



Conscious eating

what does it mean:

- 1) Learning to listen to the body, discerning when you eat out of necessity and when out of mechanical routine, anxiety, gluttony, caprice, or conditioned influence.
- 2) Tend to eat only when the body needs it and eventually as a family/social ritual.
- 3) To perceive food as a living being, its morphological beginning and end, to respect its soul/energy axis when handling it.
- 4) Take into account the qualities and compatibilities between foods to favour good digestion and assimilation of nutrients.
- 5) Eat as naturally as possible, minimise processed and fried foods and all the habits acquired through media conditioning and not by listening to the body.
- 6) Eat slowly, chewing well and with gratitude.
- 7) Readapt the body to eating local and seasonal.
A proportion on where the food comes from:
50% local (from 0 to 150km.) and seasonal
25% continental
25% intercontinental
- 8) Who do you give your money to? To support the local economy of producers who prioritise quality, and therefore do not use GMOs, chemicals nor artificial technological ingredients.
- 9) Discern ethical and sustainable companies from speculative ones. Discern between ecology and agro-ecology so as not to fall into the superficial fashion of "eco".
- 10) Minimise industrial waste as much as possible (packagings, tetra-breaks, cans, etc.) and prioritise buying in bulk and without packaging.