

FRED PROVENZA



Nourishment

What Animals Can Teach Us About
Rediscovering Our Nutritional Wisdom

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That trip means embracing wonder and uncertainty and avoiding illusions of balance and control once we dine on a planet in a universe bent on consuming itself. To what level do we lose connection with life-sustaining energies when the foods we consume result from anywhere but where we live? In *Nourishment* Provenza presents his thesis of the wisdom body, a wisdom that links flavor-feedback human relationships at a cellular level with biochemically rich foods to meet up the body's nutritional and medicinal needs. Provenza explores the fascinating complexity of these associations as he raises and answers thought-provoking questions about what we can learn from animals about dietary wisdom. Provenza contends the voices of "authority" disconnect a lot of people from an individual search to find the internal wisdom that may nourish body and spirit. Can a body develop dietary and medicinal remembrances in utero and early in existence? Do humans still possess the wisdom to choose nourishing diet programs? Or, has that capability been hijacked by dietary "authorities"? Our health and wellness could become improved by consuming biochemically rich foods and by creating cultures that know how to combine foods into foods that nourish and satiate. On a broader level Provenza explores the romantic relationships among facets of complex, poorly understood, ever-changing ecological, social, and financial systems in light of an unpredictable potential. Their work shows that when given a selection of natural foods, livestock have an astoundingly refined palate, nibbling through the day on as many as fifty kinds of grasses, forbs, and shrubs to meet up their nutritional needs with remarkable precision. To what degree do we get rid of the mythological romantic relationship that links us physically and spiritually with NATURE who nurtures our lives? Provenza's paradigm-changing exploration of these questions has implications that could vastly improve our health through a straightforward change in the manner we view our romantic relationships with the plants and animals we eat. Consumers eager for a "quick fix" have empowered the multibillion-dollar-a-year supplement market, but is taking supplements and enriching and fortifying foods assisting us, or could it be hurting us? What types of memories form the basis for how herbivores, and human beings, identify foods? Reflections on feeding body and spirit in an environment of change

Animal scientists have long considered household livestock to be too dumb to know how exactly to eat right, however the lifetime research of animal behaviorist Fred Provenza and his colleagues offers debunked this myth.



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An inspiring meditation on individuals, animals and existence on earth Fred Provenza has written a thoughtful, inspiring meditation in our place on earth based on his many years of research with crazy and domestic animals, studying their behavior, just how they learn, and what they are able to teach us. His composing is witty, deep, and fun. His many insights, gleaned over an eternity of learning, have huge relevance for our occasions and the future path of our put on the world. I recommend this reserve to everyone.



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