



Cooking and eating for health and vitality

Our philosophy

This fact sheet explores the philosophy behind The Natural Food School.

'Let food be your medicine and medicine be your food'
Hippocrates, the father of medicine. A.D. 390

We believe that health is about flow and movement through the body, mind and emotions; in this state we feel happy in our body, we have clarity and focus mentally and a true sense of who we are and our connection to nature. There is a sense of lightness and brightness about our lives.

On the other hand, dis-ease is about stagnation through the body, mind and emotions. In this state we experience symptoms of chronic illnesses, a general feeling of malaise, a lack of energy and sense of who we are.

At times like this, there will be a heaviness to life, a sense that we are dragging ourselves around. We also feel disconnected from the natural rhythms and the timeless wisdom of the earthly cycles.

We believe that there is a whole generation of people who never feel well (and have never felt well) and who are developing chronic symptoms early in their lives because of the food they eat.

This fact can be explained by the fact that the food many of us eat today has a stagnating and depleting effect on the body, mind and emotions. It is full of highly processed grains, damaged fats, sugar and salt and completely depleted, or devoid, of the nutrients that we need to stay well and reach our potential.

There is no doubt that the British diet (along with lack of exercise) is responsible for the nation's health crisis. By returning to natural seasonal foods, grown locally and organically, cooked simply, we can reverse this trend.

On a therapeutic level, the food we eat has the potential to create the movement necessary to restore balance and harmony to the whole. By eating a seasonal, organic diet, rich in nutrients from natural and easily digested, non-challenging foods, we help create movement again so cleansing can take place and blockages removed. Even making simple changes can have a dramatic effect on health and wellbeing on all levels.

This process can be further enhanced by the use of simple naturopathic techniques, such as skin brushing and breathing exercises.



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For information on courses for anyone who wants to learn how to feel healthier, more energetic and more alive simply by eating well:

Visit www.naturalfoodschool.co.uk

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