

# Intuitive Eating

**Post by “smoothiekiwi” of January 14, 2022 at 9:34 AM**

I read somewhere on this forum that the beauty of Epicureanism is that it's simply an observation of the world; and I don't think one has to be a monk in order to grasp the truth in this article. Still, I wouldn't call it inherently Epicurean- many religions and philosophies have rituals and traditions regarding meals. I regard eating your food consciously and with great joy as inherently natural, something which bring us more pleasure in the end. Epicureanism has simply succeeded in noticing natural patterns, in contrast to the other religions out there. Still, thanks for sharing!