

# SIMPLE SUSTENANCE

*Traditional Recipes for Modern Folk*



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## *A Personal Note . . .*

*Over 2500 years ago, Hippocrates, the father of Western medicine, proclaimed, "Let thy food be thy medicine and thy medicine be thy food." 1600 years later in the 12th century C.E., famed physician Moses Maimonides echoed that by instructing, "No illness which can be treated by diet should be treated by any other means." Both of these statements make clear the link between food and health.*

*In recent years we found ourselves slipping into some foolish eating habits. This Simple Sustenance Handbook is a result of going back to our own "health food" roots to dig out old recipes collected over the years and meld them with new awarenesses.*

*A major key to what was chosen was simplicity of ingredients, of preparation and of the finished product; hence mainly 1 pot meals. The wide variety presented here should enable individuals to choose possibilities in keeping with their individual needs and tastes as each heads for a more personally healthful way of eating. There is plenty of room for improvisation!*

*But before you get to the recipe suggestions themselves, please do take the time to read the full introduction section first in order to make sense of the both the recipes themselves and ingredients mentioned.*

*Ultimately however, perhaps the most important ingredient in food preparation is that all food is prepared with respect for the food itself and love for the person for whom it is intended; including yourself! In my opinion, even the finest ingredients can turn toxic if thoughts are hateful or indifferent during preparation while even mediocre ingredients can vibrate with good energy when love is the main force behind the meal.*

*Rowan Emrys  
January 2005*