

## For The Artist

# ↪ Holistic Foundation ↩

### Part II: Interview With Dr. Ken Pataky by Frank Frontis Featuring Special Message On Thanks And Giving

Dr. Pataky, MS, CRC, LPCA, ND (<http://www.phoenixway.net>), good to be back with you. In our first session, we were discussing the importance of a “holistic foundation” for artists and what’s involved in them crafting one for themselves. You had likened the idea of a holistic foundation to the five fingers of a hand, explaining that a strong holistic foundation consisted of five components, and just as a hand needed all five fingers to function properly, one’s holistic foundation needed to be supported by all five of its components, as well.

#### Session II of Interview:

**FF: Concerning the component of an artist’s holistic foundation related to diet and nutrition, what types of diets, food and food supplements might be supportive of their creativity?**

**KP:** Plant food is sustainable; animal food is not. Plant food fills us with energy, life, healing, and optimism. Animal food brings heaviness, death, negative energy, depression, anxiety, and disease. To access higher creative states, consider living on plant food, which doesn’t carry the negative karma of the pain and suffering of the animal raised and slaughtered for the food. Sub conscious guilt, stress hormones, and the disease inherent in the animals we eat invade our tranquility and cause us agitation and suffering. Raw/live plant food is the most alive and nutritious of any food; cooked food can make us tired and depleted.

Food wrought with chemicals—such as processed food, fast food, and genetically modified food—cannot sustain life and health and was not made for any beings to eat. The cleaner the food, the cleaner the mind, the more energy, clarity, and alertness you will have to create your art... and the inner sense of peace and harmony that result will make your art glow.

One of the areas of nutrition that is recently being recognized to be important for brain health is the Omega fatty acid balance. We need Omega 3’s and Omega 6’s in the proper balance, much like LDL and HDL cholesterol. Neither is bad; we need both, but in ratio. We actually need more Omega 6 than 3, but the problem with our Western diet is that most of the foods in it do not contain Omega 3’s. Omega 3’s are primarily found in fish, eggs, and the following seeds/nuts: hemp, flax, chia, and walnut. Without adequate Omega 3’s, the myelin sheaths around our nerve fibers degenerate, causing mental illness and degenerative neurological diseases. Omega 3’s are

also anti-inflammatory, while Omega 6’s increase inflammation (even more so when Omega 3 is not present to balance it). Since eggs come with cholesterol and are contaminated unless they are organic, and since fish is also contaminated with heavy metals (and now becoming GMO), I’d advise a few tablespoons of one of the primary plant sources. Flax seed oil gel caps would be a quick fix, but the more whole food there is, the better (though flax seeds should be crushed into meal before eating in order to be digested).

Dark leafy greens are the best source of nutrition—period!

—of any food, and this includes sea vegetables and the blue green algae. Fruits are the original fast food and the cleanest form of energy, also packed with antioxidants which heal the body and eliminate disease.

Healthy fats include avocado, olives, coconut (and their oils) as well as nuts and seeds. But keep in mind that corn, soy, cottonseed, and canola are mostly GMO oils and should be avoided. Protein comes from all foods, but in the plant world, the highest concentrations are in greens, sea veggies and algae, legumes, grains, seeds, and nuts. There is plenty of clean, healthy protein available from plants. Animal protein is not necessary for human health. In fact, it is acidic, allergic, inflammatory and disease promoting.

Many health maladies today are actually allergies to foods and can be eliminated by reducing or removing them. Allergic conditions include stomach upset, constipation/diarrhea, rashes/hives/itching, acne, headaches, mood swings, addiction behaviors, bingeing, etc. The worst culprits in our culture today are corn (esp. GMO), soy (esp. GMO), wheat, dairy, (esp. nonorganic), and eggs (esp. nonorganic).

**FF: Shweee! Dr. Pataky that was a ton of healthy advice about food, diet and nutrition. As a Holistic Coach and Educator, what other suggestions do you have for those involved in creative and artistic pursuits?**

**KP:** There is a huge, palpable difference between the art that is born from suffering and despair versus that which comes from celebration, gratitude and joy. Find the latter—live for it! Learn to love yourself, other beings, your world, your creator. Find ways to revel, dance, sing, and celebrate, which are healthy and sustainable. Get close to nature and create your



art around what is vibrant, alive, and humming... so that it can be a healing for you and those you share it with. Most importantly, don't make the mistake of sacrificing your health because you believe it will make your art more deep or successful. The artist's highest calling, in my opinion, is to experience the world, and being sentient on the deepest level possible and then translate that, document it, and share it with the rest of humanity, with the goal to inspire them to see how you see, feel like you feel, understand like you understand. Use your gift of sensitivity to enlighten the world rather than to destroy yourself. Let your art be your worship, your contribution, and the song of your life after you're gone. May it be a song that inspires peace, gratitude, and joy!

