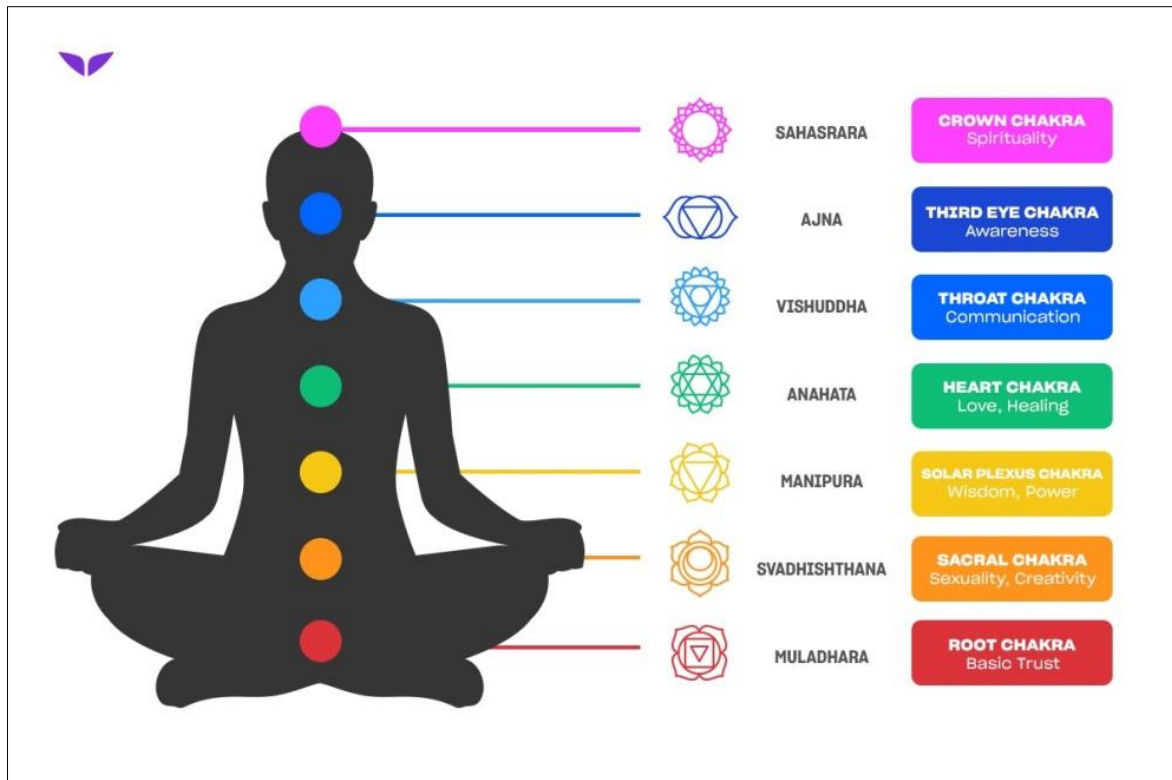


Figure 13: There are a total of seven chakras in the human body. They start at the end of your spinal cord and go all the way to the top of your head. Each chakra is of unique importance and has its own function for the overall well-being of your body. So, if any become out of sync, it can negatively impact your physical, mental, and spiritual health

Source: <https://blog.mindvalley.com/7-chakras/>

Hormones regulate our metabolism, and when our cardiorespiratory metabolism drops due to our relaxation, what happens is Astral Travel, when we leave our physical body, which happens with inspiration practices and during sleep. Linked to the Crown Chakra is the hipofise gland (Eusemfronteiras, 2024). Linked to the Crown Chakra is the pituitary gland, and this controls the endocrine system. In the Laryngeal Chakra is the thyroid and parathyroid gland, which is responsible for cleaning our system. In the Heart Chakra is the thymus gland which is linked to the immune system. The adrenal glands are responsible for adrenaline or pain analgesia (Jacobs and Azmitia, 1992; Nestler and Carlezon, 2006;

McEwen, 2007; Striepens *et al.*, 2011; Mansano, 2018; Eusemfronteiras, 2024).

3.4.1. The Pituitary Gland

It is a structure located in the most central portion of the skull, in a brain region called the diencephalon, more precisely in the epithalamus. Its function has not yet been fully defined by science, but it is already known that it is especially related to chronobiology, that is, to the regulation of our biological cycles. One of its main functions is precisely to participate in neurological mechanisms that regulate sleep. On the other hand, spiritual theories give even greater importance to this organ (Figure 14) (Atkinson, 2005; Guyton and Hall, 2006; Itoh *et al.*, 2006).

