

Food, desire, and pleasure: What role should food take in an Epicurean lifestyle?

Post by “Kalosyni” of November 25, 2025 at 8:22 AM

During last Sunday's Zoom meeting I mentioned the newly posted book by Gassendi-Bernier.

Here is an excerpt relevant to food:

Quote

We have hitherto treated of Pleasure, as it is generally understood: We shall now speak of that particular specifick Pleasure unto which a Wise Man confines himself, as being in its own Nature not only very easie to be obtain'd, but also most lasting and free from Repentance. In a word, that Pleasure that we before called the Tranquility of the Mind, and the exemption of the Body from Pain, now we have great Reason to call it most Natural; for at this sort of Pleasure Nature seems chiefly to aim, as not having regard to other Pleasures, which are always shifting and in a constant Motion, any otherwise than to make them useful in the obtaining this; as for Instance **It hath appointed the Pleasure of Tasting, to make the action of Eating more grateful, and by that means to oblige us to the Act, whereby to satisfie our Hunger, which is that pain we feel, and caused by the cravings of an empty Stomach. But in reference to the satisfaction and tranquility of Mind which we enjoy when Hunger is appeas'd. This Nature hath reserv'd as her last End, and designed it as her chief Good: We have great reason to say, that it is very easie to be obtain'd, because it is in every one's Power to moderate his Desires, by supplying himself with things necessary for his Body, whereby to free it from Pain, and thereby render his Mind calm and easy.** I say, That it is very lasting, because other Pleasures pass away in a Moment, and free from us, whereas this continues the same, unless it be interrupted and perish by our own Miscarriages. Lastly, I describe it to be very free from Repentance; for all other Pleasures may be attended by some Evil, whereas, this is altogether innocent, and draws upon us no such Mischief. - pg. 113

Here is the [link to "Three Discourses of Happiness, Virtue, and Liberty"](#).

Also, I'm posting a video which explains how certain foods spike the release of insulin, which causes fat storage, but also certain foods greatly increase food cravings because of how quickly they are digested.

So it is important to see all the causes regarding cravings and over-eating - that food choices affect us greatly.

<https://m.youtube.com/watch?v=pdf3eZyupVc&pp>