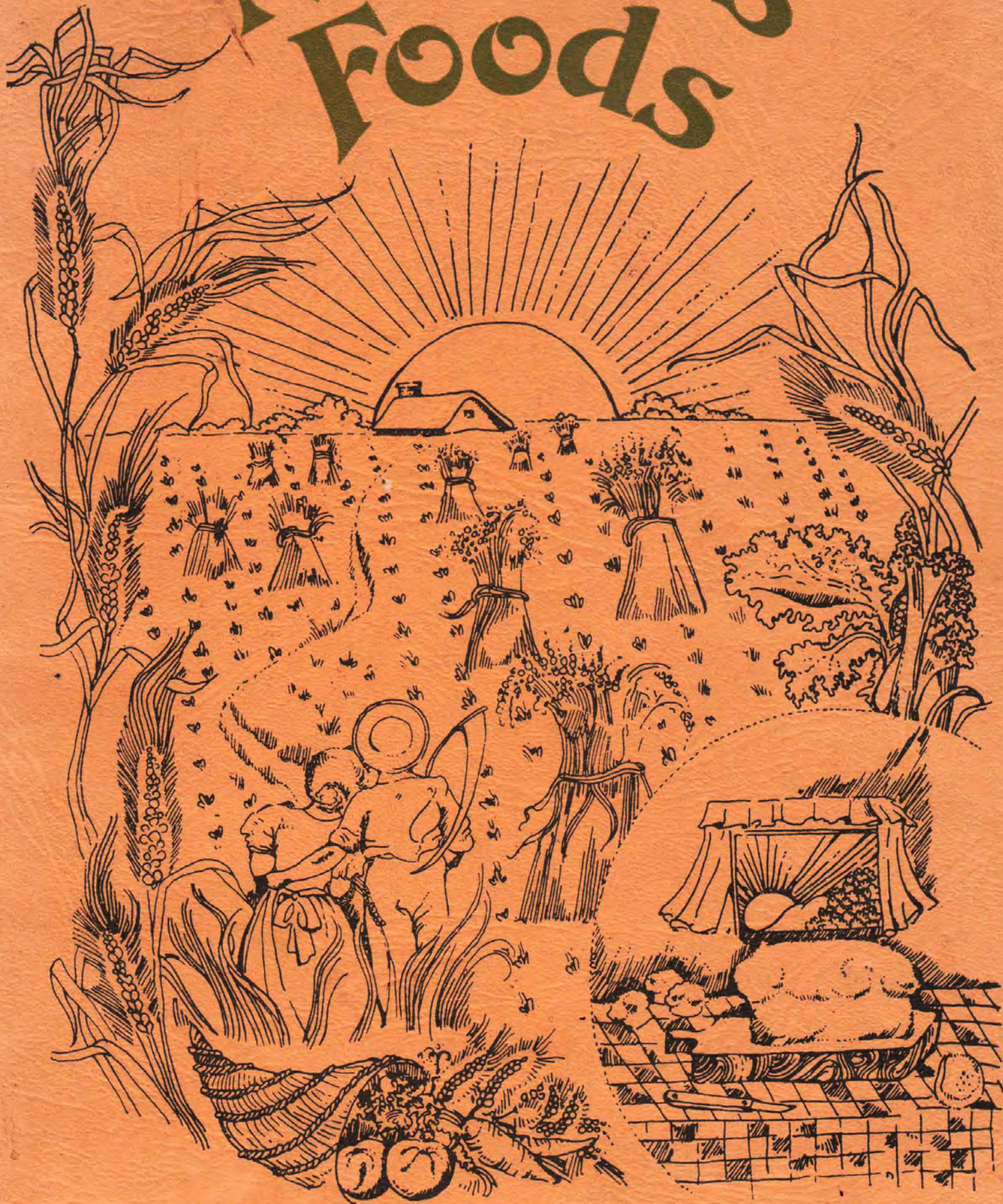


# Nature's Foods



**Peter Deadman & Karen Betteridge**

**RIDER**



# NATURE'S FOODS

By  
PETER DEADMAN & KAREN BETTERIDGE

..... SCRIPT & DRAWINGS  
BY KAREN BETTERIDGE .....



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PETER DEADMAN & KAREN BETTERIDGE



ACKNOWLEDGEMENTS: TO JACKIE FOR LOOKING AFTER THE CHILDREN, TO PAUL (ESPECIALLY) FOR LOOKING AFTER THE SHOP, TO JENNY FOR LOOKING AFTER PETER, TO BRIAN, FOR BEING BY MY SIDE, TO GRANNY FOR THE PEACEFULNESS OF HER HUMBLE HOME, TO JEANNINE, FOR HER HELPING HAND DOWN ON THE FARM, TO THE SPIRITS WHO LIGHT THE WAY, TO THE CHESTNUTS, FOR HOUSING US AND KEEPING US WARM, TO MIKE AT UNICORN FOR TELLING US HOW TO DO IT AND THEN DOING IT ALL FOR US.

From food, verily, are produced all creatures -  
 whatsoever dwells on earth.  
 By food, furthermore do they live,  
 and to food, in the end, do they return  
 for food alone is the eldest of all beings,  
 & therefore it is called the paracea for all.

UPANISHADS

Many of us are changing the way we eat, as part of an overall change in our lifestyle. We believe in a diet that is simple & harmonious, cheap & wholesome, non-destructive (to other creatures, other men & our planet.) and based on a fair share of what is available. We believe also, that eating in this way, both our physical & spiritual health will grow, for we cannot truly feel a separation between the two.

There are many different systems of diet. From each, especially those that naturally attract us, we can learn a lot. Many of their suggestions & rules are of great help, for we must first regain our natural sensitivity and become alive to the powerful forces in food. We should make a gradual change, to allow our bodies to adapt to gaining nourishment from simple food.

But finally, we ourselves must be the true judges of what is the best diet for us, experimenting and being aware. It is mysterious and exciting to rediscover the power and beauty in food, and the uses to which it can be put. Food & its many dimensions becomes a tool by which we can change ourselves from sickness to health, and from unhappiness to happiness. Food is basic, close to the earth, ancient as life, & it unlocks great energies in us.

May all be well with you.






"Who doth ambition shun,  
And loves to live in the sun,  
Seeking the food he eats,  
And pleased with what he gets,  
Come hither, Come hither,  
Come hither  
Here shall he see no enemy  
But winter & rough weather."

WILLIAM SHAKESPEARE

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