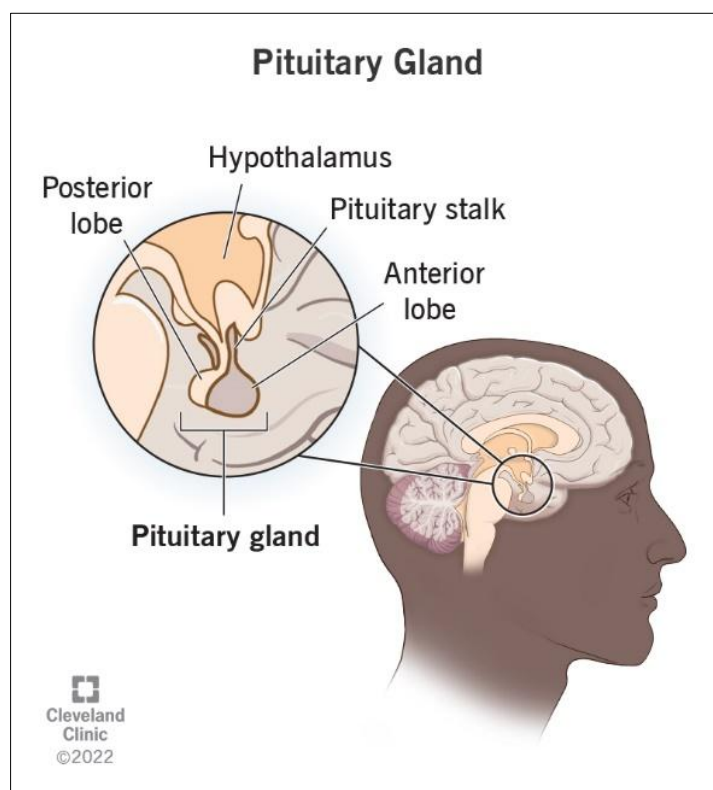


Figure 14: Location, pituitary, hypophysis, or pineal in the brain. The pituitary gland is located at the base of your brain, below your hypothalamus

Source: <https://my.clevelandclinic.org/health/body/21459-pituitary-gland>

Some Eastern religions believe that it is our connection with another dimension that is responsible for opening the human being's field of vision to the spiritual world. Where is the seat of the soul? This question was formulated, in a paradigmatic way, by Descartes, his answer being: That the seat of the soul is the pineal gland, a small place in the brain where the soul joins the body (Campino *et al.*, 2011; Barrett and Bolborea, 2012; Lucchetti, 2013).

However, in a spiritual approach, the function of the pineal body would go far beyond the simple

regulation of sleep. For several religions, this brain structure is designated as the center or crown chakra, which is characterized as the main energy center of the physical body. Numerous beliefs and cultures describe the importance of the pineal gland and its role as a mediator of consciousness: Mystics, philosophers, thinkers, and religious figures from both the East and the West have associated the pineal gland with the human mind's capacity for transcendence (Figure 15) (Jacobs and Azmitia, 1992; Guyton and Hall, 2006; Nestler and Carlezon, 2006).

