

Exploring food choices

Many religious traditions have rules that dictate what you should or shouldn't do with your body. Some traditions have dietary guidelines about what you shouldn't eat at specific times, or combined with certain other foods, or ever.

Some who practice yoga and meditation do without certain foods that are said to either excite their senses (such as onions, garlic, and coffee), or that can lower the vibration of their energies (such as meat, poultry, or alcohol). Others may find the same foods that are prohibited by some traditions to be fine or even beneficial for their bodies.

Different health traditions also suggest different dietary choices. Just as with spirituality, conflicting ideas about health abound, with no clear-cut path that has been proven to work for everyone. Ultimately, you have to decide what is best for you. Your body is your responsibility, and it is your job to maintain your own body as best you can, given the information and resources you have available, along with your genetic and environmental circumstances.

An old man

A traveling salesman was passing through a small town when he saw a little old man sitting in a rocking chair on the stoop of his house. The old man looked so contented that the salesman couldn't resist going over and talking to him. "You look as if you don't have a care in the world," the salesman told him. "What is your formula for a long and happy life?"

"Well," replied the little old man, "I smoke six packs of cigarettes a day, and I drink a quart of bourbon every four hours plus six cases of beer a week. I never wash, and I go out every night."

"My goodness," exclaimed the salesman. "That's just great! How old are you?"

"Twenty-five," was the reply.