



OPENING

# The Intelligence of the Body

*Precise and accurate knowledge*

Our body builds our matter, our feelings, our energy and our thoughts: the quality, coherence and vibration of our food shape our state of vitality and mind.



I

## Energy

*We do not eat — we burn stored light. The body is a solar machine running on two fuels.*



II

## Proteins

*Meat does not contain proteins — it only carries them. The source is the plant.*



III

## Minerals

*The body is a living geological formation — every mineral becomes an enzyme, a bone, a nerve, a thought.*



IV

## Recipes & Tips

*Six ingenious gestures — soak, cook low, tune the umami, vary the oils, dose the acid, sweeten with plants — that wake the full intelligence of living matter.*



V

## Ingredients & Suppliers

*I share here my favourite foods and my gem suppliers — those that make plant-based food nourishing and delicious.*



VI

## Ayurvedic Intelligence

*A science three thousand years old described, without a microscope, what biochemistry rediscovers today — every meal is a complete sensory pharmacology.*



VII

## Macrobiotic Intelligence

*Le Qi de l'aliment, l'umami, les bouillons et les ferments — l'art oriental de faire circuler l'énergie.*



VIII

## The Intelligence of Biohacking

*The humblest science adds nothing to us: it gives the body back the ancestral signals it has awaited for three hundred thousand years. The most powerful hack is a return.*

*“Read, experiment, celebrate — the body can be a supreme vehicle of consciousness and sensitivity.”*



Virgile Escalant · chef-*alchemist*

# Energy

*the inner flame*

*We do not eat — we burn stored light. The body is a solar machine running on two fuels.*

## I. The body that burns light

Our energy — the one that makes us rise before dawn with the desire to create, that lets us listen, understand, feel, love — is not a gift of chance. It is the direct result of what we give our cells.

Deep within each of our cells live thousands of small energy plants: the mitochondria. Their only function is to turn what we eat into ATP — the universal currency of biological energy. Every thought, every heartbeat, every blink is funded by an ATP molecule made on the spot.

*We do not eat. We burn light, stored by plants, released by our cells.*

## II. The two doors: sugar and fat

Our mitochondria can burn two very different types of fuel. Understanding these two paths is understanding the foundations of our energy.



The sugar path — glycolysis. The glucose found in a ripe fruit, in a root, in a grain, is quickly turned into energy. A bright, immediate fuel, perfect for short effort, creativity, spontaneous joy. But if it comes from refined sugar, it triggers a spike followed by a crash — a metabolic rollercoaster that exhausts the body.

The fat path — beta-oxidation. When we eat living fats (avocado, raw olive oil, walnuts, raw cacao butter) or when we fast, the liver converts fatty acids into ketones. A slower fuel to start, but once running: more ATP per molecule, fewer oxidative wastes, a stability that lasts hours, with no crash.

### *METABOLIC FLEXIBILITY*

True mastery is not picking a side — sugar or fat. It is the ability to dance between the two depending on context. A body that uses excellent glucose from living fruit when the moment calls, and shifts to raw plant fats when it decides, is a sovereign body.

### III. The most luminous fruits

A ripe fruit picked from the tree is a capsule of solar light. The sugar it contains is not « sugar » as the industry uses the word — it comes bound with fibres, minerals, vitamins, polyphenols, biophotons. A living sugar, that nourishes without trapping.

- Medjool dates — concentrate of slow glucose and fructose, rich in potassium and magnesium. Energy that lasts.
- Fresh figs — delicate sugars, fibres, calcium, iron. For afternoons that ask for sweetness.
- Berries (blueberries, raspberries, blackberries) — little sugar, plenty of antioxidants. The light peak without the weight.
- Ripe citrus — sugars and acids in perfect balance, vitamin C that wakes everything up. The solar morning.
- Mango, papaya, passion fruit — when truly ripe, they are medicine. Tropical energy and digestive enzymes.

#### THE ESSENTIAL GESTURE

Choose the truly ripe fruit — soft under the thumb's pressure, fragrant, heavy. Fruit picked green and ripened in cold rooms has lost a large part of its light. Ripeness concentrates nutrients and turns a fruit into a food-medicine.

### IV. The most qualitative oils

If sugar is fast energy, fat is deep energy. But on one absolute condition: that the oil is alive. A raw oil keeps all its living molecules — polyphenols, vitamin E, biophotons, intact fatty acids. It feeds every cellular membrane, supports the brain, lights the inner flame. Plant-based ketosis is built with raw oils, drizzled on the finished dish.

<i>Oil</i>	<i>Profile</i>	<i>Use</i>
Raw extra-virgin olive	Oleic acid, polyphenols, Mediterranean longevity	Salads, end of cooking, steamed vegetables
Raw virgin coconut	MCT (medium-chain triglycerides), fast ketones	Raw tarts, smoothies, matcha
First-pressed walnut	Plant omega-3 (alpha-linolenic acid), brain	Mild dressings, winter salads
Raw hemp	Ideal omega-3/6 ratio, intense green	Drizzle on bowls, green sauces
Raw flax	Very high in omega-3, keep refrigerated	Add at the very last, never heat
Raw sesame	Calcium, delicate toasted flavour	Asian sauces, Asian vegetables



*Varying oils means varying the membrane architectures of our cells. Each fatty acid feeds a function.*

## V. Optimising absorption: chewing, choosing quality

Eating a quality food is not enough. The body only absorbs what it can digest. And the engineering of absorption starts in the mouth.

### ◆ Chew — the most underestimated act

Chewing 30 to 50 times per bite is no macrobiotic whim. It is pure physiology: saliva contains enzymes (amylase, lingual lipase) that pre-digest sugars and fats before they reach the stomach. The longer the chewing, the larger the absorption surface, the less the stomach has to work, the more the intestine receives a ready slurry. Result: better assimilation, less fermentation, less post-meal fatigue, more available energy.

### ◆ The parasympathetic bonus

Chewing slowly activates the parasympathetic nervous system — the state of rest and digestion. The heart slows, breath softens, blood flows to digestive organs. Eating seated, in silence or joyful conversation, signals to the body that it is in full safety — it opens, digests, assimilates everything. The same plate becomes a more nourishing meal depending on the gesture that surrounds it.

### ◆ Quality as optimisation

A kilo of green-picked supermarket fruit does not nourish as much as 300 g of tree-ripened fruit. A steak does not deliver more assimilable protein than a spoon of spirulina. Choosing quality means reducing the amount of food to digest for the same result — and freeing the body from useless work. Less digestion, more energy to live.

#### TAKEAWAY

Available energy is not (Calories eaten). It is  $(\text{Quality} \times \text{Absorption}) - (\text{Digestive work})$ . Chew slowly, eat less but better, choose the ripe: this is the vitality equation.



# Proteins

*the brick of the living — and its hidden origin*

*Meat does not contain proteins — it only carries them. The source is the plant.*

## I. What is a protein?

A chain of amino acids — twenty letters that make up every functional molecule in the body. An enzyme, a hormone, a muscle fibre, an antibody, the haemoglobin that carries oxygen: it is all protein.

Our body assembles and recycles them constantly — they carry all of our repair, all of our growth, all of our immune defence.

## II. Why it matters

Of the twenty amino acids, nine are called essential: our body cannot make them. It must receive them through food, every day.

A body is built with its food.

*Vibrant — it becomes performant.*

Poor — it becomes a permanent worksite.

When the body receives its nine essential amino acids every day: supported muscles, active immunity, luminous skin, stable energy, strong hair. The body repairs, builds, defends — it knows exactly what to do as soon as we offer it the matter.

## III. The hidden origin of proteins

What schools do not teach: all proteins are born in the plant kingdom. Plants are the only beings that can build amino acids from soil, air and sunlight. That is their genius — photosynthesis paired with nitrogen fixation.



At each step of the food chain, about 90% of the energy is lost — to heat, motion, cellular respiration, inedible parts. Only 10% passes on to the next level.

To produce 1 kg of beef protein, the equivalent of 7 to 16 kg of plant protein must pass through a cow. Meat does not contain proteins: it merely carries them, at the cost of a long energetic detour.