**FF: I am finding this to be very impressive advice, Dr. Pataky. I'll certainly keep it in mind concerning my own creative work. ... Thanksgiving is almost upon us. It's usually a time I eat so much that I become energy-drained and brain-dead. Can you explain why such indulgences at any time may impair certain cognitive functions required for creativity?**

**KP:** Sugar and refined carbohydrates are exhausting to the pancreas and adrenal glands, which have to pump out great amounts of hormones to digest and process the sugars. Processed sugars and starches—including those found in alcohol and popular holiday dishes and desserts—significantly lower immune system function, opening the door to disease such as viruses and bacteria. They are also acidic in their effect on the blood, causing an anaerobic environment also inviting to disease, such as cancer. Excessive amounts of these foods lead to diabetes and candida fungal imbalance. An amino acid in meat, especially poultry, called tryptophan, makes us feel sleepy and lethargic, undermining our will to exercise and socialize and create. Overall, animal foods and starches are extremely dehydrating on the body, difficult to digest, full of toxicity, and ultimately contribute to weakness and illness.

**FF: Artists are often endowed with enormous gifts, making them quite unique. How important do you think it is for them to have gratitude and appreciation for their gifts?**

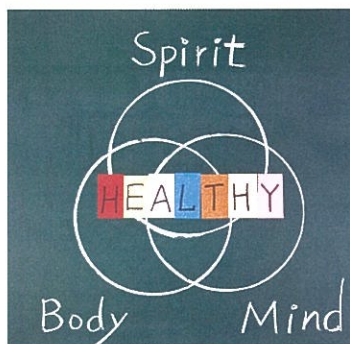
**KP:** Gratitude and appreciation represent a positive mindset and good mental health. Having such an attitude in itself reduces stress and makes adaptation easier. Life is about constant changes and adapting well to those changes. Having gratitude and appreciation means not resisting that process and thereby avoiding adding more stress to an already stressful journey. Having this attitude will also make getting along with others so much easier, and having positive relationships is key for health and enjoyment in life. For artists, having this attitude means avoiding burnout, exhaustion, and illness.

**FF: When an artist gives of his or her time, energy, gifts and talents to others, how might that affect the artist's life personally?**

**KP:** Giving makes us feel better, typically, not just for the receiver, but about ourselves. Our ability to give affirms to us that we are

good and that there is hope yet in the world. That being said, giving needs to be balanced with receiving, so we don't become drained. Participating in one-way relationships, where we are doing all of the giving, are exhausting and ultimately promote illness. This can also be true with art. We need to make sure we're receiving peace, joy, satisfaction, accomplishment, etc., from our work, or it too can become draining as well.

**FF: Dr. Pataky, you are a person who spends enormous amounts of your time teaching, coaching, advising, counseling, encouraging and supporting others. You are human, however, and at times, face your own challenges. Who or what do you turn to for direction and support during such times?**



**KP:** When I'm not working, I'm typically in "maintenance mode." I spend my free time hiking in the woods, basking in the sun, eating healthy and delicious plant food, meditating, practicing yoga and tai chi, exercising, and spending time with my wife and family. I have a clinical supervisor to whom I can turn to for support as well as a few good friends. Much of my support comes from the spiritual relationship I have with the earth and the power that created it and the rest of the universe, including me. I am comfortable asking this universe for what

I need and expecting it will be provided when the time is right. I remind myself that I am not the only one who determines my destiny, though I have a key role. I consciously practice letting go and letting God.

**FF: "... letting God?" Very briefly, explain to some of us what's meant by "letting God."**

**KP:** "... 'Letting God' means learning to let go of attachment to how we want things to be and allowing ourselves to accept what is, right now, radically, in this moment. Only once we see things close to how they are and accept them in that state is any kind of change or transformation possible..."

**FF: What a great idea to always embrace. Feels like I'm sitting on a kind of "Holistic Foundation" right now! Thank you Dr. Pataky for taking the time to inform and educate me and readers of Simply Elevate Magazine on the value of holistic health and wellness to our creative endeavors.**

**KP:** I appreciate the opportunity to share my thoughts and experiences. Thank you for your hospitality.

About the Author:



Frank Frontis has a background as a professional feature article writer, having worked for several publishing companies in Memphis, TN where he wrote pieces related to art, health and wellness. Currently he's focused on fiction, working to compile and complete an anthology.