



MODULE 5 - EMOTIONAL GASTRONOMY AND HEART MEMORY

“ **The Flavor of my Story** ”.

Eating is not only nourishing the body, it is feeding the story we carry within.

Science + Consciousness

What is the Emotional Plate?

Emotional gastronomy studies how emotions, memories, and experiences influence the way we eat. Neuroscience research shows that the limbic system, especially the amygdala and hippocampus, is directly linked to emotional memory and eating behavior.

That is why we do not
eat only from physical hunger,
but also from:

Childhood memories

Family connections

Stress or anxiety

Culture and traditions

Emotional trauma or
feelings of safety



SECTION 1 ---

Conscious Connection Practice

It's the ability to manage and respond to emotional experiences effectively.

Key highlights include:



Step by Step

Sit in a quiet place.

Close your eyes and take
3 deep breaths.

Visualize a plate in
front of you.

Ask Yourself

What memories appear
when I think about food?

What dish connects me
with my childhood or family?

What emotion repeats when
I eat during difficult moments?

**Do not judge what comes up.
Just observe.**



ACTIVITY 1 _____

Emotional Plate Mapping

For this activity, you will use colors, drawings, or symbols. Draw an empty plate and inside represent:

Happy food memories

Difficult moments related
to eating

Important people in
your food story

Feelings that might appear
when you eat

It does not need to be
perfect. This exercise is a way to
heal the relationship between
your body, mind, and story.

Ask Yourself

What emotion lives
in my plate?

What story am I
feeding today?

Am I eating from love
or from the wound?



MÓDULO 5

GASTRONOMÍA EMOCIONAL

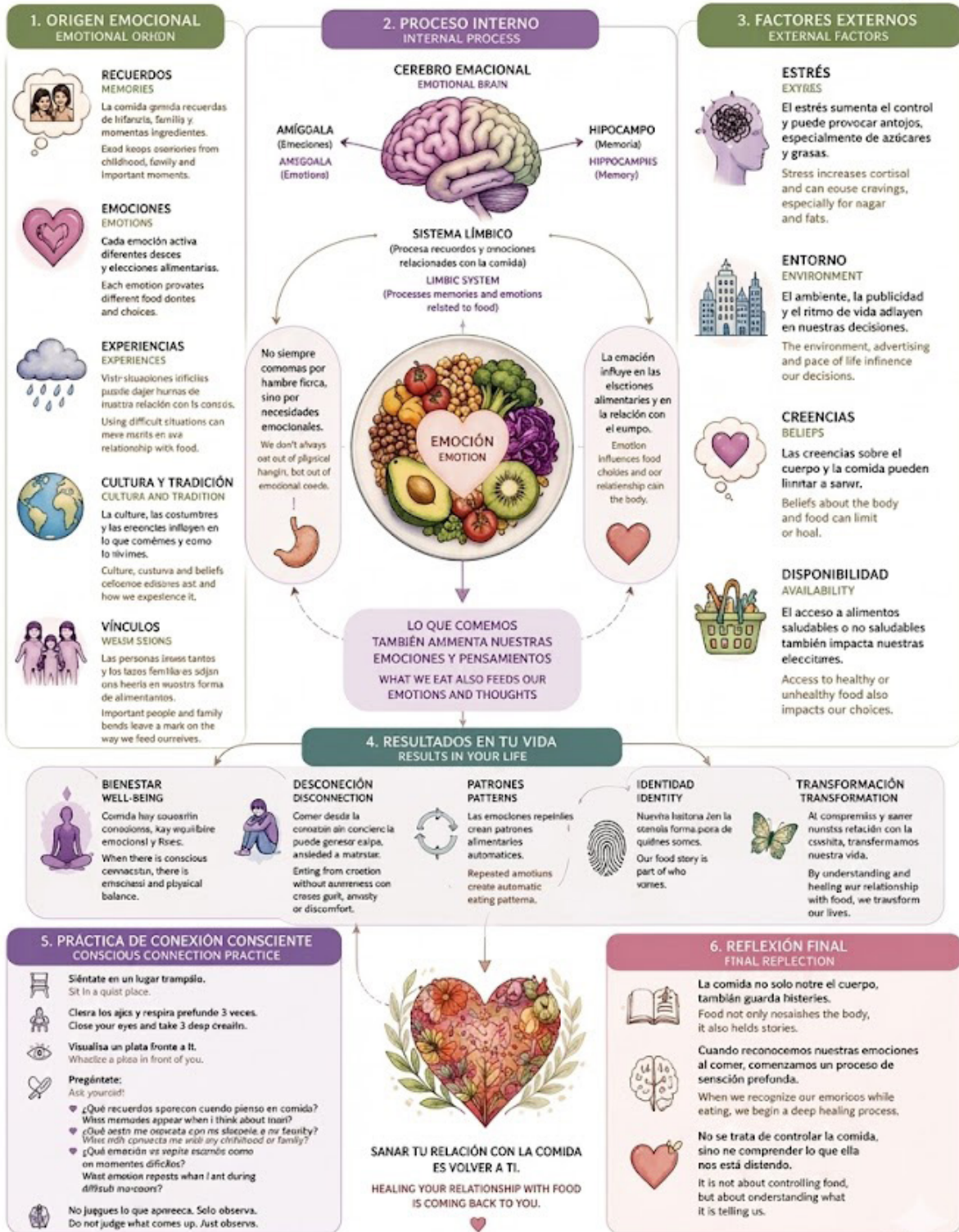
Y MEMORIA DEL CORAZÓN

EMOTIONAL GASTRONOMY AND HEART MEMORY



ALIMENTA
TU MENTE
NUTRE TU VIDA

Comer no es solo nutrir el cuerpo, es alimentar la historia que llevamos dentro.
Eating is not only nourishing the body, it is feeding the story we carry within.



CADA ELECCIÓN CONSCIENTE ES UN ACTO DE AMOR HACIA TU CUERPO, TU HISTORIA Y TU FUTURO.
EVERY CONSCIOUS CHOICE IS AN ACT OF LOVE TOWARD YOUR BODY, YOUR STORY AND YOUR FUTURE.



A Note to Remember

Food does not only nourish the body, it also holds stories. When we recognize our emotions while eating, we begin a deep healing process. It is not about controlling food, but about understanding what it is telling us.

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WELLNESS AND EATING COACH

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