*The most powerful animals — gorilla, elephant, bull, horse — build their muscle mass from plants. Not an exception: the rule.*

## IV. Where to find plant proteins

<i>Family</i>	<i>Examples</i>	<i>Density</i>
Microalgae	Spirulina, chlorella	50 – 65%
Seeds	Hemp, pumpkin, chia, flax	25 – 35%
Legumes	Lentils, chickpeas, azuki	20 – 25%
Nuts	Almonds, walnuts, cashews, pistachios	15 – 25%
Whole grains	Quinoa, buckwheat, oats	12 – 18%
Ferments & yeasts	Nutritional yeast, miso, tempeh	20 – 50%

### TAKEAWAY

A spoon of spirulina, a handful of hemp seeds, a portion of lentils across the day: a complete essential amino acid profile. No intermediary, no transformation, no loss.

## V. The genius of seeds

Before being what we eat, a seed is a promise — a living being in suspension, ready to become an entire plant. A handful of well-chosen grains carries every flavour and structure our body needs.

<i>Grain</i>	<i>Character</i>	<i>Use</i>
Amaranth	Complete protein, gluten-free, precious micro-seeds	Porridge, popped, biscuits
Quinoa	Andean pseudo-grain, 14 % complete protein	Salads, bowls, sides
Buckwheat	Gluten-free, rich in magnesium, vascular rutin	Pancakes, kasha, granolas
Barley	Beta-glucan fibres (glycaemic regulation)	Soups, barley risottos
Rice	Choose whole, semi-whole, basmati, black, red	Daily meals, plant rice puddings

### THE ESSENTIAL GESTURE

Always soak the grain before cooking — at least 4 hours, ideally overnight. Soaking releases minerals locked by phytates, deactivates enzyme inhibitors and wakes the seed's vitality. The difference between a defensive seed and an offered one. The full method, family by family, awaits in the Recipes & Tips chapter.

## VI. The genius of pulses

Pulses are the plant kingdom's protein reserve. Small, dry, long-keeping — yet carrying remarkable nutritional density. Paired with a grain, they form a complete essential amino acid profile.

<i>Pulse</i>	<i>Character</i>	<i>Use</i>
Lentils (green, red, beluga)	25 % protein, iron-rich, fast cook without soaking	Dahls, salads, soups
Split peas	Naturally creamy, sweet, perfect for children	Soups, purées, dips
Azuki	Red Japanese pulse, sweet and remineralising	Soups, sweet desserts, fillings
Beans (red, white, black)	Nourishing texture, long satiety	Chilis, stews, composed salads
Chickpeas	Versatile, rich in folate and fibre	Hummus, falafels, salads

#### SOAK, AGAIN

Except lentils (which cook straight away), every pulse benefits from 8 to 12 hours of soaking. It halves the cooking time, neutralises indigestible compounds (lectins, oligosaccharides) and wakes the seed. A bay leaf or a strip of kombu seaweed in the cooking water further improves digestibility.

## VII. Hemp — the seed that gives itself freely

Hemp is the exception that proves the rule. Where almost every seed demands preparation — soaking, sprouting, cooking — to disarm its defences, hemp gives itself with practically no conditions. No trypsin inhibitors, no flatulent oligosaccharides: a 'clean' protein, directly assimilable. It is the plug-and-play of plant nutrition.

### ✿ The active formula of hemp

Three forces gathered in one small seed.

**More protein than an egg** — A 30 g portion brings nearly 10 g of protein — more than an egg — and a complete protein: the nine essential amino acids, dominated by edestin and albumin, two high-quality, especially digestible proteins.

**The right essential fats** — A rare fatty-acid profile: omega-6 (linoleic) and omega-3 (alpha-linolenic) in a balanced ratio, plus the precious GLA (gamma-linolenic) and SDA (stearidonic) that few foods provide.

**A mineral density** — Magnesium, phosphorus, potassium, zinc and copper in remarkable amounts — the body's mineral weave, in a seed that asks only to be eaten.

#### WHY IT MATTERS

Because it needs no preparation, hemp is the simplest everyday ally: a handful on a salad, a raw tabbouleh, a velouté, and the complete protein profile is there — no soaking, no cooking, no barrier. We source it hulled from Vehgro.



SHEET III

# Minerals

*the body's lattice*

*The body is a living geological formation — every mineral becomes an enzyme, a bone, a nerve, a thought.*

---

## I. Salt — the first mineral

From the edges of seas to the depths of mines, salt is the mineral that tells a story as ancient as humanity itself. It has been a treasure of trade, a currency of exchange, and even an element of sacred rites.

In its purest form — Himalayan salt, sea salt, rock salt — this translucent crystal is a concentrate of telluric energy. Rich in minerals and trace elements, salt is indispensable to the balance of our body fluids and to the proper functioning of our nervous and muscular systems.

More than a seasoning, salt amplifies the flavour of food and, used with measure, reveals its very essence. It is the keeper of our culinary traditions, a vector of memory, a symbol of hospitality and community. Salt is both earth and sea — a small miracle of nature that reunites the elements and balances our being.



*Every mineral becomes an electrical signal between our cells. Every signal becomes motion, thought, life.*

## II. The body, a living geological formation

We often forget that our body is, literally, a mineral formation. Our bones are calcium phosphate. Our blood carries iron in haemoglobin. Our enzymes function only when carried by metallic cofactors — zinc, copper, magnesium, selenium. Our nervous system transmits impulses only because potassium and sodium dance across cellular membranes.

When the body receives its minerals: deep sleep, radiant skin, strong nails, luminous mood, full energy. The body functions at 100 % — clarity, vitality, presence — because it holds the mineral matter that every enzyme, every bone, every nerve impulse needs to express itself.

### III. The major minerals

<i>Mineral</i>	<i>Role</i>	<i>Plant sources</i>
Calcium	Bones, teeth, muscle contraction, nerve signal	Sesame (tahini), kale, almonds, broccoli, figs
Magnesium	Muscle relaxation, sleep, +300 enzymes, ATP	Raw cacao, pumpkin seeds, buckwheat, spinach
Iron	Oxygen transport (haemoglobin), cellular energy	Spirulina, lentils, parsley, pumpkin seeds
Potassium	Water balance, heart rhythm, nerve impulse	Avocado, banana, potatoes, spinach, dates
Zinc	Immunity, skin, taste, fertility, DNA synthesis	Pumpkin seeds, sesame, legumes, cashews
Iodine	Thyroid, overall metabolism, brain	Seaweeds (kombu, wakame, dulse), unrefined sea salt
Selenium	Major antioxidant, immune support, thyroid	Brazil nuts (2 a day are enough), sunflower seeds

### IV. The gesture that releases minerals

The minerals are there — in seeds, grains, legumes, nuts. But they are also locked. To protect itself, the seed encloses its minerals in molecules called phytates (phytic acid). If we eat the seed as is, part of the minerals will not be absorbed — they will leave the body as they entered.

- Soak seeds 4 to 12 hours in slightly acidulated water (lemon juice, cider vinegar): phytates hydrolyse, minerals are released.
- Sprouting: the simple act of waking the seed deactivates its defences and multiplies certain nutrients (vitamins C, B, enzymes).
- Fermenting: miso, tempeh, sourdough bread have seen their phytates strongly reduced by ferments. Minerals become bioavailable.
- Pair with vitamin C: a squeeze of lemon over a plate of lentils or spinach multiplies iron absorption by 3 to 5 times.

#### TAKEAWAY

Eating a mineral-rich food is not enough. The gesture — soaking, sprouting, fermenting, lemoning — releases what the seed was hiding. That is what separates a rich meal from one the body truly benefits from.



SHEET IV

# Recipes & Tips

*daily practice*

*Six ingenious gestures — soak, cook low, tune the umami, vary the oils, dose the acid, sweeten with plants — that wake the full intelligence of living matter.*

## I. Six ingenious gestures

Before the recipes, six gestures that change everything. They apply to everything we touch in the kitchen. Each one wakes a dimension of the living that was sleeping in the ingredient.

### ✿ Soak the seeds — by family

Every dry seed carries a defence strategy: it must travel intact through an animal's digestion and sprout further. But the intensity of this defence varies by family — and the gesture adjusts.

**Legumes** — (lentils, chickpeas, azuki, beans) — non-negotiable, 8 to 12 hours. Very high density of phytates and protease inhibitors. Without soaking, the body receives this defence whole: slow digestion, heaviness, bloating, sometimes cramps.

