



Foodwise: Understanding What We Eat and How it Affects Us, The Story of Human Nutrition

Wendy E. Cook

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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 consumption of different foods. In the following section she considers the importance of agricultural methods, the nature of the human being, the significance of grasses and grains, the mystery of human digestion, and the question of vegetarianism. In the next section she analyses the 'building blocks' of nutrition, looking in some detail at the nutritional (or otherwise) qualities of many foodstuffs, including carbohydrates, minerals, fats and oils, milk and dairy products, herbs and spices, salt and sweeteners, stimulants, legumes, the nightshade family, bread, water, and dietary supplements. She ends with practical tips on cooking, planning menus, children's food, sharing meals, and some mouth-watering recipes. Foodwise presents a treasure of wisdom and experience for anybody with a concern for the content of the food they eat or a desire to discover more about the physical, soul and spiritual aspects of nutrition.

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