

ADDICTION



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When Fascination Becomes Obsession (and Addiction!)

Dr. Deanna Minich



- Author, teacher
- Artist, speaker
- Food & Spirit
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“I wanted to find my freedom. And the way that I thought I could find that was through food. And so I started binging. I started overeating. I was emotionally eating as a teen. I would eat in secret because I knew that it was forbidden.”



“When I was emotionally eating, I could have been angry. I could have been sad. I could’ve been really happy.”



“I think I did have a wake-up call. And I began to become much more aware of my body, especially when I started taking yoga classes and I started doing different things with my body.”



“I tapped into color. I started painting. There was no rhyme or reason for it. It was an emotional space that felt free and open and expansive. And nobody was going to judge me.”



“When we feel free, we don’t feel controlled or addicted to something like it’s pulling us, rather we can take it in and decide what to do with that experience. We have the locus of control. We feel creative in that experience.”



“When we’re not expressing, at least even for me with my food issues, I was making sure that I didn’t feel something uncomfortable within me emotionally. And I would take food and stuff it down. That was my process.”



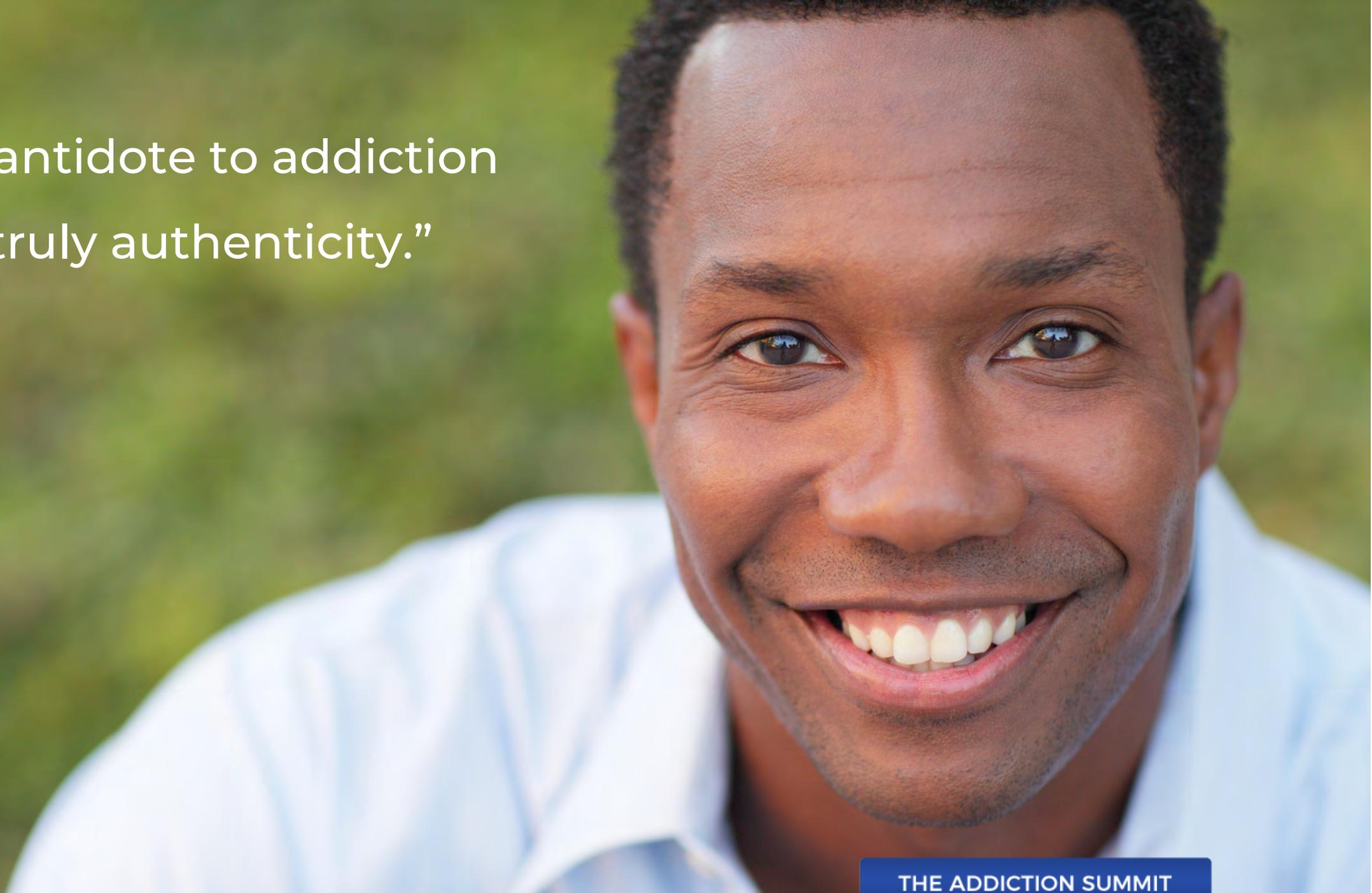
“My thing was chocolate.
I had to have chocolate.
Even now, I think about
chocolate is my biggest
teacher. What is
chocolate teaching me?”



