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Nutrition: Food, Health and Spiritual Development (Paperback)

By Rudolf Steiner

Rudolf Steiner Press, United Kingdom, 2009. Paperback. Condition: New. Language: English . Brand New Book. Our instinctive knowledge of which foods are helpful and which are harmful appears increasingly to be fading. We are bombarded with advice, information and prescriptions as to what we should eat and drink, but the issues surrounding nutrition - questions of health, diet, taste, even ecology and sustainability - remain largely unresolved. Unlike most commentators on this subject, Rudolf Steiner tackles the theme of nutrition in a refreshingly open way. At no point does he try to tell us what we should or should not be putting into our bodies - whether with regard to an omnivorous or vegetarian diet, smoking, drinking alcohol, and so on. The job of the scientist, he says, is to explain how things act and what effect they have; what people do with that information is up to them. However, he emphasizes that our diet not only determines our physical wellbeing, but can also promote or hinder our inner spiritual development. In this carefully collated anthology, with an introduction, commentary and notes by Christian von Arnim, Rudolf Steiner considers nutrition in the light of his spiritual-scientific research. He explains the...



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Reviews

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The book is fantastic and great. I have go through and i also am certain that i will planning to read through once more once more down the road. Its been printed in an exceedingly simple way and is particularly simply after i finished reading through this publication through which really changed me, change the way i think.

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