

Kira and Jo's Story – Tolerance

Being obliged to honor each person's competence to find their own pathways to health was not easy for me. I get it that we are all biologically different from each other and have different needs, but my understanding is that the healthiest diet consists mostly of raw foods. Nevertheless, I sat at a meeting next to a died-in-the-wool carnivore, standing up for each other's choices, at least at meetings. This is not one of those logical miracles we hear about at Suppers. This is the result of hard work, actively practicing non-judgment. I'm a vegan. I eat lots of raw foods, but my only absolute rule is to avoid all animal products, which means I don't even eat honey. I feel wonderful eating this way. I used to be an anxious nut, and I'm not anymore. The gifts of my vegan way of life are numerous: My skin is lustrous. My digestion is fast, and I feel and look light. It took a long time to transition into this diet, but I can safely say there is nothing that tempts me anymore.

Equally devoted to her way of eating is Jo; she helped me write this story. Jo is a recovering alcoholic who swears by meat eating. She used to experience panic attacks too. She is equally convinced of the superiority of her way of eating because it solved a big problem for her. When you can't trust your brain to be rational or your body to remain calm, it's very scary, particularly when the anxiety wells up for no apparent reason.

Jo and I got to know each other at a general Suppers meeting where there's broad tolerance of eating styles. Of course, I have no interest in some of the things she eats while she makes sure to eat plenty of everything offered, including the nut patties and salads that I help prepare.

Each of us runs our own meetings too, mine teaches raw food preparation and hers is for people in recovery. So in my home, we have Living Suppers. We have an insulin-dependent diabetic who requires fewer units of insulin when she eats this way. We have someone who lost 50 lbs and whose energy soared when she embraced living foods. There's one lady who was really brain-fogged before she came and now her head is clearing.

At Jo's sobriety meeting, nobody is a vegetarian. And they have similar stories about their results: less asthma, less depression, no more panic attacks.

Suppers made the first concept "biological individuality", accepting that humans experience huge variation in their nutritional needs. It created relationship boundaries that require tolerance at general Suppers meetings while also encouraging us to set up our own meetings according to diagnosis or food preference or any theme that unites us around the goal of preparing whole food.

Jo is still vocally pro-meat eating, and I still harbor a deep conviction that raw is the best way to go. We aren't arguing with each other's results. I think we're both benefiting from the supplements dished up at Suppers: vitamins R, T and F (respect, tolerance and friendship).