“You know what also helps
is also animals, I think.”



“The antidote to addiction
is truly authenticity.”



“You look at all these dietary supplements and how we can take something for just about anything. The thing that we cannot take anything for is that sense of being connected into our own spirituality.”



“It’s really important to eat colorful foods. I don’t think it’s so important to be keto or to be paleo or to be vegan. I think it’s really important to tune into your own body.”



“Is the side of what nourishes you shorter than what depletes you? You’ll want to know that. Just look at the inventory. And then start to adjust so that you don’t feel like life is taking energy from you to the point that you need something. You need joy. And you’ve got to fill it up with reward. Just make a subtle shift.”



“Your heart knows. So I do think being honest with yourself and really coming into that place of authenticity is key.”

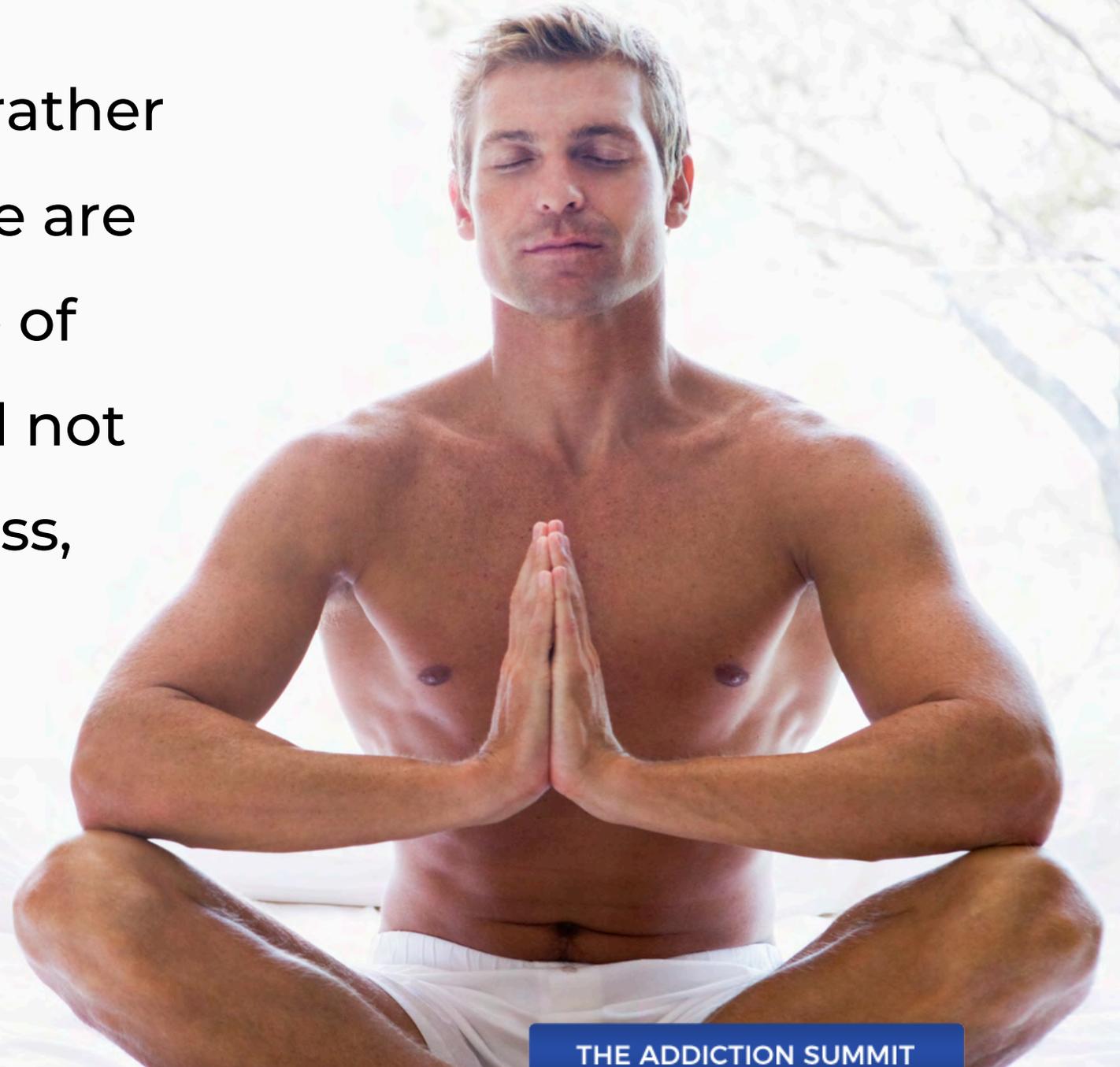


“When I got into affirmations, I had them on my bathroom mirror. I had them on the steering wheel of my car, on the refrigerator, on my juicer, my blender. These words were all around me.”

