



The New Enlightened Eating

Caroline M. DuPont

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Caroline Dupont has the ability to convey the intimate connection between our food choices, our bodies, and our environment. In this revised edition of the breakthrough *Enlightened Eating*, she brings to our attention inspirational and practical information that will help us deepen our understanding of our relationship to food and the world we live in.

Using recipes that are both universally appealing as well as easy-to-prepare, readers are shown how to create meals that are nutritionally sound, emotionally balanced, and completely satisfying. Focus is placed on life-enhancing, whole foods with emphasis on organic, local, in-season produce whenever possible.

Also emphasized is learning how to create a healthful environment. Being able to maintain a beautiful, sacred space around mealtime and eating mindfully in a relaxed state allows you to slow down and listen to your inner guidance.

Changes in this edition include simplifying both the recipes and ingredients for more efficiency, placing more focus on local foods, and overall using less salt and more healthful ingredients. This book shines a light on how to connect to our authentic nature through holistic nutrition and healthful eating. It's a joyful discovery.

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