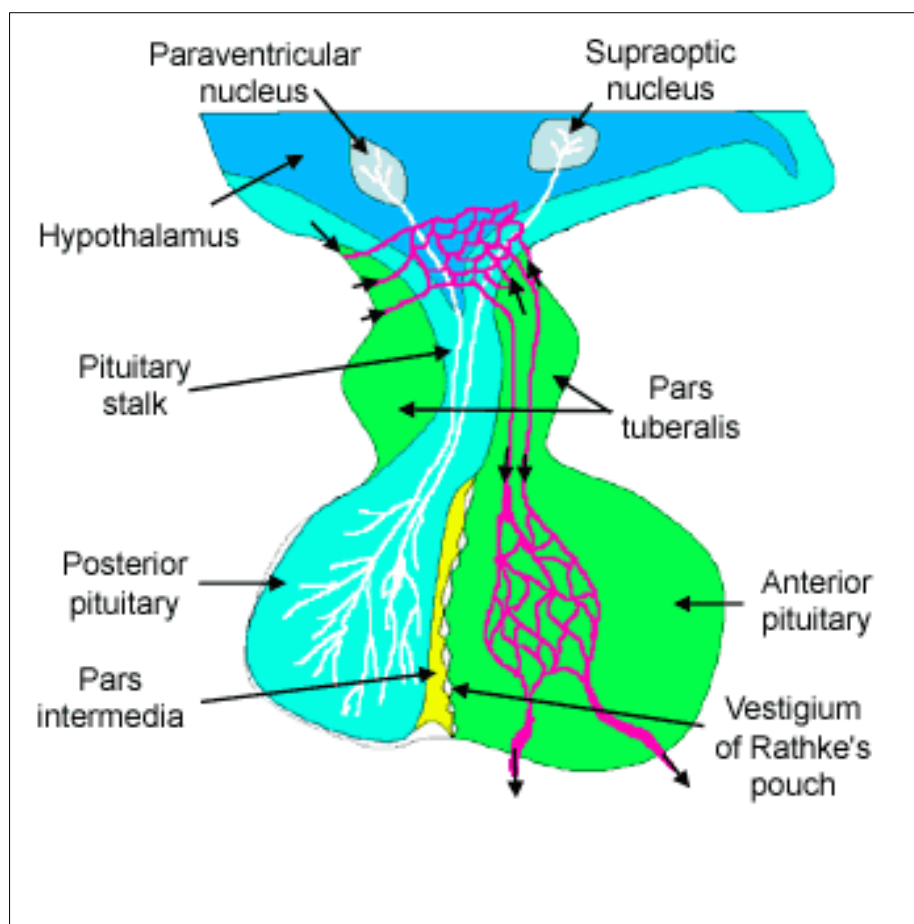


Figure 15: The anterior and posterior parts of the pituitary have different embryological origins
 Source: <https://www.histology.leeds.ac.uk/glandular/pituitary.php>

Life in the Spiritual World is composed of 13 books psychographed by Francisco Cândido Xavier. The work invites us to reflect on the relationship between life on the earthly planet and the spiritual plane. These books in the collection provide some information about the pineal gland. The topics covered by the spiritual author were: information regarding the spiritual connection of the pineal gland (7 passages), mental health (6 passages), reproductive function (4 passages), endocrine function (4 passages), criticism of the theory that the organ has no function (2 passages), physical activity (1 passage) and description of the hormones secreted by the gland (1 passage) (Atkinson, 2005; Guyton and Hall, 2006; Itoh *et al.*, 2006; Campino *et al.*, 2011).

Furthermore, a total of 6 passages are noted reporting visualizations of light emitted by the pineal gland during the occurrence of the mediumistic phenomenon [Life in the Spiritual World is composed of 13 books psychographed by Francisco Cândido Xavier] (Lucchetti, 2013a; Lucchetti *et al.*, 2013b; Barrett and Bolborea, 2012; Espino and Rodríguez, 2012).

Considered the most controversial organ in the body, it has been conceived as everything from a

rudimentary remnant to “the main abode of the soul”. Today, in light of new knowledge, the pineal gland is recognized for its chronobiology, but even more so for being a source of melatonin, which is a potent antioxidant and anti-inflammatory agent. Therefore, the pineal gland has been attributed importance in numerous cultures and beliefs and its role has been described by thinkers, mystics, philosophers, and religious figures (Campino *et al.*, 2011; Barrett and Bolborea, 2012; Espino and Rodríguez, 2012).

The pineal gland has been important in many cultures' beliefs and religions that have advanced the role of spiritism. Experts in the field were recruited to compile the information and draw parallels with the scientific literature. Topics related to the pineal gland include: mental health, reproductive function, endocrinology, relationship with physical activity, spiritual connection, criticism of the theory that the organ does not perform any function, and description of a hormone secreted by the gland (Figure 16) (Jacobs and Azmitia, 1992; Nestler and Carlezon, 2006; Guyton and Hall, 2006; McEwen, 2007; Striepens *et al.*, 2011; Mansano, 2018).

