



Food nourishes much more than our bodies, says nutrition consultant Halé Sofia Schatz. “The simple, daily act of eating has the potential to become a profound catalyst for spiritual growth, from experiencing a renewed sense of vitality and purpose in life to discovering our true vocations and making deeper connections in all our relationships,” says Schatz, author of *If the Buddha Came to Dinner*, out this month.

To make eating more satisfying, Schatz suggests utilizing a greater variety of flavors and cutting back on salty foods and sweet treats. “Traditional Chinese medicine identifies five taste categories and recommends a balance of these flavors each day for optimum health,” she says. Introducing sour, bitter and spicy foods will “free you from the salt and sugar pendulum.”

- **Tame sweet with bitter.** “Dark-green vegetables like kale, watercress and arugula have cleansing properties that cut sweet cravings.”
- **Snack on sour.** Fruits like Granny Smith apples and grapefruit “act as astringents and help cut down on excessive cravings. Hot or tepid lemon water will ease the need for sweets.”
- **Warm up with spicy.** Cayenne and garlic help boost circulation. Tender types can “use the milder flavors of cinnamon, fennel and sweet onions.”