**Nuts** — (almonds, walnuts, hazelnuts, cashews) — recommended, 4 to 8 hours. Optimises mineral bioavailability, lightens chewing, wakes the enzymes.

**Grains** — — graded: oats and brown rice, soak overnight (Bircher tradition, overnight oats); quinoa and amaranth, a rinse is enough to clear surface saponins; buckwheat, as-is or soaked for raw uses.

**Small seeds** — (chia, flax) gel on contact with water — self-soaking in a few minutes. Sesame, hemp, pumpkin, sunflower: little phytate in real portions.

**Engineer's rule:** — the denser and tougher the seed, the more soaking liberates it. The smaller and softer it is, the more it already gives itself.

### ✿ Cook with very little water — the Alain Ducasse school

Alain Ducasse's recommendation — for taste AND for nutrients. Abundant cooking water carries minerals and water-soluble vitamins straight into the sink. Steam gently, braise, or cook in a thin film of water that reduces into the dish itself — keep the living matter on the plate. Taste concentrates, colour stays vivid, nutrients stay in the bite.

### ✿ Tune the umami — the path of comfort

Whole sesame, gomasio (sesame + sea salt, toasted), furikake, miso, nutritional yeast, artisanal tamari. Umami — the 5th flavour, the depth — is what gives the plant-based plate the comfort that cheese brings elsewhere. A spoonful of gomasio on a bowl of rice and vegetables nourishes as much as a grating of parmesan, and stays alive. The engineer's rule: every plate carries its umami note.

### ✿ Raw oils, added after cooking, varied

Walnut, olive, sesame, hemp, flax. Each oil carries a different fatty acid profile and polyphenols that heat destroys. Drizzle them raw, at the end — never in the pan. Varying oils means varying the membrane architectures for our cells.

### ✿ Living acid — lemon, parsley, vinegar

On cooked vegetables, in sauces, on salads, in the morning water. Lemon awakens flavours, supports iron absorption, alkalises the terrain, keeps an avocado or a cut herb fresh. When lemon runs out, finely chopped fresh parsley (just as rich in vitamin C), unpasteurised apple cider vinegar, or verjuice play the same role of acid tension. The rule: a thread of acid in every plate.

### ✿ Sweeten with plants — sweet vegetables, fruit & honey

Sweetness needs no refined sugar. Slow cooking caramelises the sugars of the sweetest vegetables — sweet potato, carrot, beetroot, squash, parsnip, confit onion — and the dish turns sweet with nothing added; a very ripe tomato, reduced, brings the same roundness. Fruits extend the gesture: Medjool dates (Jurassic Fruit), figs, ripe banana, cooked apples and pears, rehydrated dried fruit. And for the finishing touch, a good raw monofloral honey, never heated. Sugar becomes nutritious — magnesium, potassium, fibres, polyphenols, slow-release energy.

## The recipes — the whole collection

Here are all the recipes at a glance, by category — to browse and choose from. Each opens its own page, linked to the chapters of the book.

### *Raw & fresh*

- ✿ Raw zucchini spaghetti with Spirulove sauce
- ✿ Hemp seed tabouleh
- ✿ Marinated carrot salad, cashew cream sauce
- ✿ Coconut yoghurt raita

### *Dishes & bowls*

- ✿ Traditional khichdi
- ✿ Carrot, ginger & coriander velouté
- ✿ Coconut vegetable curry

### *Broths*

- ✿ Dashi — a kombu & shiitake broth
- ✿ The longevity broth

### *Sauces & condiments*

- ✿ Classic tahini sauce
- ✿ Homemade gomasio
- ✿ Furikake of the sea

### *Ferments & pickles*

- ✿ Quick pickles (tsukemono)

### *Sweets*

- ✿ Raw cacao & lucuma tart
- ✿ Spiced baked apples
- ✿ Energy laddoo

## II. Raw cacao & lucuma tart

*I love this tart because it brings everything together: the depth of raw cacao, the honeyed roundness of lucuma, the sacred fragrance of vanilla. No oven, no gluten, ready in under fifteen minutes — and it keeps the full energy of raw beans.*

*Serves 6*

### *Ingredients*

- Base: 4 soft Medjool dates (≈ 100 g), 8 tbsp sesame or almond powder (≈ 80 g), 2 tbsp melted coconut oil (≈ 20 ml), 1 pinch of fleur de sel
- Filling: 2 ripe avocados, 4 tbsp raw cacao powder, 2 tbsp lucuma powder, 1 vanilla pod (scraped), 4 tbsp maple syrup or blended dates, 1 pinch of fleur de sel

### *Method*

Blend pitted dates with fleur de sel, add sesame or almond powder, then the melted coconut oil. Fold with a spatula to keep texture. Press by hand into the pan, chill. For the filling, blend the avocados with cacao, lucuma, vanilla seeds, syrup and salt until perfectly smooth. Spread over the base, chill at least 30 minutes. Dust with raw cacao before serving.

### *The Magic of Lucuma*

A sacred Andean fruit, lucuma brings a natural sweetness with a caramel-maple flavour. Low in sugar, rich in beta-carotene, iron and zinc, it is a living sweetener that adds body and roundness without weight.

## III. Raw zucchini spaghetti with Spirulove sauce

*One of my summer favourites: pure citrusy freshness. The zucchini soaks up the lemon juice and reaches a perfect balance after a few hours of marination. I pair it with spirulina, avocado, fresh herbs, tahini, blanched almond purée — versatile and creamy.*

*Serves 4*

### *Ingredients*

- Spaghetti: 4 young zucchinis (yellow or thin-skinned green), 2 lemons (juice + zest), 1 pinch of fleur de sel
- Spirulove sauce: 2 tbsp spirulina (flakes or powder), spring water (≈ 4 tbsp), 1 pinch of fleur de sel, 2 tbsp hemp seeds, 2 tbsp first-pressed olive oil, fresh herbs (parsley, chervil, basil, cress), 1 clove of fresh garlic, 1 shallot (or a little onion), 1 ripe avocado, 1 lemon, optional: extra hemp seeds for finishing

### *Method*

The day before, mix spirulina with a little spring water and fleur de sel, rest in the fridge — the spirulina rehydrates into a firm paste. The next day, fold in chopped herbs, garlic or shallot, olive oil, hemp seeds, then pieces of avocado. Spiralise the zucchini, add lemon juice, zest, fleur de sel and rest for a few hours — the zucchini softens and releases a sauce worth drinking. Toss the noodles with the Spirulove sauce just before serving. Squeeze a final touch of lemon at the last moment so the spirulina does not burn in the acidity.

### *The Green Miracle of Spirulina*

This blue-green algae is a nutrient concentrate: 50 to 70 % complete proteins (every essential amino acid), rich in chlorophyll that helps detoxify the body and improve the quality of the blood — and therefore of the entire organism.

## IV. Classic tahini sauce

*The universal sauce. Over raw vegetables, steamed vegetables, grains, in a sandwich, over a bowl — it connects everything. Tahini brings the roundness of sesame, lemon brings the tension, olive oil rounds the mouth. Three ingredients, a thousand uses.*

*For a large bowl*

### *Ingredients*

- 4 tbsp artisanal tahini (stone-ground whole sesame)
- Juice of 1 lemon (≈ 2 tbsp)
- 2 tbsp first-pressed olive oil
- 2 to 4 tbsp spring water to adjust
- 1 pinch of fleur de sel, 1 garlic clove (optional)

### *Method*

Whisk tahini with lemon juice — the mixture seizes and lightens in colour, this is normal. Add olive oil, then water one spoon at a time until the desired consistency. Salt. Grate in the garlic if using. Taste, adjust.

### *The Strength of Sesame*

A pillar of Middle-Eastern cooking, tahini is rich in healthy fats (omega-3 and 6), calcium, protein and fibre. It supports bone health and a healthy digestive system — creamy texture, subtle hazelnut taste.