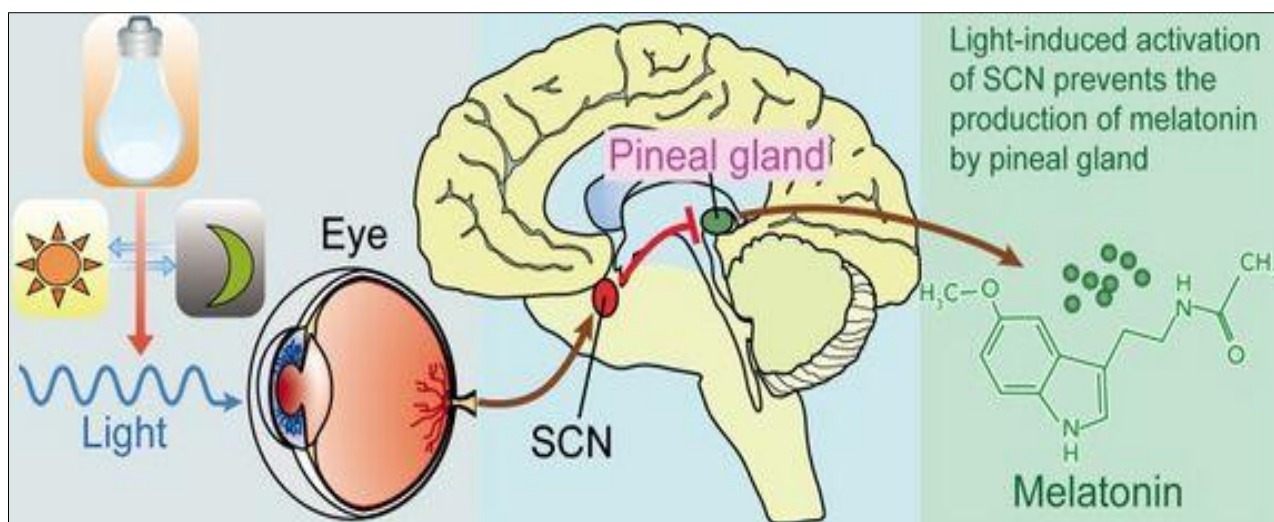


Figure 16: Light and the pineal melatonin circuit
 Source: https://www.physio-pedia.com/Pineal_Gland

The pineal gland, through its hormone melatonin, plays a fundamental role in the temporal ordering of events: recent studies have shown that this gland is activated every time there is a memory recall of events from the past. Interestingly, the pineal gland, once corresponding to the endogenous regulator of the biological clocks of the incarnated being, seems to be the only organ in our body that is specifically related to the dimension. Happiness hormones, as know, play a crucial role in our emotional and mental well-being. Science through two happiness hormones (Campino *et al.*, 2011; Barrett and Bolborea, 2012; Espino and Rodríguez, 2012).

Happiness hormones are chemicals produced by our bodies that directly affect our moods and emotions. These hormones play an important role in regulating mood, pleasure, love and even reducing pain. Understanding the science behind these hormones helps us gain a clearer perspective on how we can influence our well-being (Nestler and Carlezon, 2006; McEwen, 2007; Mansano, 2018). Four main happiness hormones play specific roles in our mood. Each of these hormones has a unique function and works together to give us a sense of happiness and well-being:

A. Serotonin:

Serotonin is known as a mood stabilizer and plays a key role in regulating emotions. It is responsible for making us feel calm, happy, and satisfied. Low levels of serotonin are associated with mood disorders such as depression, while high levels are linked to a sense of well-being and happiness.

B. Dopamine:

The pleasure hormone is known as the “pleasure hormone” and is involved in the feeling of reward. It is released when we do pleasurable activities, such as eating something tasty, achieving personal goals, or receiving compliments. Dopamine motivates us to seek out experiences that bring us joy and satisfaction, and its lack can lead to a lack of motivation and even depression.

C. Oxytocin:

Known as the love hormone, it plays an important role in interpersonal relationships. It is released during physical contact, such as hugging, kissing, and even sex. Oxytocin promotes feelings of trust, intimacy, and emotional connection. Increasing oxytocin levels can strengthen emotional bonds and promote healthy, happy relationships (Figure 17).

