

# Know your Body

BECAUSE YOUR BODY KNOWS

Razi Berry



Top foods to support interoceptive ability  
and neurogenesis to increase your intuition



# Interoception?

Interoception is the process of how the brain receives and integrates signals arising from inside your body. You are constantly taking in data from the world around you with your 5 senses that culminate in the 6th sense. When we interrupt this process through eating processed foods, spending too much time under artificial light or taking in artificial fragrances, we skew the chemosignaling process that helps us constantly communicate through us and to us.

Proper nutrition is individual for each of us. No one diet is right for everyone. For instance, I was vegan for 7 years and then changed to eating whole foods after my body's dietary needs shifted.

That said, here are the top foods I use to enhance my intuition by supporting interoceptive ability.



## TOP FOODS TO INCREASE INTEROCEPTION



### FLAVANOL-RICH FOODS ENHANCE CORTICAL BLOOD FLOW AND HIPPOCAMPAL NEUROGENESIS:

- Organic berries
- Green and red vegetables
- Caffeine in the form of green tea

### CHOLESTEROL CONTAINING FOODS:

- Pasture-raised eggs
- Pasture-raised butter
- Wild caught shellfish
- Wild caught shrimp
- Pasture-raised beef, lamb, chicken, duck

### DHA RICH FOODS:

- Fatty fish such as salmon, anchovies

### PHOSPHATIDYLSERINE CONTAINING FOODS:

- Dark meat chicken and turkey
- White beans
- Atlantic mackerel
- Organ meat
- Pasture raised beef

### ALPHA LIPOIC ACID CONTAINING FOODS:

- Broccoli
- Spinach
- Pasture-raised meat and organ meat
- Avocado

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# Razi's Intuition Smoothie

2 cups raw pasture milk or nut milk  
1 cup chopped leafy greens  
1 raw egg yolk ( I only used locally sourced pasture eggs)  
¼ avocado  
1 tsp green tea powder  
1 scoop collagen powder  
Handful walnuts

**Optional:**

*Cacao nibs, frozen dark cherries or berries, tsp raw honey*



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