## V. Hemp seed tabouleh

*Lebanese tabouleh reimagined: no semolina, just hemp seeds as the protein base. A burst of herbs, spring onion, lemon — extra-protein, extra-fresh, extra-digestible.*

*Serves 4*

### *Ingredients*

- 8 tbsp hulled hemp seeds (≈ 80 g)
- 1 large bunch of flat-leaf parsley, finely chopped
- 1 small bunch of fresh mint, finely chopped
- 1 spring onion (or 2 scallions), finely sliced
- Juice of 2 lemons, 3 tbsp first-pressed olive oil, 1 pinch of fleur de sel
- Optional: 2 tomatoes, seeded and diced

### *Method*

Chop the herbs very finely — this is the key step, you want almost a fragrant green dust. Mix with onion and hemp seeds. Add lemon juice, olive oil and salt. Rest in the fridge 15 minutes so the hemp seeds soak up the dressing. Taste, adjust the lemon.

### *The Green Gold of Hemp*

Hulled hemp seeds carry a complete protein (every essential amino acid) at 30-35 %, an ideal omega-3 to omega-6 ratio, iron, magnesium, zinc. The taste recalls fresh walnut. One spoon a day shifts the body's protein terrain.

## VI. Marinated carrot salad, cashew cream sauce

*A salad to prepare the night before — carrots soften in lemon, becoming almost cooked without ever touching heat. The cashew cream sauce wraps them in unctuous softness. A dish that reconciles raw and comfort.*

*Serves 4*

### *Ingredients*

- Carrots: 6 young carrots, juice of 2 lemons, 2 tbsp olive oil, 1 pinch of fleur de sel, 1 tsp cumin seeds (optional)
- Sauce: 8 tbsp cashews (≈ 80 g) soaked 4 hours, 4 tbsp spring water, 1 tbsp lemon juice, 1 tbsp olive oil, 1 pinch of fleur de sel, 1 small garlic clove (optional)
- Finish: hemp seeds, fresh chopped herbs, edible flowers

### *Method*

Shave the carrots into thin ribbons or julienne. Mix with lemon juice, olive oil, fleur de sel and cumin. Marinate in the fridge at least 4 hours, ideally overnight. For the sauce, blend soaked cashews with water, lemon, oil, salt and garlic until perfectly smooth — the consistency should coat the back of a spoon. Spoon over the carrots just before serving, scatter hemp seeds, herbs and flowers on top.

### *The Tenderness of the Cashew*

Soaked and blended, cashew becomes a plant cream with no dairy, mimicking the creaminess of classic sauces with a natural sweetness. Rich in magnesium, copper, zinc — it nourishes as much as it envelops.

## VII. Raw cacao — an initiation

Before being a flavour, raw cacao is an encounter. The Maya and Aztec civilisations called it “the food of the gods”. Untoasted, it keeps the full integrity of its living compounds — flavonoids, theobromine, phenylethylamine, abundant magnesium.

- The beans: raw form. Eat whole (the taste is intense, dark and bitter) or grind them.
- The nibs: beans broken into shards. Crunchy texture, perfect as a topping on desserts, smoothies, fruit.
- The cacao butter: the fat fraction of the bean. Smooth, melting, fragrant. Essential for raw chocolates, tarts, ganaches.
- The powder: what remains after the butter is extracted. To stir into warm (never boiling) drinks, smoothies, tarts, sauces.

### *THE POWER OF RAW CACAO*

Raw cacao is a gourmet super-ingredient. Loaded with powerful antioxidants, it shields against oxidative stress and supports heart health. Its wealth of essential minerals — magnesium, iron — makes it a precious ally for muscle and circulatory wellness. Its natural compounds support a positive mood and a serene mind.

Choose a single-origin raw cacao — Criollo if possible, the ancient rare variety (1 % of world production), with complex aromas, floral and fruit notes. Other varieties (Trinitario, Forastero) are sturdier, more tannic. Favour artisans who master drying and transport — that's where the quality is made.

## VIII. Traditional khichdi

*It is the oldest and most tested meal of human medicine, and the one I cook when the body needs to rest. Rice and moong dal melted together, the six tastes gathered in a single creamy bowl. Nothing is simpler, nothing is more complete.*

*Serves 6 to 8*

### *Ingredients*

- 200 g split yellow moong dal (rinsed), 200 g white basmati rice (rinsed)
- 2 tbsp coconut oil or ghee
- 1 tsp cumin seeds, 1 tsp crushed coriander seeds, 1 tsp fennel seeds, 5-6 fenugreek seeds
- 1 tsp ground turmeric, a 3-4 cm piece of fresh ginger, grated
- 1.2 to 1.5 litres of hot water, Himalayan pink salt, lemon and fresh parsley to serve

### *Method*

Heat the coconut oil over medium heat. Drop in the cumin and fenugreek, let them crackle for thirty seconds, then the coriander and fennel for ten — the air fills with fragrance. Add the grated ginger and turmeric, stir for ten seconds. Pour in the rinsed rice and dal, stir to coat them in the tadka. Cover with hot water, bring to a simmer, then lower to the gentlest heat and cover. Cook twenty-five to thirty minutes, stirring once or twice; salt halfway through. The khichdi is ready when the dal has melted into the rice and the texture is creamy. Serve with a squeeze of lemon (the sour that completes the six tastes), a little parsley and a thread of ghee.

### *The Wisdom of Moong Dal*

Split moong dal has shed its skin and flatulent sugars: it cooks in twenty minutes and melts into cream. It is the only legume held to be tridoshic — balancing the three doshas — and sattvic. In its absence, red lentils are the truest substitute.

## IX. Spiced baked apples

*A dessert of disarming simplicity, yet chosen by Ayurveda for a precise reason: the baked apple is light, astringent, it cleanses the digestive tract while its pectins feed the microbiome. No added sugar — the apple is enough, the spices elevate it.*

*Serves 6 to 8*

### *Ingredients*

- Sweet apples (Golden, Gala, Fuji) cut into quarters, skin on if organic
- 4-5 tbsp water, 2 sticks of Ceylon cinnamon
- 6 whole cloves (to remove before serving), 4-5 cardamom pods, lightly crushed

### *Method*

Place the apple quarters in a pan with the water, cinnamon sticks, cloves and cardamom. Cover, gentle heat, twelve to fifteen minutes — no more. The quarters should be tender while keeping their shape. Remove the cloves and serve warm, alone or over a gentle evening bowl.

### *Why baked, not raw*

Ayurveda chooses the baked apple in the evening because gentle cooking makes it lighter to digest when the digestive fire weakens. Astringent, it tightens and cleanses; its pectins become food for the microbiome. Ceylon cinnamon, finer than cassia, supports blood sugar.

## X. Carrot, ginger & coriander velouté

*A velouté that warms and settles the digestive fire. Ginger and cumin wake the agni, the carrot brings its sweetness, lemon added off the heat lifts it all. I love it at midday, when the fire is high, or in a small evening portion.*

*Serves 6 to 8*

### *Ingredients*

- 800 g peeled carrots in chunks, a 4-5 cm piece of fresh ginger, grated
- 1 tbsp coconut oil, 1 tsp cumin seeds, 1/2 tsp turmeric
- 1 litre of hot water, pink salt, juice of half a lemon (off the heat), fresh coriander

### *Method*

Heat the oil, crackle the cumin for thirty seconds, add the ginger and turmeric. Add the carrots, stir for two minutes to coat. Cover with hot water, cook twenty to twenty-five minutes, covered. Blend until smooth. Salt, then add lemon off the heat to keep the freshness of the acid. Scatter fresh coriander to serve.

### *The tadka gesture*

Crackling the spices in fat before adding the vegetables — the tadka — is more than fragrance: heat releases the fat-soluble compounds of cumin and turmeric, and the fat makes them bioavailable. One gesture for both taste and absorption.

## XI. Energy laddoo

*The little energy balls of the Indian tradition, no cooking, ready in minutes. Dates, soaked almonds, coconut and cardamom — a dense sweetness that fits in a pocket and sustains without a sugar spike. My children love them, and so do I.*

*Makes 15 to 18*

### *Ingredients*

- 150 g pitted Mazafati dates, 80 g almonds (soaked 8 h, skins removed)
- 40 g grated coconut, 1 tsp ground cardamom, 1 tsp ghee or coconut oil

### *Method*

Pulse the almonds in a food processor, coarsely — keep texture, not powder. Blend the dates with the ghee into a paste. Combine almonds, dates, cardamom, and knead by hand. Roll into walnut-sized balls, then in the grated coconut. Chill thirty minutes so they hold.