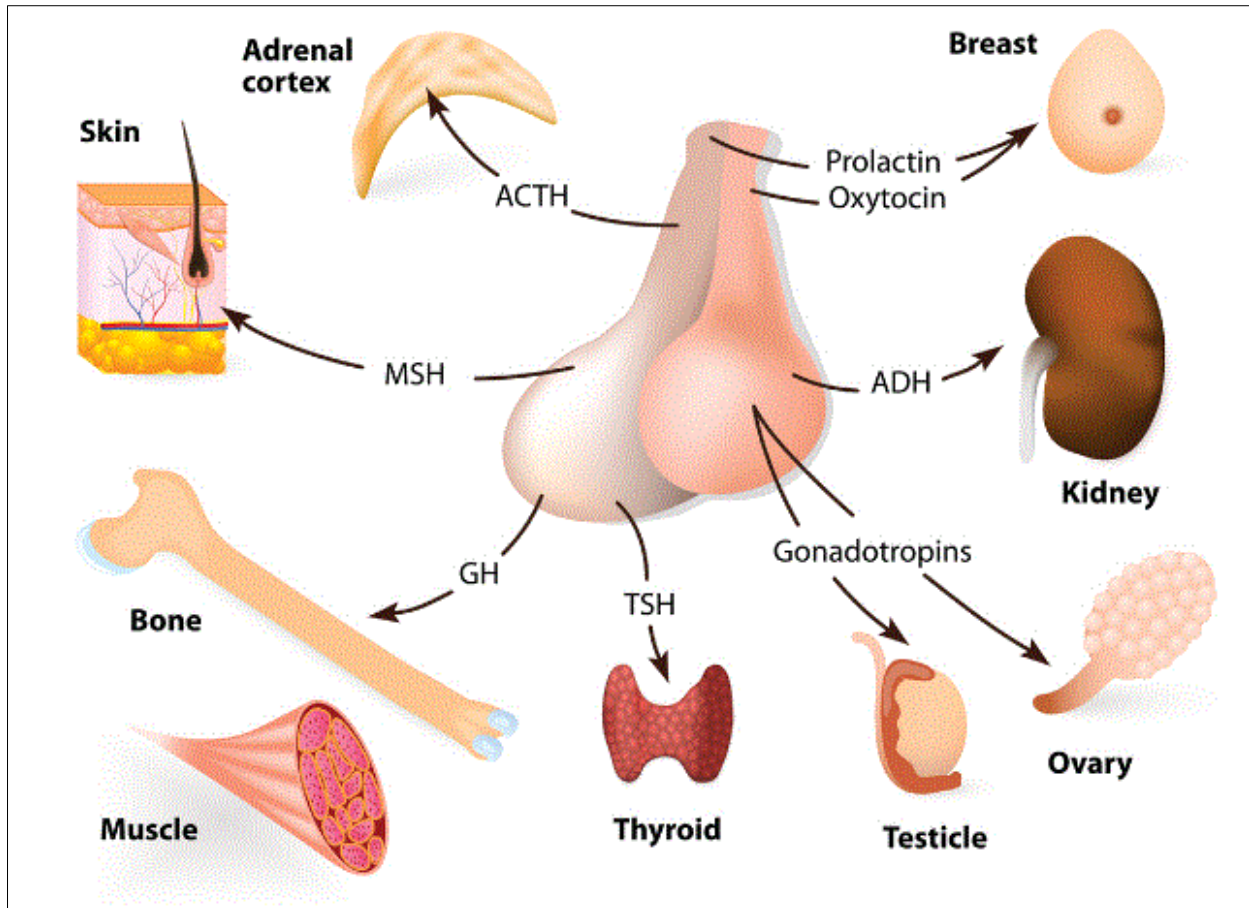


Figure 17: Hormones produced by pituitary, hypophysis, or pineal gland. The posterior pituitary gland stores two hormones antidiuretic hormone (ADH) e oxytocin. Anterior Pituitary: The anterior pituitary gland releases six main hormones, including: Growth Hormone: Thyroid-Stimulating Hormone (TSH), Adrenocorticotropic Hormone (ACTH), Prolactin, Follicle-Stimulating Hormone (FSH) and Luteinizing Hormone (LH)
 Source: <https://medicetests.com/units/the-pituitary-glan>

D. Endorphins:

Known as the body’s natural painkillers, they are released in response to stress or physical pain. They help relieve pain and promote a feeling of euphoria and well-being. Endorphins are also released during physical exercise, giving the runner a feeling of euphoria. Increasing the production of endorphins can improve

mood and reduce stress. How to increase happiness hormones naturally Now that understand the importance of happiness hormones, let’s explore some ways to increase them naturally in our bodies (Figure 18) (Campino *et al.*, 2011; Barrett and Bolborea, 2012; Espino and Rodríguez, 2012; Lucchetti, 2013a; Lucchetti *et al.*, 2013b).

