

# The Electric Life Quick Nutrition Guide

## *Heal Indy, Live Electric*

*A Nervous-System-Based Nutrition Guide for the Indianapolis Community*

---

### ◆ Introduction: A Different Way to Think About Nutrition

Nutrition has become complicated — but your body isn't confused.

Every cell in your body is constantly responding to the environment you create through:

- Food
- Movement
- Stress
- Rest

Here in **Indianapolis — Naptown, the Circle City** — we see people trying to do everything right, yet still feeling:

- Tired
- Inflamed
- Stressed
- Stuck

The missing piece isn't more restriction — it's **better understanding**.

At Electric Life Chiropractic, we view nutrition as a **nervous system input**.

Food isn't just fuel — it's a signal that tells your body how to function.

It tells your body to:

- Build or break down
- Calm or stress
- Heal or compensate

**Healing Happens Here — when your body receives the right signals consistently.**

---

### ◆ 1. Food Is Information (The Physiology Behind It)

Every time you eat, your body runs a series of processes:

### **Step 1: Digestion**

Food is broken down into nutrients (glucose, amino acids, fatty acids).

### **Step 2: Absorption**

These nutrients enter your bloodstream.

### **Step 3: Cellular Signaling**

Your body decides:

- Use it for energy
  - Store it
  - Repair tissue
  - Regulate hormones
- 

### **Why This Matters**

Different foods create **different hormonal responses**:

- High sugar → insulin spike → energy crash → stress response
- Balanced meal → steady blood sugar → stable nervous system

This is why people feel:

- “Wired and tired”
- Cravings every few hours
- Brain fog

👉 It's not lack of discipline — it's physiology.

---

### **Nervous System Connection**

Your nervous system constantly monitors:

- Blood sugar
- Nutrient availability
- Stress hormones

If energy is unstable → your body enters **survival mode**

This leads to:

- Cortisol spikes
- Cravings

- Fat storage
  - Fatigue
- 

### **Takeaway**

👉 The goal is not just eating — it's creating **predictable, stable inputs**

**Heal Indy Tip:** Stable blood sugar = stable energy, mood, and recovery

---

## ◆ **2. Macronutrients — How They Actually Work**

### **Protein (Structure + Signaling)**

Protein → amino acids → used for:

- Muscle repair
- Enzyme production
- Neurotransmitters

#### **Deeper Insight:**

- Tryptophan → serotonin (mood)
- Tyrosine → dopamine (motivation)

👉 Low protein = low drive, poor recovery, more cravings

---

### **Carbohydrates (Energy Regulation)**

Carbs → glucose → primary brain fuel

#### **What Happens:**

- Glucose enters bloodstream
- Insulin regulates uptake
- Stored as glycogen

If unstable → crash → cortisol

---

### **Fats (Hormones + Nervous System)**

Fats support:

- Hormone production
- Cell membranes
- Brain function



### **Nervous System:**

Myelin sheath (nerve insulation) = fat-based

👉 Poor fat intake = poor signaling

---



### **Real-Life Rule**

Every meal should include:

- ✓ Protein
  - ✓ Carbs
  - ✓ Healthy fats
  - ✓ Color (micronutrients)
- 

## ◆ **3. Micronutrients — Why People Still Feel Off**

You can hit macros and still feel terrible if micronutrients are low.



### **Example:**

Magnesium deficiency →

- Poor sleep
- Anxiety
- Muscle tightness

Vitamin D deficiency →

- Low mood
  - Weak immunity
- 



### **Nervous System Link**


Micronutrients regulate:

- Neurotransmitter production
- Stress response
- Energy metabolism

👉 Deficiency = dysfunction

---

## Takeaway

 Eat variety, not repetition

**Circle City Heals Reminder:** Color diversity = cellular diversity

---

## ◆ 4. Hydration — Cellular Energy & Nerve Function

Water is required for:

- Electrical signaling
  - Nutrient transport
  - Detoxification
- 

### What Happens When You're Dehydrated

- Blood thickens
- Heart works harder
- Brain slows down
- Cortisol increases

Even 1–2% dehydration = noticeable fatigue

---

## Takeaway

 Hydration is not optional — it's foundational

---

## ◆ 5. Calories — Energy Without Obsession

Calories determine:

- Weight change
- Energy availability

But your body adapts:

Too low → stress response

Too high → inefficiency

---


## **Nervous System Insight**

Undereating signals danger →

- Slower metabolism
- Hormonal disruption

---

## **Takeaway**

 Consistency beats extremes

---

# ◆ **6. Performance & Recovery Nutrition**

This is where most people fall short — especially active Indy patients.

---

## **Pre-Workout**

Goal: fuel performance

- Carbs → energy
- Protein → support

Example: banana + protein

---

## **During Training**

- Hydration
- Electrolytes

---

## **Post-Workout**

Goal: recovery

- Protein → repair
- Carbs → replenish glycogen

Example: chicken + rice

---

## **Nervous System Recovery**

Post-workout nutrition tells your body:

👉 “You are safe. Recover.”

Without it → stress response stays elevated

---

### **Takeaway**

👉 Training breaks the body down

👉 Nutrition builds it back up

---

## ◆ **7. Nervous System Deep Dive**

This is the missing piece in most nutrition advice.

---

### **Two States**

#### **Sympathetic (Fight or Flight)**

- Stress
- Fast eating
- Poor digestion

#### **Parasympathetic (Rest & Digest)**

- Calm
  - Better absorption
  - Healing
- 

### **Food & Stress Connection**

If you eat while stressed:

- Digestion decreases
  - Nutrient absorption drops
  - Inflammation increases
- 

### **Blood Sugar & Stress**

Unstable blood sugar →

- Cortisol spikes
- Anxiety

- Cravings
- 

### **Nervous System Nutrition Rules**

- Eat slowly
  - Eat consistently
  - Eat balanced meals
- 

**Healing Happens Here — when your nervous system feels safe enough to digest and absorb.**


---

## ◆ **8. Common Nutrition Mistakes (Indy Edition)**

### **Top Mistakes I See:**

1. Skipping protein at breakfast
  2. Not drinking enough water
  3. Over-relying on caffeine
  4. Eating “healthy” but under-eating
  5. Weekend nutrition collapse
  6. No meal structure
  7. Too many processed “healthy” foods
- 

### **Takeaway**

 Most people don't need more discipline — they need better structure

---

## ◆ **9. Practical Daily System**

### **Morning**

- Water first
- Protein-based meal

### **Midday**

- Balanced meal

- Movement

## Evening

- Protein + carbs
- Wind down

---

# ◆ 10. Final Thoughts

You don't need a perfect diet.  
You need consistent habits.

Small actions → repeated daily → create transformation

---

## ◆ Final Message

This is bigger than food.  
This is how you live.

**Heal Indy. Live Electric.  
Naptown Heals. Circle City Heals.  
Healing Happens Here.**

---