### *The date, a living sugar*

The soft dark Mazafati date replaces refined sugar while bringing magnesium, potassium, fibre and slow-release energy. Soaked and skinned, almonds become more digestible and fully release their minerals — the ayurvedic gesture par excellence.

## XII. Dashi — a kombu & shiitake broth

*It is the base of nearly all Japanese cooking, and one of the most beautiful gestures of umami I know. Dashi never boils: the kombu and shiitake are left to deliver their depth slowly. From this clear broth are born miso soups, sauces, simmered vegetables.*

*1 litre*

### *Ingredients*

- 1 piece of kombu (≈ 10 cm), 4-5 dried shiitake
- 1 litre of spring water

### *Method*

Wipe the kombu without washing it (its white bloom is umami). Place it with the shiitake in cold water, ideally the night before, chilled for 5 to 10 hours. The next day, heat gently, passing quickly through the warm zone: remove the kombu just before boiling (or it turns bitter), hold the shiitake between 60 and 80°C for some fifteen minutes — the zone where guanylate forms. Strain. Keep the rehydrated shiitake for another preparation.

### *The synergy of umami*

The glutamate of kombu and the guanylate of shiitake do not add up: they multiply up to fifteenfold. This is the whole secret of Japanese depth, achieved without any aggressive cooking.

## XIII. Homemade gomasio

*The condiment that anchors rice. Gomasio dresses each crystal of salt in toasted sesame oil — the bite of the salt softens, the calcium and iron of the sesame join in. One spoonful, and the dish finds its yang note.*

*A small jar*

### *Ingredients*

- 16 tbsp whole sesame, 1 tbsp grey sea salt

### *Method*

The traditional ratio is 14 to 16 parts sesame to 1 part salt. Dry-toast the salt for a few moments, set it aside. Toast the sesame over low heat until it releases its fragrance and cracks under the finger. Grind the salt first, then add the sesame and grind coarsely in a suribachi (Japanese mortar) or mortar — keep some grain, not a paste. Store in an airtight jar, away from light.

### *Salt tamed*

By coating the salt in sesame, gomasio lets you salt less while tasting more. It is one of the most beautiful intelligences of the macrobiotic table: the marine mineral served in a casing of good fat.

## XIV. Furikake of the sea

*A pinch of marine depth to scatter over everything. My furikake brings together nori seaweed, sesame, seeds and a hint of powdered shiitake — a concentrate of umami and minerals I love over rice, steamed vegetables, evening bowls.*

*A small jar*

### *Ingredients*

- 2 toasted nori sheets, 4 tbsp toasted sesame (white and black)
- 1 tbsp hemp seeds, 1 tsp powdered dried shiitake, 1 pinch of salt, optional: a little dried yuzu zest

### *Method*

Crumble the nori sheets finely by hand or with scissors. Mix with the sesame, hemp seeds, shiitake powder and salt. For a livelier fragrance, add a little yuzu or dried citrus zest. Keep dry; scatter generously when serving.

### *The iodine and minerals of the sea*

Nori brings iodine, precious for the thyroid, and a wealth of marine trace elements. As a daily condiment, it is a simple and delicious way to bring the sea back to the plate.

## XV. Quick pickles (tsukemono)

*The little fermented crunch that accompanies every Japanese meal. These quick pickles need only a few hours: the salt draws water from the vegetables, tenderises them and starts a light fermentation. A sliver with each bite, and digestion lightens.*

*A bowl*

### *Ingredients*

- Firm vegetables in thin slices (cucumber, daikon radish, cabbage, carrot)
- 1 tsp sea salt per 250 g of vegetables, optional: a piece of kombu, a little ginger, a dash of rice vinegar

### *Method*

Slice the vegetables finely. Massage them with the salt in a bowl until they release their water. Add the kombu and ginger. Cover with a weighted plate (a jar of water) and leave to rest 2 to 24 hours at room temperature, then chilled. Press lightly before serving. A dash of rice vinegar at plating wakes the whole thing up.

### *The probiotic gesture*

A small amount of fermented vegetables at each meal seeds the gut with living bacteria and brings enzymes that ease the whole of digestion. The pickle is no decorative detail: it is the signature of a table that thinks of the microbiome.

## XVI. The longevity broth

*A long broth, inspired by Chinese herbal tradition, that I let infuse for hours until it becomes as much a tonic as a comfort. Mushrooms, seaweed, roots and gentle tonics lay down their Qi in it. One drinks a bowl in the morning, or uses it as a soup base.*

*1.5 litres*

### *Ingredients*

- 1 piece of kombu, 5-6 dried shiitake, a handful of maitake if possible
- 2-3 slices of ginseng or dried astragalus, a handful of goji berries, 3-4 jujubes (Chinese dates)
- 1 piece of ginger, 2 litres of spring water, tamari or miso to finish (off the heat)

### *Method*

Gather the kombu, mushrooms, astragalus or ginseng, jujubes and ginger in cold water. Bring up to temperature without boiling and hold a very gentle simmer for one to two hours — the longer it goes, the deeper the broth becomes. Add the goji berries in the last ten minutes. Remove the kombu along the way. Off the heat, season with a little tamari or dissolve a spoonful of miso. Strain and drink hot.

### *The art of the tonic*

Chinese herbal tradition does not seek to stimulate brutally but to rebuild the Qi with patience. Ginseng and astragalus support deep energy and immunity, the jujube harmonises and calms, the goji nourishes the blood. A broth one drinks like a remedy.

## XVII. Coconut yoghurt raita

*The fresh note that answers the fire. When a spiced dish warms — a curry, a khichdi, a carrot velouté — raita comes to balance it: creamy, herbal, lively. This dairy-free version, with coconut yoghurt and tahini, keeps all the comfort and adds a round sweetness.*

*4 people (small bowl)*

### *Ingredients*

- 1 plain coconut yoghurt, 1 tbsp tahini, the juice of half a lemon
- 1 small grated garlic clove, 1 cucumber deseeded, squeezed dry and grated (or cut into fine spaghetti)
- A few chopped mint leaves, pieces of pineapple (freeze-dried preferably, otherwise fresh or dried)
- Freshly ground pepper, fleur de sel, and a drizzle of coconut oil to finish

### *Method*

Whisk the coconut yoghurt with the tahini, lemon juice and grated garlic until smooth. Season with fleur de sel and pepper. Deseed the cucumber, grate it (or cut it into fine spaghetti), then squeeze it well in a cloth so it does not water down the sauce. Fold it in. At serving time, add the chopped mint and the pieces of pineapple, and finish with a drizzle of coconut oil. Keep cool until served.

### *The pineapple that aids digestion*

Freeze-dried pineapple keeps its bromelain, an enzyme that supports protein digestion — which makes raita an ideal companion to spiced dishes and legumes. The cucumber refreshes, the mint soothes the fire: a side that cares for you as it delights.

## XVIII. Coconut vegetable curry

*A gentle, nourishing curry, where seasonal vegetables melt into a coconut milk fragrant with spices. Conceived the Ayurvedic way: gather the tastes, cook with little water, finish with acid and freshness. Comforting without weighing down.*

*4 people*

### *Ingredients*

- Seasonal vegetables (squash, carrot, sweet potato, cauliflower, spinach...), 1 onion, 1 garlic clove, 1 piece of ginger
- Turmeric, cumin, coriander, cardamom (or a good mild curry paste), 400 ml coconut milk
- Coconut oil, salt, a lime, fresh coriander; basmati rice or khichdi to serve

### *Method*

Soften the onion, garlic and ginger in a little coconut oil over low heat. Add the spices and let them open for a minute — this is the tadka, which awakens their aromas. Add the cut vegetables, coat them, then pour in the coconut milk. Cover and let it simmer gently, with very little water, until the vegetables are tender. Salt. Off the heat, lift the dish with a squeeze of lime and a handful of fresh coriander. Serve with basmati rice or a khichdi.

### *The six tastes in one dish*

The sweet of root vegetables and coconut milk, the pungent of ginger and spices, the bitter of turmeric, the salty, the sour of lime, the astringent of coriander: the curry naturally gathers the six Ayurvedic tastes. That is what makes it complete and satisfying for the whole being.



