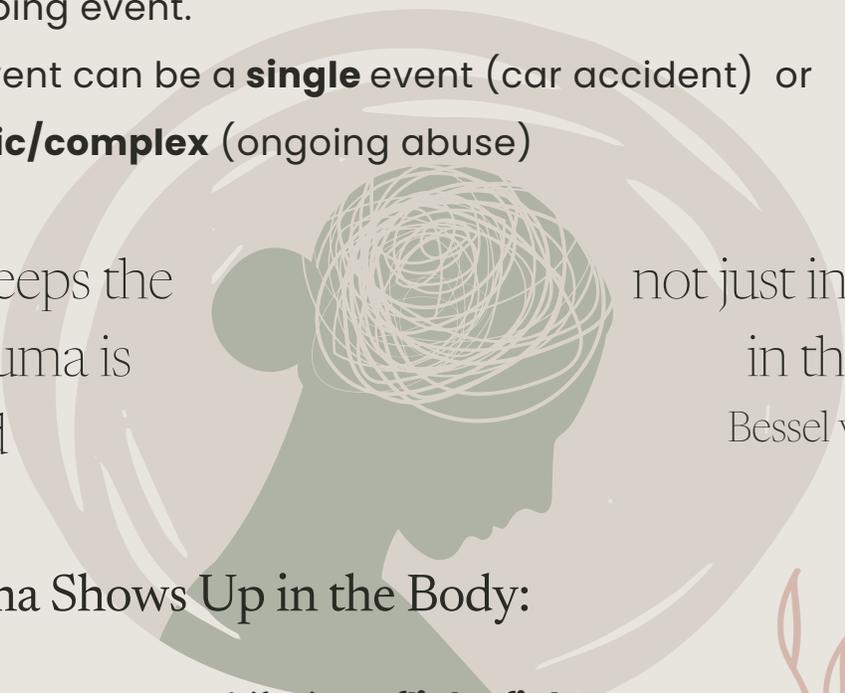


Trauma and Nutrition : Understanding the Connection

What is Trauma?

- Trauma is an emotional response to a deeply distressing or disturbing event.
- The event can be a **single** event (car accident) or **chronic/complex** (ongoing abuse)

“The Body Keeps the Score-- Trauma is stored



not just in the mind, but in the body.”
Bessel van der Kolk

How Trauma Shows Up in the Body:

- The nervous system shifts into “**flight, fight or freeze**” mode.
- Common **physical impacts**: headache, GI distress, sleep disturbances
- Over time, **trauma disrupts** hormones, metabolism, and appetite regulation.



Trauma and Nutrition : Understanding the Connection

How Trauma Impacts Nutrition:

- **Disrupts hunger/fullness cues** and ability to **trust** one's body
- **Eating** may become **irregular, chaotic or overly-controlled**
- Chronic stress **increases cortisol**, which can **damage the body** with frequency and time
- **Food** can become a source of **numbness, comfort or avoidance**.



Nutrition & Trauma: Your body's needs

- **Glucose:** regular eating, 3 meals, 2-3 snacks
- **Phytochemicals:** eat from the rainbow at least 3 times a day
- **Omega-3s:** fatty fish, nuts

Healing requires remembering and feeling, but also restoring capacity for joy and connection.”

Bessel van der Kolk