



## Foodwise: Understanding What We Eat and How it Affects Us, The Story of Human Nutrition (2nd Revised edition)

By Wendy E. Cook

Clairview Books. Paperback. Book Condition: new. BRAND NEW, Foodwise: Understanding What We Eat and How it Affects Us, The Story of Human Nutrition (2nd Revised edition), Wendy E. Cook, Wendy Cook's fascination with nutrition began during her war-time childhood. In the midst of deprivation and food-rationing, the rich abundance of her mother's organic garden made a profound impression. In her twenties, married to Peter Cook, she discovered the artistic and magical effects that food could have in creating a convivial atmosphere. During this period she cooked for many well-known names, including John Lennon, Paul McCartney, Dudley Moore, Peter Ustinov and Alan Bennett. But it was only later, through her daughter falling ill, that she came to study and understand deeper aspects of nutrition, and in particular the effects of different foods on human health and consciousness. In "Foodwise", Wendy Cook presents a remarkable cornucopia of challenging ideas, advice and commentary, informed by the seminal work of the scientist Rudolf Steiner. She begins the volume with biographical glimpses relating to her experience of food and how it has influenced her life. She then presents an extraordinary perspective on the journey of human evolution, relating it to changes in consciousness and the...



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