SHEET V

# Ingredients & Suppliers

*the chain of care*

*I share here my favourite foods and my gem suppliers — those that make plant-based food nourishing and delicious.*

## I. My favourite ingredients

These ingredients return again and again in my kitchen for their nutritional, energetic and gustatory value.

- Raw Criollo cacao — ancient rare variety (1 % of world production), with exceptional nutritional qualities that roasting does not destroy. Moving from cooked chocolate to raw chocolate is moving from a heavy pleasure to a deeply nourishing one.
- Spirulina — blue-green algae at 50-70 % complete protein, chlorophyll, bioavailable iron. Choose flakes or fresh powder.
- Maca — Andean adaptogenic tuber, hormonal balance, sustained energy.
- Lucuma — Andean fruit with a caramel-maple taste, one of the most comforting and delicious foods there is. In energy balls, drinks or desserts, it is divine. A natural low-glycaemic sweetener.
- Hulled hemp seeds — a plug-and-play complete protein: nearly 10 g per 30 g (more than an egg), highly digestible edestin and albumin, ideal omega-3 to 6 ratio, magnesium, zinc. No soaking, no barrier. Sourced from Vehgro.
- Artisanal tahini — stone-ground sesame paste, calcium, omega-3 and 6, hazelnut flavour. As a variation: black sesame, or pumpkin-seed butter.
- A selection of salts — kala namak (Indian black salt, sulphurous, reminiscent of egg), blue salt, pink salt, smoked salt, fleur de sel, or simply sea water. Each amplifies a different flavour.
- Miso (quality, unpasteurised) — long fermentation, living probiotics, deep umami.
- Lion's mane (*Herichium erinaceus*) — the mushroom of memory and mental clarity.
- Bourbon vanilla — for relaxation and deep sweetness; dry-infused in a honey, it becomes a treasure.
- Saffron — for good mood and a luminous spirit; a few threads are enough.
- Raw monofloral honeys — for their high vibration; infused or fermented, they become augmented honeys.
- Rose — as a hydrosol, for its vibration that lifts and improves everything it touches.

## II. Suppliers

These are the houses I have met and trust. Quality is held by people, by gestures, by specific choices — not by a label.

- Vehgro — superfoods and functional mushrooms (lion's mane, reishi), hulled hemp seeds, tonic plants.
- Ingvi — a new gem joining my selection (superfoods and living treasures).

- Jurassic Fruit — the most nutritious exotic fruits, rare honeys and the most indulgent date selection on the market. Delivery across Europe.
- Fruitstock — gastronomic fruits from Andalusia, rare varieties, avocado experts.
- Épices Shira — deeply flavourful spices and natural enhancers: pure rose water, flowers, special salts, artisanal tahini.
- Workshop Issé — unpasteurised Japanese products (rare!): miso, soy sauces, living sake, and deeply vibrant teas.
- Nishikidori & le Comptoir des Poivres — seaweeds, exceptional soy sauce and miso, rare peppers, berries, vanillas, spices from around the world.
- L'Arbre à Café — coffees that sharpen the mind without rattling the body — clean, ceremonial.
- Rrraw — raw chocolate supplier, innovative Parisian artisan.
- Biovie — focused on raw-food eating: sprouted seeds, raw nuts, exquisite freeze-dried fruits, fresh seaweeds, coconut by the palette. Free delivery code: virgile50

### III. Books, tables, voices

To extend the reading, broaden the gaze, feel vibrant cooking through other hands and other voices.

- Yotam Ottolenghi — Plenty and Plenty More. Two brilliant vegetarian recipe books, full of flavour and colour.
- Marie Sophie L. — L'Instant Cru. My reference for flavoursome raw food.
- Emma Sawko — Wild & the Moon. The spirit of beautiful Parisian vegan canteens.
- Angèle Ferreux-Maeght & Alain Ducasse — Fées Végétales. A sumptuous book.
- Sadhguru / Isha Foundation — A Taste of Well-Being. Recipes from the Isha Yoga Centre kitchen, lit by Sadhguru's insights on the art of eating and digestion.
- Matthew Kenney — Rawvolution. High raw and living cuisine, gourmet through and through.
- Farmacy Kitchen Cookbook — the book of London's Farmacy restaurant: plant-based cooking, beautiful and refined.
- Restaurant 42 Degrés (Paris) — their new book, raw and living cuisine at its peak.
- Garlone Bardel — Yoga Cookbook. Very effective, beautifully crafted.

#### RESTAURANTS

In Paris: Restaurant 42° (raw and vegan), Wild & the Moon, Le Potager de Charlotte (delicious).  
In London: Farmacy Kitchen, and Ottolenghi's restaurants.

#### PODCASTS

La Patate, by Alice Tuyet (Spotify, podcast) — chefs, entrepreneurs and enthusiasts with a plant-based, human and conscious angle, magnificent. And Le Chef, another excellent podcast, giving voice to those who cook the living.



# Ayurvedic Intelligence

*six tastes, one fire*

*A science three thousand years old described, without a microscope, what biochemistry rediscovers today — every meal is a complete sensory pharmacology.*

## I. The six tastes

Ayurveda recognises six fundamental tastes, and considers a meal complete when it holds all six. Each taste is more than a mouthful of pleasure: it is a signal. On the tongue, dedicated receptors trigger precise enzymatic and hormonal cascades — saliva, gastric juices, bile, the rhythm of appetite. To taste is already to digest.

Modern science calls 'sensory specific satiety' what the sages had observed: the diversity of tastes on a single plate optimises digestion and naturally settles overeating. A meal that gathers all six tastes satisfies the whole being — the body no longer asks for what it lacks, because nothing is missing.

<i>Taste</i>	<i>What it awakens</i>	<i>Foods</i>
Sweet · Madhura	Nourishes every tissue, calms and grounds	Rice, squash, sweet potato, carrot, raw honey, coconut milk
Sour · Amla	Lights the digestive fire, opens appetite, releases minerals	Lemon, tamarind, fermented foods, camu camu
Salty · Lavana	Stimulates digestion, retains water, grounds	Himalayan pink salt, sea salt, seaweed
Pungent · Katu	Quickens the fire, dissolves mucus, accelerates metabolism	Ginger, cumin, pepper, cinnamon, mustard
Bitter · Tikta	Purifies, eases inflammation, dries the excess	Turmeric, fenugreek, dandelion, bitter greens
Astringent · Kashaya	Tones tissues, tightens, cleanses	Lentils, mung beans, apple, pomegranate

### TO FEEL

Composing the six tastes is not a constraint but a game. A squeeze of lemon (sour), a pinch of pink salt (salty), ginger (pungent), turmeric (bitter), lentils (astringent), a little squash or honey (sweet) — and the plate becomes complete. The body senses it at once: it settles.

## II. The three qualities — Sattva, Rajas, Tamas

Beyond tastes, Ayurveda reads a quality in every food, a 'guna' — the vibration it carries to the mind as much as to the body. Three qualities, three states we all recognise within ourselves.

### ❁ Sattva — clarity, lightness, light

Sattvic foods leave the mind clear and the body light. They are the foods of presence — those that nourish without weighing down, that awaken without agitating.

**Grains & legumes** — Basmati rice, quinoa, amaranth, millet, buckwheat, oats; split moong dal, red lentils, fresh tofu.

**The living** — Squash, carrot, fennel, spinach, beetroot; apple, pear, mango, pomegranate, date, fig; ghee, coconut oil, soaked almond, raw honey never heated; turmeric, fresh ginger, cumin, coriander, cardamom, saffron.

### ❖ Rajas — drive, passion, fire

Rajasic foods stimulate, heat, set in motion. In their right place they give momentum; in excess they agitate. Onion, garlic, hot chilli, coffee, heavily sweetened chocolate, excess salt, toasted sesame, energy drinks.

### ❁ Tamas — rest, matter, grounding

Tamasic foods weigh down and slow. Ayurveda places here reheated dishes, leftovers more than a day old, fried foods, refined oils, heated honey. Choosing the fresh, the simple, the food made today keeps the body available.

#### THE NUANCE THAT CHANGES EVERYTHING

The same food changes quality with its preparation. Raw honey is sattvic; heated, it becomes tamasic. Clear sesame oil is sattvic; toasted, it turns rajasic. Pepper in a pinch is sattvic; in excess, rajasic. It is never the food alone that matters, but the gesture that accompanies it.

