

# The Slow Medicine Approach to Eating

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The   
Slow  
Medicine  
Doctor

*Slow Medicine: The Best  
Quick Fix for Your Health*

**Food** – nourishing for body and soul

**Source** – grown in economic/ecological harmony,  
connected to farmers/land

**Preparation** – moving meditation, creative self-expression

**Setting** – aesthetically pleasing and soothing environment

**Company** – enjoyed with loved ones and community