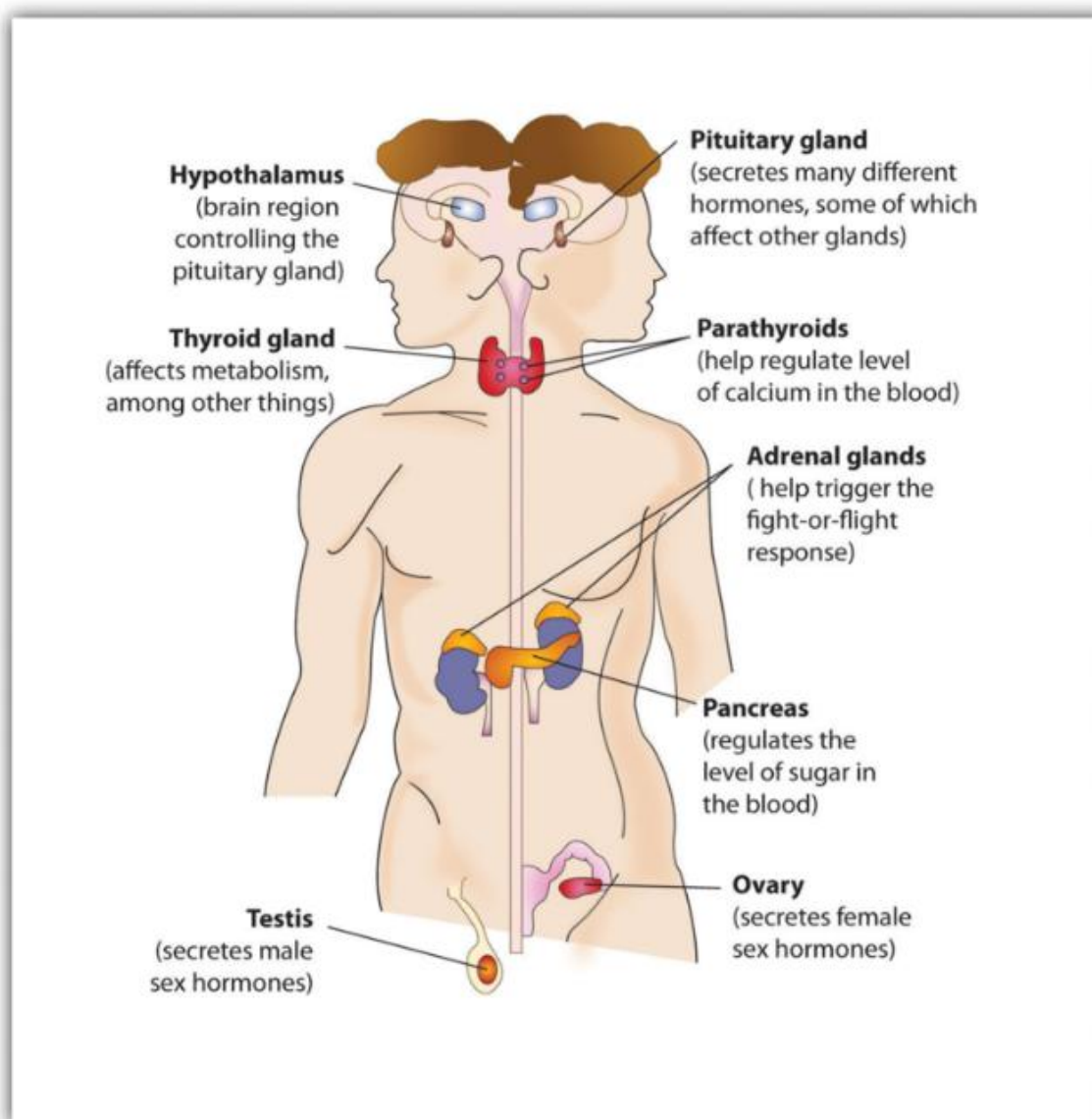


Figure 18: The major glands of the endocrine system. The male is shown on the left and the female on the right
Source: <https://www.opentextbooks.org/hk/ditopic/26421>

The pineal gland, through its hormone melatonin, plays a fundamental role in the temporal ordering of events: recent studies have shown that this gland is activated every time there is a memory recall of events from the past. Interestingly, once corresponding to the endogenous regulator of the biological clocks of the incarnated being, it seems to be the only organ in our body that is specifically related to the dimension. The hormones of happiness, as we know, play a crucial role in our well-being, emotional and mental being. Science through two happiness hormones (Nestler and Carlezon, 2006; McEwen, 2007; Barrett and Bolborea, 2012; Espino and Rodríguez, 2012).

