

LIGHT FOOD

Coffee is my friend—except when I abuse it or drink it too late, and then it definitely is not my friend. Food is a wonderful pleasure and comfort—it is life. It is personal. It gives my body the information and the inspiration it needs to create. It is energy and it feeds my emotions.

When I respect and deeply understand what I consume or don't consume, how I consume it, where and even why I consume it, I grow conscious and aware—and that is the master key to freedom. It transforms nutrition to nourishment. It becomes a personal diet, and I reclaim this word and use it in its original intent, from the Greek *diata* or *diasthan*, which means "to lead one's life." I lead my life and how I eat and drink, along with how I breathe, move, think, listen, play, love and rest—it all culminates in my mind, body and my spirit.

As I change, my diet will also change, and thus with my listening, I grow and evolve consciously in all I consume, and for this now, these "rules" guide me:

SIP WATER ALL DAY, EVERY DAY.

REFINED SUGAR DOES NOT SERVE ME—NOT ONE BIT.

HOT WATER, LEMON AND CAYENNE DO MY BODY RIGHT.

THERE IS A WORLD OF GREENS AND SPICES YET TO EXPLORE.

A 70/30 SPLIT BETWEEN RITUAL AND VARIETY MAKES ME HAPPY.

EVERYTHING IN MODERATION, ESPECIALLY THE COFFEE I SO LOVE.

I FEEL AND PERFORM AT MY BEST WITH A LIMITED EATING WINDOW.

SHARED MEALS AND SHARED CONVERSATIONS ARE A DIVINE PLEASURE.

NOTHING GOOD COMES FROM EATING WHEN I'M OVERWHELMED OR UPSET.

I TRUST AND DEFER TO MY BODY'S WISDOM OVER ANY EXPERT—HUMAN, ARTIFICIAL INTELLIGENCE OR OTHERWISE.