

GASTRONOMIC BIOHARMONISM

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Abstract. *The paper underlines the gastronomy orientation towards science and equilibrium, compulsory under the conditions of today's world changes and legitimate desires to improve food quality, with impact on increase of longevity. The idea of gastronomic bioharmonisation is approached, having as declared aim the increase of food health generating capacity. The multiple integration with its effects is analyzed at environment "macro" level, as well as at "micro" level of the body. The paper makes reference to biostructural processes of biochemical and genetic nature. There are analyzed aspects of nutrigenomics by emphasizing food impact focused on the body genetic heritage. The bioharmonisation processes emphasized in this study have as landmark the concept of integronic food applied for an approach of the techniques concerning personalized gastronomy. The solutions of the study linked to gastronomic bioharmonisation show that, in order to avoid the paradoxical situation (of disharmony) when people will eat quantitatively enough, but will be hungry by using "diluted" nutrient food (especially micronutrients), the approach of multiple integrations (integrionic alimentation) becomes necessary in order to harmonize the food quantity-quality ratio.*

Keywords: alimentation, bioharmonization, food, gastronomy, nutrigenomics

12. Introduction

THE BIOHARMONIZATION of the living systems and of the planetary system in its whole is the method that pursues optimized balance of alternation (vibration) of ergo-material structures of these systems (informationally encoded), between **DYNAMIC EQUILIBRIUM** with steady tendency to reverse the trajectory to a certain systemic estate (namely the living system *homeorexia* and respectively *georexia* on a planetary scale) and the moments of previous **EQUILIBRIUM OF STATIC STATE**, at initial conditions (namely the *homeostasis* of living systems in general and especially of man and, respectively, *geostasis* at planetary scale). The game of oscillating interconnections of this "georexia-geostasis" dynamic of states *de facto* generates "systemic harmony". Given the living systems specific to the planetary model, we are speaking about the „**complex biologic harmony of the living Planet**”, what we have named briefly the **BIOHARMONISM** phenomenon. Thus, it becomes possible to rediscover the unitary, balanced and

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