

'Their God Is The Belly" / "The Root of All Good Is The Pleasure Of The Stomach" And Similar Attributions

Post by "Don" of November 25, 2025 at 2:18 PM

[Quote from Cassius](#)

I just don't see that in this case. In fact, when Epicurus speaks so strongly of a simple diet and also the pleasures of philosophy and study of nature as to his primary sources of happiness, it appears to me that those contradict any assertion that the physical pleasures of the stomach outweigh all others.

Additionally on this, you seem to be inferring that "the pleasures of the stomach" have to do with something more fancy than "a simple diet." That's not necessarily the case. It's about satisfying that natural feeling of hunger, listening to your body, tuning into your body's needs: hunger, thirst, cold. If you can satisfy those, THAT is the foundation and root of The Good. Yes, take advantage of all pleasures. All pleasures are part of The Good; but you must satisfy the root and foundation before you can experience all the other pleasures life has to offer. That's my take.