Happiness hormones are chemicals produced by our bodies that directly affect our moods and emotions. These hormones play an important role in regulating mood, pleasure, love and even reducing pain.

Understanding the science behind these hormones helps us gain a clearer perspective on how we can influence our well-being (Nestler and Carlezon, 2006; McEwen, 2007).

“Those who are in the flesh cannot please God. When someone pleases the flesh, he displeases God.” Many young people say, “But the pastor is stronger than I am.” When we leave the church, before going home, we go to a motel. What these young people need to understand is that there is a great struggle between the flesh and the spirit [The apostle Paul exhorts us in Romans 8:8] (Jacobs and Azmitia, 1992; Nestler and Carlezon, 2006).

The Word of God tells us that our body is the temple of the holy spirit, so we need to take care of the temple, or rather, our own body. When we awaken this

love, we are giving in to carnal pleasures and hindering communion with God. There are steps to take before sexual intercourse. There must be a relationship where the glory of God is reflected. Seeking the Lord for the one whom our God has set apart for the constitution of the family (Guyton and Hall, 2006; McEwen, 2007; Striepens *et al.*, 2011; Mansano, 2018).

Physical mediumship is a more primitive mediumship and is not related to the higher chakras, therefore, it is linked to the chakras located in the lower regions of the etheric body. Likewise, intellectual

mediumship is more related to the higher chakras. Telluric energy, also known as kundalini, or energy coming from the Earth, is absorbed by the lowest or basic chakra of our etheric body. If the mental energies of communicating Spirits are captured by the crown chakra, which would be the cephalic pole, the simplest and most primitive energies reach us through the opposite pole, which is the genetic region or gateway to the physical world (Figure 19) (Jacobs and Azmitia, 1992; Guyton and Hall, 2006; Nestler and Carlezon, 2006; McEwen, 2007; Striepens *et al.*, 2011; Mansano, 2018).

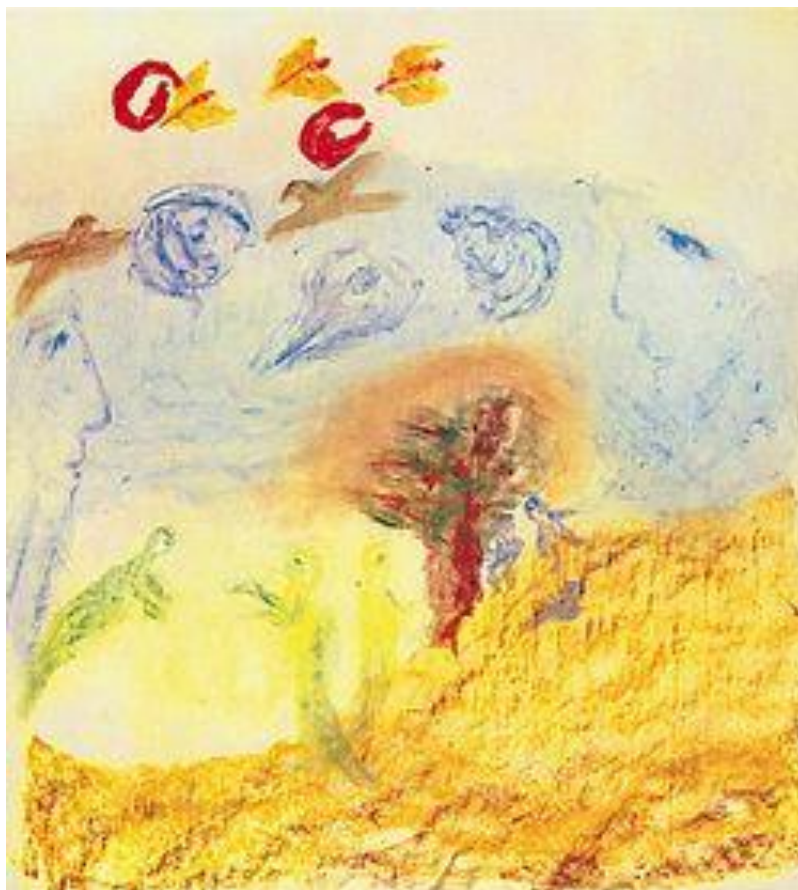


Figure 19: “Elementary Beings”, pastel on transparent paper (Rudolf Steiner, 1923)

