



Rudolf Steiner on Nutrition and Stimulants: Lectures and Extracts

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Drawing on excerpts from his books and lectures, the effects of substances on the human body, temperaments, thinking, and reproduction are addressed through Rudolf Steiner's spiritual insights – including coffee, tea, alcohol, nicotine, milk, honey, roots, proteins, fats, carbohydrates, meat, vegetarianism, and more. Steiner's spiritual insights into these practical realms are given in a non-dogmatic way that can help us understand our own nutrition. This text is best for those with an understanding of anthroposophy, as these pieces were presented to an audience already familiar with these ideas. Most of the selections in this book appear here for the first time in English.

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