

The Boca Times: Inner Wisdom--Outer Delight



Excerpt from an article in The Boca Times:

THE BUZZ ON BOCA
By Diane Feen

INNER WISDOM - OUTER DELIGHT

For those who wonder if eating can have spiritual significance, the answer is yes!, according to nutrition expert and author Maureen Whitehouse.

Whitehouse was at Whole Foods this week discussing her new book, "Soul-Full Eating: A (Delicious!) Path to Higher Consciousness." I'll bet you didn't know that we eat for reasons other than hunger. "The primary thing that fulfills us is our relationships; food is secondary to the rest of the things in our lives," said the former international model and spiritual counselor.

Whitehouse tells us that we should "eat food that has been prepared with love, grown with love and served with love." She also says to eat what resonates with your soul. If you want to catch up with her, check out the Whole Foods schedule in March or go to:

www.soul-fulleating.com