

# An Epicurean Journey into Weight Loss and Healthy Eating

Post by “Kalosyni” of January 16, 2023 at 1:49 PM

Here is a new blog post I just created, on weight loss and healthy eating. I quote the following Vatican Sayings:

*54. Do not pretend to love and practice wisdom, but love and practice wisdom in reality; for we need not the appearance of health but true health.*

59. The stomach is not insatiable, as most people say; instead the opinion that the stomach needs unlimited filling is false.

68. Nothing is enough to one for whom enough is very little.

69. The ingratitude of the soul makes a creature greedy for endless variation in its way of life.

71. Ask this question of every desire: what will happen to me if the object of desire is achieved, and what if not?

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You can find practical tips on weight loss and healthy eating on

my blog post: ["An Epicurean Journey into Weight Loss"](#)