## III. The digestive fire and its clock

Ayurveda calls the digestive fire 'Agni', and gives it a rhythm: strong at midday, gentle in the evening. For a long time this was taken as a metaphor. Chronobiology now confirms it word for word — the secretion of digestive enzymes, gastric motility and insulin sensitivity peak in the middle of the day and decline at night.



*Eating light in the evening is no mystical dogma — it is chronobiology. The densest meal when the fire is highest; the gentlest bowl when it softens.*

The CCF tea — cumin, coriander, fennel — is the universal digestive of this tradition. Cumin stimulates pancreatic enzymes and bile, coriander relaxes the intestinal muscles through its linalool, fennel expels gas through its anethole. A teaspoon of each as whole seeds, 750 ml of boiling water, ten to fifteen minutes covered: the fire settles, forcing nothing.

## IV. Khichdi — six tastes in a single bowl

Khichdi — 'mixture' in Hindi — is perhaps the oldest and most tested meal of human medicine. A porridge of basmati rice and split moong dal, cooked with digestive spices. Its perfection is no accident: it is an architecture.

- Rice brings the sweet (madhura).
- The dal brings the astringent (kashaya).

- The spice tadka brings the pungent (katu) and the bitter (tikta, through turmeric).
- Lemon at serving brings the sour (amla).
- Pink salt brings the salty (lavana).

#### THE MOONG DAL SECRET

Split moong dal (yellow, halved) is not the whole mung bean: it has shed its skin and its flatulent sugars, cooks in twenty minutes and melts into cream. It is the only legume held to be tridoshic — balancing the three doshas — and sattvic. In its absence, red lentils are the truest substitute. The full recipe awaits you in the Recipes chapter.

## V. Anupana — the honey-vehicle

Ayurveda gives a name to the companion that carries the active principle: anupana, the vehicle. Raw honey is its archetype — Madhu. Its sweetness (madhura) and its fineness let it conduct a plant's molecules into the deep tissues, the srotas. This is why so many traditions entrust saffron, ginger and turmeric to honey: not as a sugar, but as a messenger.



*Honey does not sweeten the active principle — it carries it.*

#### THE AUGMENTED HONEY

Infused dry (saffron, vanilla, orange blossom) or fermented (ginger, garlic), raw honey becomes an augmented honey — a tailor-made anupana. Where an age dreams of augmenting the human from the outside, this gesture augments it through nature, from within. A full exploration of augmented honeys awaits you on [levegetalien.fr](http://levegetalien.fr).

## VI. What science confirms — and extends

The most moving thing in this tradition is everything it saw rightly before the tools existed. Soaking seeds and almonds — to neutralise compounds chemistry only named in the 20th century — has been prescribed for three thousand years. Spices as medicine: anti-inflammatory curcumin, soothing gingerol, digestive cuminaldehyde — every ayurvedic prescription now finds its pharmacological validation. Clarified ghee, rich in butyrate that nourishes the intestinal lining, free of casein and lactose, with a high smoke point. All of it felt first, demonstrated later.

And where science extends the tradition, we welcome the widening with joy. Functional mushrooms — Lion's Mane, Reishi — are among the most precious allies of the brain and immunity: we give them a full place. Living enzymes, vitamin C, the ferments of a raw food keep a value that systematic cooking would let slip away: we keep a part raw, a part alive. Tradition gives the structure; modern science opens the windows. Together, they draw a nutrition of precision.



*Three thousand years of patient observation, lit by today's biochemistry — not to replace what is felt, but to confirm it.*

## THE TRIPTYCH OF INTELLIGENCES

This chapter opens a triptych — three views on a single body. After India and its six tastes, East Asia circulates the Qi of food (chapter VII, the Macrobiotic), and the humblest science gives the body back its ancestral signals (chapter VIII, Biohacking). Three languages, one truth.

---

*“Understand deeply, experiment, feel — then filter it all through the intelligence of the body.”*



Virgile Escalant · *chef-chemist*



# Macrobiotic Intelligence

*the Qi of food — Japan & China*

*The cuisines of East Asia do not nourish matter alone: they set energy in motion. Eating becomes an art of balance — yin and yang, the living Ki, deep umami.*

## I. The Qi of food — the energy that flows

Where the West counts calories and nutrients, China and Japan first saw energy. The Qi (in Chinese) or Ki (in Japanese) is that living breath which food carries and transmits — the Eastern cousin of India's prana. A vegetable picked in the morning, a fresh root, a living ferment overflow with Qi; a dead food, refined, reheated a thousand times, carries it no more. To eat is, first of all, to choose energy.

The macrobiotic way, formulated by George Ohsawa and then transmitted by Michio Kushi, arranges this energy into two poles: yin (the expansive, the cool, the sweet, the moist) and yang (the contracted, the warm, the salty, the dry). Neither is better than the other — health is born of their moving balance. A dish too yin calls for a touch of yang, and the reverse. It is a dance, not a rule.



*Whole rice is held to be the most balanced food there is — neither too yin nor too yang. This is why, in the macrobiotic way, it holds the centre of the plate and of the meal.*

## II. Umami — the fifth taste

Japan gave the world the fifth taste: umami, that deep, round, savoury flavour that science eventually named and measured. It is the taste of glutamate — present in kombu, ripe tomato, miso — and it holds a secret of synergy: paired with the guanylate of dried shiitake, or with inosinate, it multiplies up to fifteenfold. A broth of kombu and shiitake is not the sum of two flavours, it is their explosion.

### Gomasio — salt dressed in sesame

Whole sesame, toasted and ground with a little sea salt: gomasio coats each crystal of salt in sesame oil, softens its bite, and brings calcium, iron and good fats. A spoonful over rice, and the dish finds its yang anchor.

### Furikake — the living condiment

A Japanese blend of seaweed, sesame, seeds and sometimes shiitake, furikake is a concentrate of umami and marine minerals that one scatters over rice, vegetables, broths. It is the art of adding, in a single pinch, the depth of the sea.

## III. Broths and mushrooms

At the heart of Japanese cooking stands dashi — the clear broth of kombu and shiitake that serves as the base for almost everything. It is made without boiling: the kombu infuses in cold water brought

up gently, the dried shiitake releases its guanylate. From this broth is born miso soup, that daily comfort where the miso, added off the heat to preserve its living ferments, brings its probiotics and its umami.

#### *MUSHROOMS, MEDICINE AND DEPTH*

Shiitake and maitake nourish as much as they tend the terrain: rich in beta-glucans that support immunity, they also carry the deepest umami. We work the functional mushrooms with Vehgro, our supplier — from shiitake to Lion's Mane and Reishi, the fungal kingdom is one of the most precious allies of body and mind.

#### *THE SECRET OF GUANYLATE*

To draw the most umami from a dried shiitake: rehydrate it cold for five to ten hours, then heat the broth quickly through the 40-60°C zone (where an enzyme would destroy it) before holding it between 60 and 80°C for some fifteen minutes — the zone where guanylate forms most. Patience becomes flavour.

## *IV.* Fermentation and pickles

East Asia raised fermentation to the rank of art. Miso and tamari turn soya into a digestible, living umami. Umeboshi — the salted fermented plum — is a small concentrate of alkalisating acidity held to be a great ally of digestion. And tsukemono, those pickles of vegetables in salt, rice bran or vinegar, accompany each meal with a crisp, probiotic note.

### Vinegar, a living tension

Rice vinegar, soft and round, and umeboshi vinegar, sharp and saline, bring the acid that awakens the flavours, supports digestion and keeps things fresh. A dash of vinegar in a bowl of rice, and the whole lightens and comes alive.

#### *WHY PICKLES AT EVERY MEAL*

A small amount of fermented vegetables at each meal seeds the gut with living bacteria, brings enzymes and eases the assimilation of everything else. A few slivers of pickle are no detail: they are the signature of a table that thinks of the microbiome.

## *V.* Ginseng and the tonics

Chinese herbal tradition cultivated, over millennia, the art of tonics — those plants that do not stimulate brutally but rebuild the Qi with patience. Ginseng is their king: an adaptogenic root that supports energy, resilience to stress and clarity, without the spike or the crash of stimulants.

