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## Community Wellness Digest Vol. 1, No. 3

Welcome to the Center for Buddhist Studies Community Wellness Digest! In this monthly email, we will share wisdom from Buddhist teachings you can use in your daily life, wellness tips, and information about university and community events. We welcome your feedback. Let us know what you think by emailing [buddhist-studies@email.arizona.edu](mailto:buddhist-studies@email.arizona.edu).



### Buddhism and Diet

If you have ever attended a retreat or a holiday celebration at a Buddhist temple, you may have noticed that some Buddhists follow a vegetarian diet. This tradition, which originated more than two thousand years ago, is associated with the first Buddhist precept, which prohibits the taking of life. The teachings and practices around diet vary according to lineage. Most Mahayana monks, nuns and some lay people do not eat meat, whereas followers of other lineages allow for consumption of meat. In many

parts of East Asia, such as China, Japan, Taiwan, and Korea, delicious vegetarian food is prepared in temples and Buddhist restaurants offer elaborate vegetarian buffets. Whatever diet you follow, recent research has shown that “mindful eating,” or the act of slowly savoring your food, can have profound health benefits. Check out this [New York Times article](#) for an overview of the practice and links to books and articles that can help you increase mindfulness at mealtime.

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## Mindful Eating



One way we can become more mindful consumers and eaters involves connecting with local food producers and eating foods rooted in our region’s heritage. In partnership with the [UA Southwest Center](#) and others, the city of Tucson was designated a UNESCO City of Gastronomy in 2015 in recognition of the 4,000 years of crop cultivation and rich intersection of culinary cultures present in the Sonoran Desert. Visit their [website](#) to find resources about the history of our region, farmers’s markets, restaurants, and local food traditions present here in the Sonoran desert, including Native American, northern Mexican or Sonoran, Mission-era Mediterranean, and American Ranch-Style Cowboy traditions. Connect directly with your local food producers at a farmer’s market near you: <https://www.heirloomfm.org/>.

## Andrew Weil Center Nutrition Courses

The Andrew Weil Center for Integrative Medicine offers online courses on a range of subjects that can help you eat more mindfully and healthily. The Wellness & Lifestyle Series, Unit 3 contains a series of courses on Nutrition, Phytonutrients, the Anti-Inflammatory Diet, Nutrition & Cardiovascular Health, Self-Care: Healthy Eating, and

Smoking Cessation. Check out their [website](#) for more information about registration and fees.



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**Our mailing address is:**

341C, Harvill Building  
1103 E 2nd St, Tucson, AZ 85721-0076

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