



Source & Processing

Begin with a better understanding of your current food choices

1. What governs or inspires your food choices? Upbringing, spiritual or health reasons? Because it's on the supermarket shelf? Be a label-reading detective. Just because the packet or advertisement says it is free of cholesterol, salt, sugar, gluten or it has been enriched with synthetic nutrients, at the end of the day it is food that has been altered. If processing has stripped something out and enriching or fortification adds something back then it isn't real food.
2. Do you know what we have evolved to eat? We are omnivores, we are a species designed to eat both plants and animals as our primary food source.
3. Why do you eat? For sustenance and health, or for emotional reasons; distraction, boredom, anxiety, depression, indulgence, punishment, reward, do you eat just because you have to or for comfort?
4. How do you eat? With time, respect and gratitude? Or on the run, skipping meals, or chewing food quickly without consciousness or connection?
5. How do you feel after a meal? Satiated, emotionally balanced, easy, calm digestion. Or hungry, bloated, lethargic and uncomfortable?

Consider the source & processing of food

It affects the health of food: plants and animals, environment and ultimately earth, which in turn creates food rich in nutrients or empty calorie foods. And it affects what is on offer... an abundance of food full of industrialized ingredients such as sugar, wheat, and corn or what we have evolved to eat.

Source is where a food or fluid or ingredients originate from. This affects the quality and nutrition of the food/fluid. The health of the soil is most fundamental. How the soil is farmed, what chemicals are used to fertilise, treat it, weed it or enhance it? The health of plants. The seeds of plants may be of GM origin. What chemicals are they fed to enhance their growth. The health of animals. What they are fed, the conditions they reside in, chemicals that are used to aid growth, and disease management. If we are looking at the source of ingredients, is it synthetic or natural? What processes has it undergone?



10 considerations to help you choose well-sourced foods

1. Seasonal
2. Local
3. Pastured or grass fed
4. Open range
5. Hormone and chemical free
6. Genetic engineering free
7. Organic
8. Biodynamic
9. Polyculture/permaculture
10. Irradiated free

Processing - prepare well. Follow our ancestral and cultural food preparations and traditions.

Food preparation is based on the pure enhancement of our natural food, aid digestion, enhance natural flavour, preserve valuable nutrients, healthier for human consumption, made with love, care and respect for where the ingredients come from (soils, water, climate, animals, plants) and the health of the farmer/gardener and manufacturer involved. These methods are based on gentle, slow cooking and low to medium temperatures.

10 preparation methods to choose

1. Steaming
2. Simmer, braise or stew
3. Gentle pan fry and gentle sautee
4. Casserole
5. Baking and roasting
6. Slow food cooker
7. Raw
8. Soaking
9. Fermenting
10. Sprouting



I am Food - nutritional foundations

- Organic, seasonal, clean fifteen (low chemical), fresh & cultured: vegetables & fruit
- Whole fats & proteins from healthy pastured animals
- Organic, unprocessed whole plant fats
- Nose to tail: bone stock & organ meats
- Sustainable, wild farmed seafood
- Some well prepared nuts, seeds, grains & beans
- Whole, unprocessed, cultured, pastured dairy