

THE CONCEPT OF „*MELO-PSYCHO-NUTRITION*” (MPN), IN PSYCHO-GASTRONOMY STUDIES

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Abstract. *The paper centers on the achievement of a unitary psycho-gastronomy concept on direction of the phonic impact upon nutrition. There are aggregated a series of fragmentary observations of gastrophysics linked to the psychologic impact of musical sounds in relation to the feeding manner, to gastronomy. The paper methodologically approaches vibrational frequencies in the relation between harmonious sounds and living organism. There are defined the phrase „organismic meloimpact” (for all positive, neuter or negative situations, at all species) and „melotherapy” (when the effect is positive, especially in relation to the human species). There is defined the concept and highlighted the melo-psycho-nutrition method necessary to the harmonization of all the elements of the process of organismic meloimpact, with consequences in equilibrating the metabolic balance regarding nutrition and food assimilation. There is taken into consideration productivity growth at planetary level, or in animal production, as well as the improvement of the dynamic balance regarding food digestibility at the human species, as final element in the trophic chain. As for man and human society in general, there are mainly analyzed aspects linked to the finality of the alimentary act by culinary production, in relation to the problem of psycho-gastronomy. There are exemplified certain practical applications at the level of the restauration system and, in general, in the hospitality industry.*

Keywords: gastro physics, food, Melos, nutrition, psychology

1. Introduction

We specify that gastrophysics has recently entered among sciences, and its demarche to reveal how our senses combine between themselves and even reciprocally condition, in order to influence perception upon what we eat. There is practically analyzed the combination between gastronomy and psychophysics in order to search the multitude of ingredients (apparently peripheral ones) that influence our organoleptic perceptions (of flavor, of taste etc.). Thus our culinary choices may be directed so that we may make the difference between a „*memorable meal*” and one that may be forgotten.

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