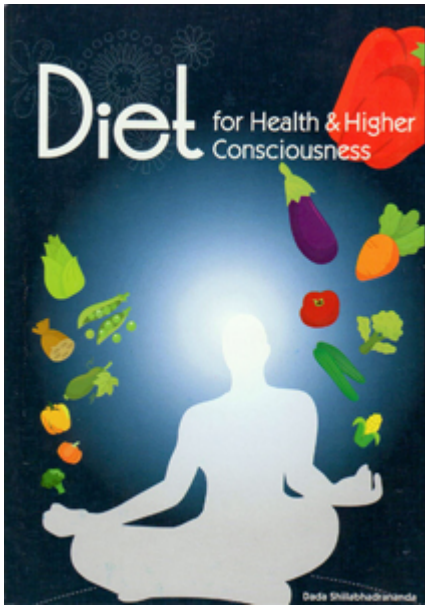


# Diet for Health & Higher Consciousness



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“Perhaps no other activity has such a pervasive impact on our personal well-being and the well-being of the Earth as the act of eating. More than ever before we are asked to become conscious of our dietary choices as a means to evolving our consciousness, improving our all-round health and making a positive contribution to the welfare of Earth and its billions of creatures.”

- Dada Shilabhadrananda

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