<i>Tonic</i>	<i>What it supports</i>	<i>Use</i>
Ginseng	Deep energy, stress resilience, clarity	Decoction, powder, slow infusion
Astragalus (Huang Qi)	Immunity, protective vitality	Long broths, soups
Goji berries	Eyes, blood, tonic sweetness	Raw, teas, congee
Jujube (Chinese date)	Calm, digestion, harmonises formulas	Broths, evening decoctions

This logic of the tonic meets that of the adaptogens we love — ashwagandha, rhodiola, reishi: not to whip the body, but to help it rediscover, day after day, its balance and its reserve. Green tea itself, sencha or matcha, is a tonic of the everyday; we discover it in its most living form at Workshop Issé.

## VI. The composition of a meal

The beauty of the macrobiotic way lies in its architecture of the meal — simple, balanced, repeatable each day. At the centre, the whole grain; around it, the vegetables of the season; a little legume or fermented soya; a soup; a living condiment. Nothing extravagant — an order that nourishes without weighing down.

- I. The whole grain at the centre (rice, millet, buckwheat, barley) — about half the plate.
- II. Seasonal vegetables, gently cooked with a little raw — about a quarter.
- III. A legume or fermented soya (azuki, tofu, tempeh) — a small portion.
- IV. A soup (miso, broth) to open the meal and the digestive fire.
- V. A living condiment: gomasio, furikake, pickles — the finishing touch.

### *HARA HACHI BU — EATING TO EIGHTY PERCENT*

In Okinawa, one of the lands where people live longest, one stops eating at eighty percent of satiety. The body receives enough without being overloaded, the digestive fire stays light, and longevity settles in, meal after meal. Moderation is not deprivation — it is a respect for the fire.

### *THE TRIPTYCH OF INTELLIGENCES*

The second panel of the triptych. India came before it with the six tastes (chapter VI, Ayurveda); the humblest science extends it through the ancestral signals (chapter VIII, Biohacking). Three traditions, three languages — one same body to honour.

*“To eat in order to circulate energy, not to fill oneself — this is the whole art of the East at the table.”*



Virgile Escalant · *chef-chemist*



# The Intelligence of Biohacking

*giving the body back its signals*

*The humblest science adds nothing to us: it gives the body back the ancestral signals it has awaited for three hundred thousand years. The most powerful hack is a return.*

## I. The terrain — the most powerful hack is a return

The word "biohacking" often evokes gadgets, sensors, rare powders. The truth is gentler and more radical: our body is not a system to be hacked, it is an already perfect technology whose signals modern life has simply cut off. Too little sun, too much light at night, never any cold, never any hunger, never any true breath. The most intelligent biohacking does only one thing: it plugs these signals back in.

This is the path championed by Gary Brecka, the American biohacker who repeats one simple phrase: the body is not broken, it is depleted. Before any sophisticated protocol, he brings everyone back to the foundations — oxygen, morning light, water, minerals, breath, contact with the earth. Fill the base before stacking the summit. That humility is the greatest ingenuity of all.



*We do not seek to become more than the body. We seek to give it back what the modern world has taken from it — and to watch it recover, on its own, its full power.*

## II. The sun — the first clock

Before being a source of heat, the sun is information. Morning light, received in the eye within the first hour of the day, sets our internal clock: it triggers the waking cortisol at the right moment and programs, twelve to fourteen hours later, the release of melatonin that will open the door to sleep. Ten minutes outdoors upon waking, without glasses or a window pane, are worth more than any supplement.

### ☀ Morning light

Step outside within the first sixty minutes after waking, even under a cloudy sky (the outdoors remains ten to a hundred times brighter than a room). It is the gesture that anchors the entire rhythm of the day.

### ☀ Vitamin D, the sun's hormone

On exposed skin, the sun turns cholesterol into vitamin D — in truth a hormone that speaks to thousands of genes, supporting immunity, mood and bone strength. A few minutes of sun on the forearms and face, at safe hours, are enough to keep the reservoir filled.

### ✿ Darkness, the other half

Bright evening light — screens, ceiling lights — erases melatonin and delays sleep. Lowering the lights after sunset, favouring warm and low sources, gives the night back its signal. Sun and darkness are one clock with two hands.

## III. Sleep as technology

Sleep is not an absence: it is the nightly workshop where the body repairs itself, where the brain washes away its waste and files memory. We do not force it, we invite it — by gathering four conditions the body recognises.

- Coolness: a bedroom around 18°C helps the core temperature fall, the very condition of falling asleep.
- Total darkness: the slightest point of light disturbs melatonin; complete darkness is a nutrient.
- Regularity: going to bed and rising at the same hours sets the clock better than any device.
- An evening of calm: a soft, early dinner, no aggressive screens, lets adenosine rise and the breath slow.

### *SLEEP'S ALLIES ON THE PLATE*

Magnesium (raw cacao, pumpkin seeds, buckwheat) relaxes muscle and nerve. Glycine (sesame, spirulina) lowers the core temperature and deepens slow-wave sleep. The tryptophan in the evening's soft carbohydrates becomes serotonin, then melatonin. The soft evening bowl is, in itself, a sleep protocol.

## IV. Neurotransmitters — and how to feed them

Our inner states — drive, calm, focus, joy — rest upon a few messenger molecules. And these molecules do not come from nowhere: they are built from amino acids we eat, with the help of cofactors (B vitamins, magnesium, vitamin C). Every meal is, literally, a pharmacy of precision.

<i>Messenger</i>	<i>What it awakens</i>	<i>Precursor &amp; sources</i>
Dopamine	Drive, motivation, focus	Tyrosine — almonds, raw cacao, squash
Serotonin	Stable mood, satiety, serenity	Tryptophan — hemp, dates, banana
GABA	Calm, release, sleep	Glutamate + B6 — tea, ferments, buckwheat
Acetylcholine	Memory, learning, clarity	Choline — lecithin, soy, seeds

This is exactly the logic of our Suprême bars: choosing the active ingredient — brahmi, saffron, phycocyanin — that supports one precise neurotransmitter, within a base of raw honey and Criollo cacao that carries its assimilation. Adaptogens (ashwagandha, rhodiola) and plant nootropics do not dope: they help the terrain rediscover its balance.

## V. Hormesis — the right dose of challenge

The body grows stronger from what challenges it a little. This is hormesis: a brief, controlled stress triggers a repair greater than the stress itself. Cold, heat, brief hunger — so many doors our ancestors crossed each day, and that we have closed.

### ✿ Cold

A cool end to the shower, thirty seconds, awakens circulation, raises noradrenaline and dopamine, and leaves a lasting clarity. The body, taken by surprise, falls into order and wakes.

### ✿ Heat

The sauna, or a hot bath, dilates the vessels, releases repair proteins and relaxes deeply. Heat then coolness: the contrast is a massage for the nervous system.

### ✿ Brief hunger

Tightening the eating window — eating within ten to twelve hours, leaving the night for digestive rest — awakens autophagy, that great cellular housekeeping. It is the agni of Ayurveda, confirmed by chronobiology: the fire settles when it is given the time.

## VI. The breath — the only conscious lever

Of all the involuntary functions — the heart, digestion, the hormones — only one opens to our will: breathing. It is the handle by which we can take hold of the nervous system. To slow the breath, to lengthen the exhale, is to tell the body, in a few cycles, that it may leave its alert.

### *CARDIAC COHERENCE*

Five minutes, six breaths per minute (inhale five seconds, exhale five seconds). The heart and the breath fall into accord, the vagus nerve activates, tension drops. It is free, invisible, and available at every moment of strain.

### *THE PROTOCOLS OF THE DAY*

On waking: ten minutes of light outdoors. Through the day: sun on the skin, a meal that feeds the messengers, a tightened eating window. In the evening: low lights, a soft and early dinner, a long exhale. A cool end to the shower when the body calls for clarity. Nothing to buy — everything to rediscover.

### *THE TRIPTYCH OF INTELLIGENCES*

The third and final panel of the triptych. The humblest science comes to confirm, by measurement, what Ayurveda (chapter VI) and the Macrobiotic way (chapter VII) had sensed millennia ago. Three languages, one same truth — the body is an already perfect technology, asking only to receive what suits it.

*“The body is not broken — it is awaiting its signals. To give them back is to watch it bloom again.”*



Virgile Escalant · *chef-chemist*