

Primary Foods are the things that keep our lives in balance, spirituality, recreationally, and physically as well as professionally and romantically.

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Abstract

A supportive relationship, an inspiring career, an enjoyable night out with friends, a trip to a place you've always wanted to visit, these are all examples of primary foods that feed our souls and give us a hunger for living. When those life aspects are out of whack, we often compensate by feeding our "hunger" with actual foods. Specifically, have you ever indulged in a pint of ice cream after a bad breakup? Or a box of cookies after a rough day at work? Well, you're not alone. In times like these, most people turn to high-fat, high-sugar, and unhealthy foods. Unfortunately though, those secondary foods lead to the start of unhealthy habits and worst of all, weight gain. The only way to avoid this vicious cycle is by exuding positive energy. The less positive energy in your life, the more of an urge you will have to indulge in secondary foods. The more you let secondary foods fill you, the less you will be able to receive the primary food. Reason being, your secondary foods choices fill that void that the primary foods don't.

Nowadays, nutrition is considered an afterthought in many people's lives. However, in order to receive the good benefits of secondary food, you must fix your primary food. The truth of the matter is, you can try to live a healthy lifestyle, but you won't succeed until you find that positive energy. You MUST satisfy your hunger for love, fun, romance, intimacy, success, spiritually, happiness, etc. It's important to take it slow to understand the process. Once you do, you will realize the benefits and encourage yourself to find that fulfillment that soothes your mind, body and soul.

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Biography

Francisca Ferreira received her certification in Health & Wellness from the Institute of Integrative Nutrition (INN) in New York City. She completed a series of courses, focusing on how to coach people through stress management, career decisions, lifestyle changes, sleep issues, eating disorders, holistic healing, and more. Francisca has her specialization in Hormone Health, focusing on improving digestion increased libido, relief from pms, enhanced focus and clarity, stabilized blood sugar, weight management, infertility and more.

Between her holistic upbringing and her own knowledge from INN, Francisca is dedicated to motivating and inspiring them to take better care of themselves, physically, mentally, and emotionally. As the Founder of Bloom Holistic Wellness Coach, she does not diagnose, nor does she treat. Francisca simply provides a safe space for people to explore the different ways they can improve all aspects of their health.