

Study groups

Members of the AKE, friends and experts come together on a regular basis to discuss diverse subjects.

Study group „Nutrition and Cultivated Plants”

This expert group engages in current and fundamental issues in the area of nutrition. At each meeting, the group discusses an anthroposophic lecture and a current topic. In addition to this, comparative taste tests are carried out. The topics last year were nutrition and health, sweet plant Stevia and sensory exercises with different types of sugar, water, and bulgur.

6 meetings per year in Bad Vilbel

Colloquium “Nutrition through the Senses”

Cosmic nutrition or nutrition through the senses embodies a complementary approach to mundane nutrition. A group of experts has been working on this innovative topic for several years. One of the subject matters treated was “Light Nutrition”. Currently, we are discussing the senses and exercising the range of their capabilities.

2 meetings per year, registration necessary