



DAMANHUR ALCHEMY SCHOOL

## **THE ALCHEMIST FOOD (EARTH)**

- Relationship of exchange with food
- Before you eat, perform the ritual to tune with what you eat
- Drink water but without excess
- Varied food
- Little elaborated
- Mainly vegetables
- Something raw always for each meal
- Avoid salt and sugar
- Avoid refined foods (white flours)
- Don't eat things you don't like by modifying them with salt and sugar, (example sugary coffee) if we feel the original flavors the body feels what is good, if we modify, no.
- Different species to integrate their experience in us
- Some substances make the body produce others
- Others prevent their production
- Example coffee or foods that contain caffeine prevent the production of substances that regulate the body but also the emotions
- Meat twice a week is ideal but not always red meat
- Fish is ok
- Organic animals and plants, not fed with transgenic foods
- Well treated animals, with love and dignity and respected
- Food of the territory, roots the alchemist to the territory
- Little wine of good quality
- Water is good to drink even during meals
- Eat with sunlight
- Eating with others
- Eating not in a hurry