Mission Statement

Food is not merely sustenance. Good food is highly enjoyable and beneficial. At some point in the past, we have strayed from our path and turned food into sterile calories and artificial concoctions. We tried to remedy resulting ailments with medications, further ruining the natural balance.

Much of our modern food and a pattern of frequent eating are unhealthy and unnatural. They contribute to the obesity epidemic, with all its destructive companions. Returning to the food and the way of eating that is natural for our body and enjoyable for our mind and soul, one person and one dinner at a time, is The Time Machine Diet's mission.