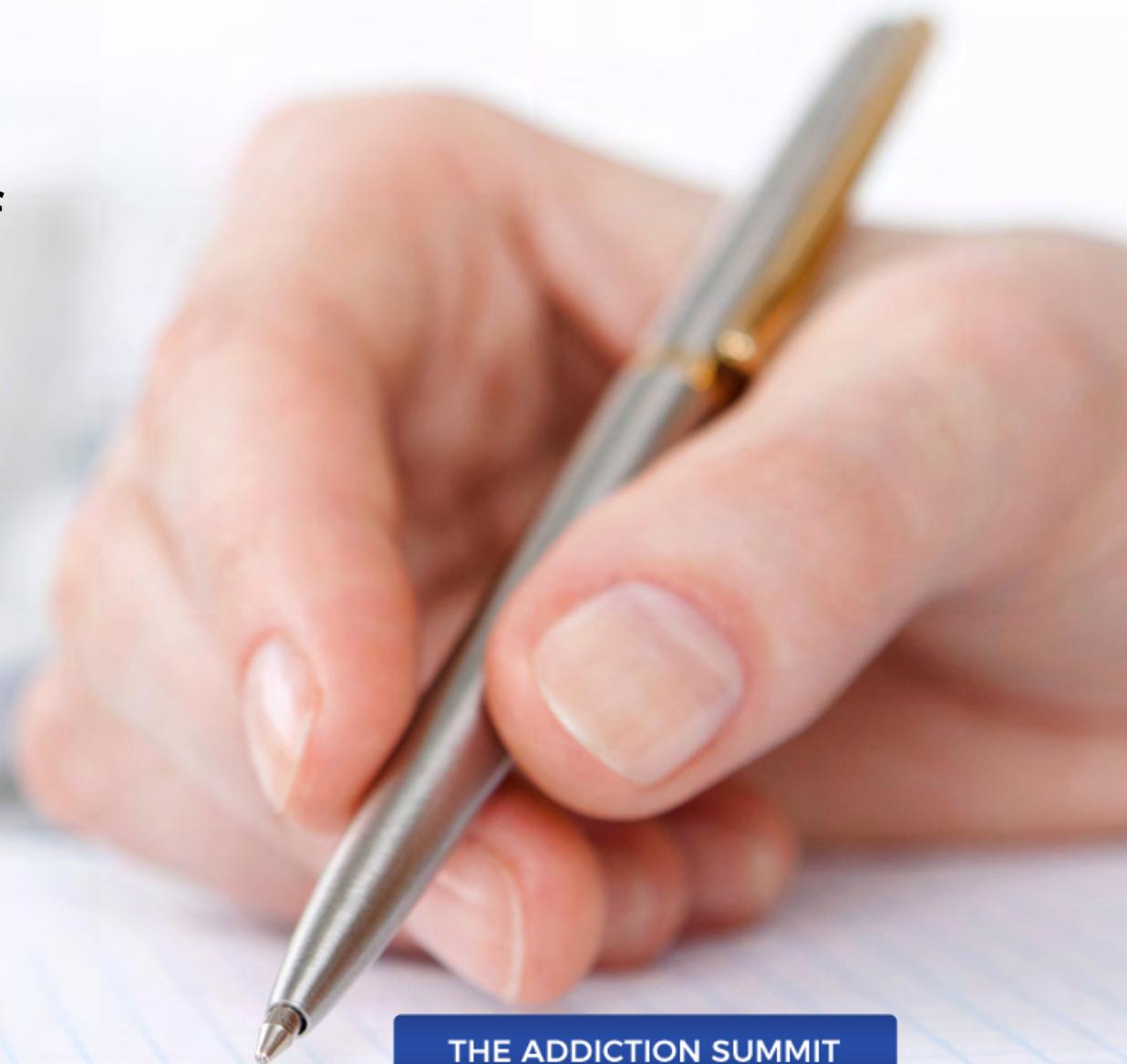




“We are human doings rather than human beings. We are so much in the mode of moving and doing, and not in the mode of stillness, reflection, silence.”



“When we actually write something, going from brain to hand, there’s a different sense of really connecting to it.”



Dr. Deanna Minich



- DeannaMinich.com
- *Whole Detox*
- Podcast & blog
- Trained practitioners

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