

Nutrition Conference November 2010

Finally another Nutrition Conference!

After a 12 year break, there was once again a conference on nutrition at the Goetheanum with the theme "Nutrition and Developmental Ability." Over 130 people came, amongst them many who had been involved in recent years in working with the initiative circle on the subject of anthroposophic nutrition. A preparatory group made up of members of the section on nutrition planned and organized the conference, which was well received.

Dr. Petra Kühne from the *Arbeitskreis für Ernährungsforschung* opened the conference. She illustrated where we're at with nutrition today. In the 21st century, myths and allegations are no longer appropriate. Of importance are one's own experiences gotten through educating the senses and perceptions. In the era of the consciousness soul, independent verification takes precedence over the assumptions made by others. "Is man what he eats?" or "what should a person eat so that he is not what he eats?" asked *Ulrike von Schoultz* from Järna, Sweden, and clarified the relationship between nutrition and development – the theme of the conference. *Dr. Reinhard Kindt*, M.D., continued in this vein with his description of the four time frames in the course of a person's life in which changes – also in the area of nutrition - can have the strongest effect. *Dr. Marco Waser*, an epidemiologist from Switzerland, lectured on the results of studies in which low-processed, controlled milk was shown to offer protection from allergies. Healthy nutrition enables development – deficient nutrition can prevent development. Problems like these occur when people experience a scarcity of food. *Nikolai Fuchs* explained how this is associated with prevailing circumstances in the global world trade using examples of the connections between taxes, subventions, and global dependencies, and showed first steps that could be taken to change this situation.

Dr. Michaela Glöckler spoke about an important aspect of anthroposophic nutrition, the earthly and cosmic nutrition. This holistic view, which also has a relationship to life energies and thought energies, puts nutrition in a context which goes beyond just eating and drinking. In addition, there were several task groups where the subjects of the lectures could be delved into more deeply and additional important nutrition-related subjects could be discussed. In two workshops, delicious meals were prepared and an exercise was done on perceiving the taste of food. To round off the conference, three chefs with experience in institutional catering participated in a podium discussion with the theme "Quality and Economy."

In the closing discussion on continuing projects, it was clear that the participants do not want to wait 12 years for the next conference, but hope that a conference will take place regularly, preferably with international involvement.

