



Nutrition: Food, Health and Spiritual Development

By Rudolf Steiner

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Our instinctive knowledge of which foods are helpful and which are harmful appears increasingly to be fading. We are bombarded with advice, information and prescriptions as to what we should eat and drink, but the issues surrounding nutrition - questions of health, diet, taste, even ecology and sustainability - remain largely unresolved. Unlike most commentators on this subject, Rudolf Steiner tackles the theme of nutrition in a refreshingly open way. At no point does he try to tell us what we should or should not be putting into our bodies - whether with regard to an omnivorous or vegetarian diet, smoking, drinking alcohol, and so on. The job of the scientist, he says, is to explain how things act and what effect they have; what people do with that information is up to them. However, he emphasizes that our diet not only determines our physical wellbeing, but can also promote or hinder our inner spiritual development. In this carefully collated anthology, with an introduction, commentary and notes by Christian von Arnim, Rudolf Steiner considers nutrition in the light of his spiritual-scientific research. He explains the impact of raw food, vegetarian and meat diets, the effects of protein, fats, carbohydrates and salts, individual foodstuffs such as potatoes, beetroots and radishes, as well as the impact of alcohol and nicotine. His insights are vital to anybody with a serious interest in health, diet and spiritual development

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Editorial Review

About the Author

Rudolf Steiner (1861–1925) was born in the small village of Kraljevec, Austro-Hungarian Empire (now in Croatia), where he grew up. As a young man, he lived in Weimar and Berlin, where he became a well-published scientific, literary, and philosophical scholar, known especially for his work with Goethe's scientific writings. At the beginning of the twentieth century, he began to develop his early philosophical principles into an approach to systematic research into psychological and spiritual phenomena. Formally beginning his spiritual teaching career under the auspices of the Theosophical Society, Steiner came to use the term Anthroposophy (and spiritual science) for his philosophy, spiritual research, and findings. The influence of Steiner's multifaceted genius has led to innovative and holistic approaches in medicine, various therapies, philosophy, religious renewal, Waldorf education, education for special needs, threefold economics, biodynamic agriculture, Goethean science, architecture, and the arts of drama, speech, and eurythmy. In 1924, Rudolf Steiner founded the General Anthroposophical Society, which today has branches throughout the world. He died in Dornach, Switzerland.

Christian von Arnim is the founder and Editor in Chief of News Network Anthroposophy (NNA), "a news agency which covers news and events of interest to anyone wishing to develop a spiritually objective view of the world." He is an experienced radio and print journalist who has worked with news such organizations as the BBC (World Service) and *The Scotsman* (Foreign Leader Writer). Christian is the founding Editor of NNA. He has translated and contributed to several books, including *Eclipses 2005-2017* and *Moon Rhythms in Nature*.

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