Source: https://en.anthro.wiki/Elementary_being

Sexual energy, although in its essence divine and comes from the pure unconscious, in the state in which find us, manifests itself in a materialized form, and sexual hormones behave as “mediumistic hormones” of a telluric medium, a medium of denser manifestations and effects. These hormones and this environment put us

in contact with energies from the biosphere, or rather, from a simpler nature, also called, by other philosophical lines, “elementary beings” (also elementals, elemental beings, elementary spirits, elemental spirits, and nature spirit) (Figure 20) (Itoh *et al.*, 2006; Espino and Rodríguez, 2012).

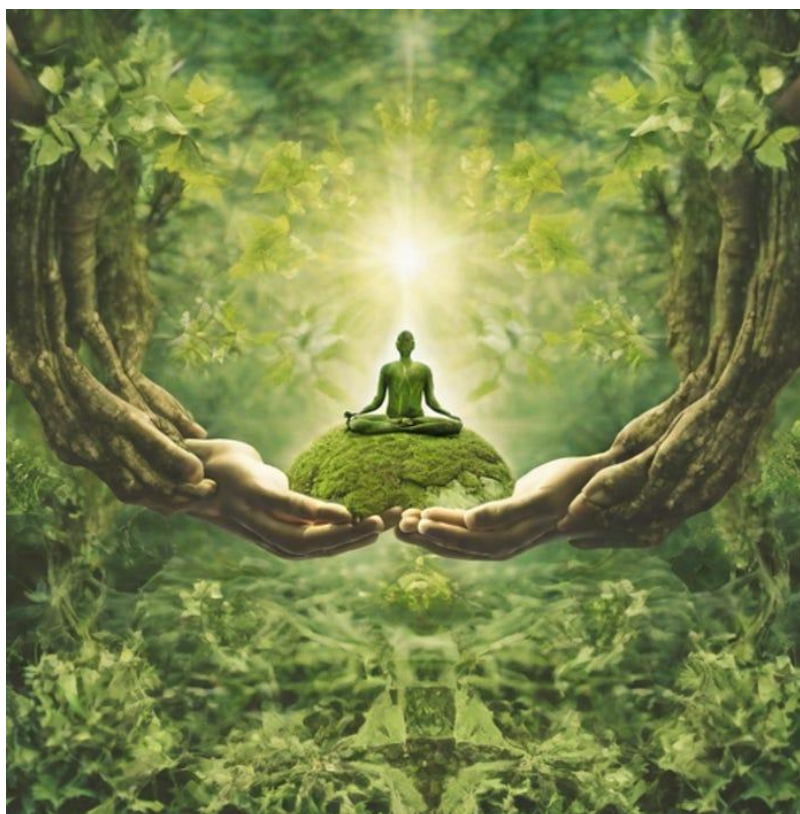


Figure 20: The environment's role in spiritual growth

Sources: Morgan O. Smith and <https://medium.com/@innovativecoaching/the-environments-role-in-spiritual-growth-46c8ce915d4f>

Let us make it clear that do not recommend surgical interventions directly on the physical body, such as incisions, because they are illegal. They will not be carried out in medical and hygienically adequate environments, and above all because they will not be in a spiritually well-organized environment. Some Spirits become rude in communication, authoritarian, impolite, and other less honorable adjectives. The phenomenology of physical effects involves denser energies and the entities that manipulate them tend to have a pattern that approaches and is in tune with them (Jacobs and Azmitia, 1992; Guyton and Hall, 2006; Nestler and Carlezon, 2006; McEwen, 2007; Striepens *et al.*, 2011; Mansano, 2018).

4.0. CONCLUSION

When these two aspects are combined consciously and intentionally, a state of holistic wholeness and vitality can be achieved. Mindful eating involves choosing healthy foods, being present when eating, connecting with where your food comes from, and enjoying each meal. This simple act can become a spiritual practice, nourishing not only the body but also the soul. Some foods have traditionally been associated with spiritual and emotional benefits. For example, fresh, whole foods rich in nutrients can increase vitality and mental clarity, promoting elevated states of consciousness.

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