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Ancient wisdom and seasonal eating

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Abstract

Hippocrates, the ancient Greek philosopher, taught his students that disease was not a punishment inflicted by the gods as was thought by the Greeks, rather it was the product of environmental factors, diet, and living habits. Hippocrates said, "First consider the nature of man: then consider his food, environment, customs, and mode of life. We view the whole man. Not his disease." When Andrea Beaman was diagnosed with Thyroid Disease none of the doctors viewed her in her entirety - they didn't question her diet, lifestyle, or her relationship to nature. They saw her disease and therefore could only see one small piece of the puzzle. What you put your attention on grows and, if all we see is disease, then that is what grows. Had Andrea's doctors applied the ancient Hippocratic model of healing they would have been able to clearly see that she was out of balance on many levels. Her diet was horrible, her lifestyle was chaotic, she had little connection to nature and her environment, and her relationship to her "self" was in disharmony. All of these factors contributed to her dysfunction. Modern medical practice is designed to detect disease first, and then treat symptoms of that disease. It neglects environmental factors, nature, food, and living habits. This is a reversed model from what the great philosophers stated. Hippocrates said, "Let food be thy medicine and medicine be thy food." So that's where Andrea began; she changed the quality of her diet and incorporated healing foods as her medicine. With each passing season, her body grew stronger and healthier and her mind became clearer. She knew there was more to healing that she needed to understand. Human beings are out of balance on many levels and don't fully understand our connection to nature, the seasons, the environment, our food and living habits, and our self. This is one of the main reasons millions of us are chronically suffering with so many preventable diseases like cancer, arthritis, immune deficiencies, infertility, diabetes, digestive disorders, kidney stones and gallstones, thyroid disease, adrenal fatigue, and other bodily disorders. Ancient sages and healers understood the inner workings of the body and were able to alter the progression of disease, returning the patient to a balanced condition. One of the ways they did this was by aligning the human being back to nature, and their connection to the environment. They understood humans were connected to the universe, and to nature as the provider.

To heal our current health crises, we need to align with the wisdom of our ancestors. We need to discover the truth of what they understood about the Endocrine system and how it relates to our relationship to ourselves, and the world around us. Ancient healers understood that man is a smaller version of the bigger universe. They applied the elements in nature to our human existence to find health, happiness, and deeper connection to everything. For us modern folks to become truly healthy, vibrant and connected, we need to understand the elements in nature and use it in our daily lives.

Biography

Andrea Beaman is a Natural Foods Chef, thyroid expert, author, and television host dedicated to alternative healing and sustainable living. Andrea was recently voted by Greatist.com as one of the top 100 most influential health and fitness experts in 2012. She was a featured contestant on Bravo's hit reality TV show, Top Chef (season 1) and is a regularly featured food and health expert on CBS News, and is the host of the *Award Nominated*, Fed UP! A cooking show that educates guests and viewers how to cook for, and cure bodily ailments. She maintains www.AndreaBeaman.com, her personal website that offers recipes, video blogs, food tips, holistic health coaching, books, DVD's, and inspiring health-related content. As an inspirational keynote speaker, she teaches fun cooking classes and health seminars to a wide base of clients and students at The Institute for Integrative Nutrition, the Natural Gourmet Cooking School, The James Beard House, Kripalu, The Open Center, The 92nd Street Y, and other venues around the country to thousands of students annually. Most recently, she was the keynote speaker at The Holistic Mom's Network in Chicago, The Gaia's Women's Wellness Conference in New York, and the Take Back Your Health Conference in Virginia, and she speaks to many other audiences in other venues. Andrea teaches an advanced Master Coaching Program for health coaches and practitioners around the world that are invested in the wellness industry and healing arts. The students learn how to further their practice using ancient techniques and understanding their client's personal and physical condition. Andrea is the author of *The Whole Truth - How I Naturally Reclaimed My Health, and You Can Too! and The Eating and Recipe Guide - Better Food, Better Health, and Health is Wealth - Make a Delicious Investment in You!* Through her books, DVD's and classes, Andrea makes learning about health, food, and positive lifestyle activities, an uplifting experience.