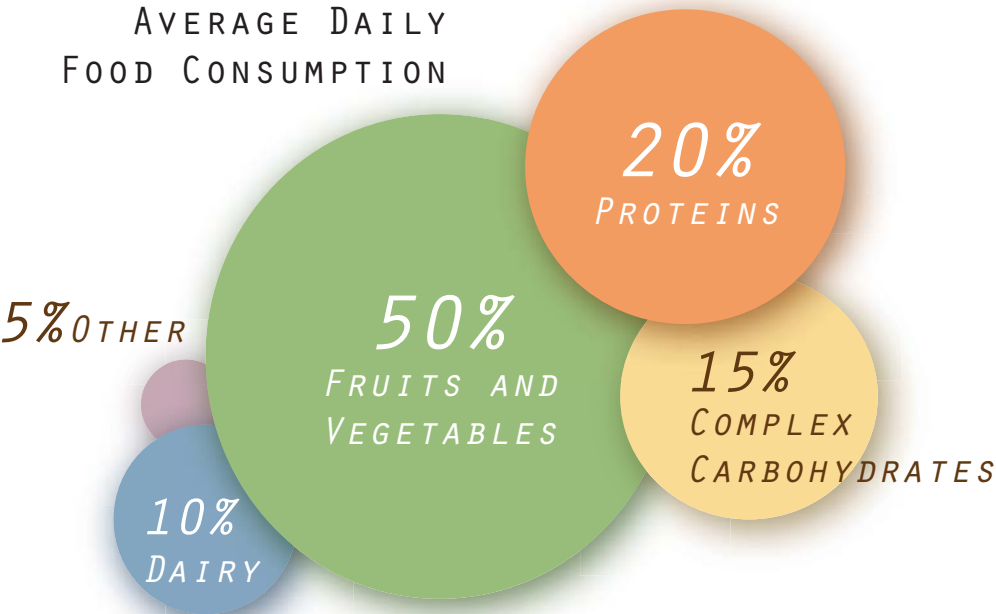
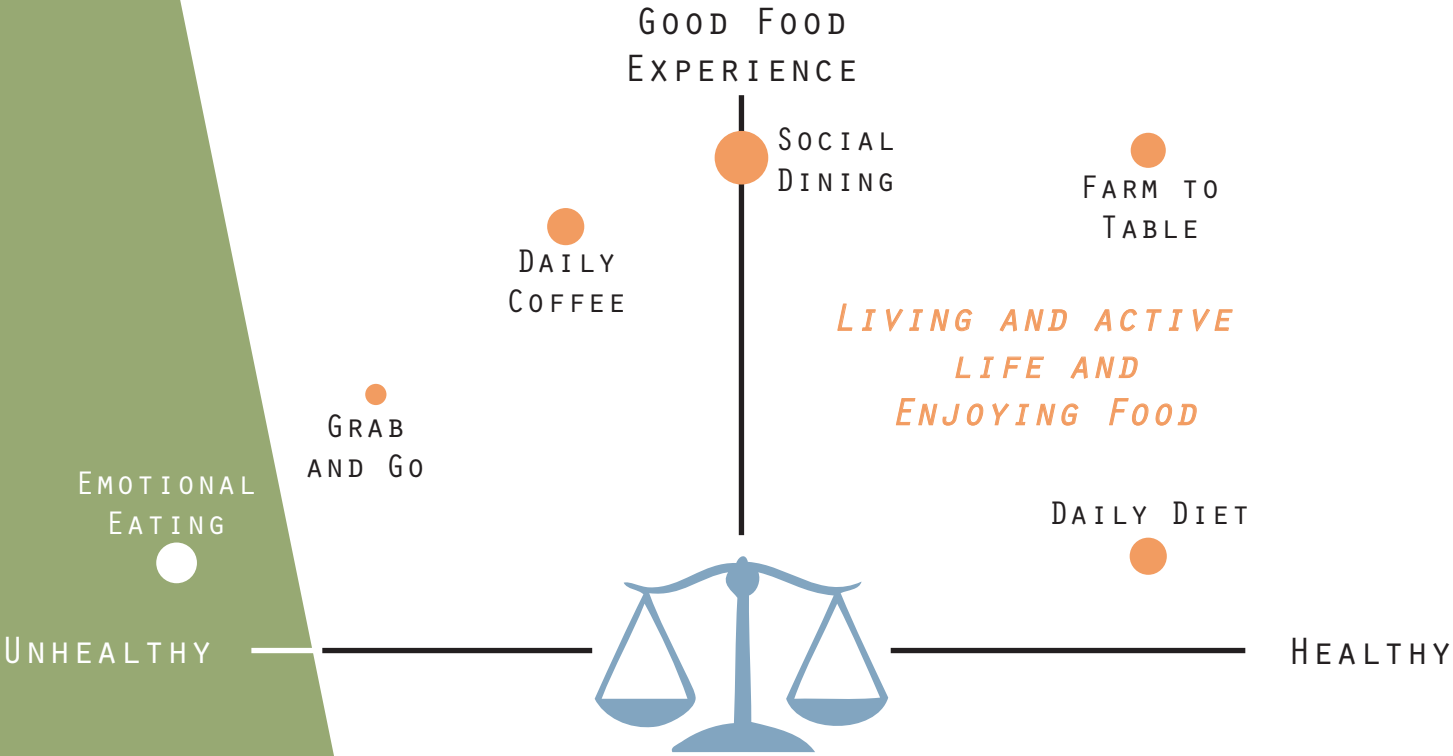


FOOD: A CONSUMER'S RELATIONSHIP



A CONSCIOUS MENTAL SHIFT:

IN 2009, THE STATE OF MY HEALTH HIT AN ALL TIME LOW. IT WAS AT THIS TIME THAT I MADE A CONSCIOUS MENTAL SHIFT TO START EATING HEALTHY AND TO RECONNECT TO MY FOOD. I CHANGED MY DIETARY HABITS TO SUPPORT MY BODY IN ITS RECOVERY, AND I BEGAN EATING AS LOCAL AND ORGANIC AS POSSIBLE, AS IT IS ALSO EXTREMELY IMPORTANT FOR ME TO UNDERSTAND WHERE MY FOOD WAS COMING FROM. I BEGAN THE LONG ROAD TO ACHIEVING BALANCE BETWEEN EATING AS AN EXPERIENCE AND FOOD AS FUEL, IN ORDER TO LIVE A MORE ACTIVE LIFESTYLE.



FOOD TO FEEL CONTROL OVER LIFE

CHARTING MY RELATIONSHIP WITH FOOD OVER TIME

