

Globetrotting, Gladiatorializing and Gluing the Glazing Glosses of the Globular Gluttonousness

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Abstract: “They will say to the elders, “This son of ours is stubborn and rebellious. He will not obey us. He is a glutton and a drunk.” - Deuteronomy 21:20 (NIV). It becomes gluttony when we have to constantly have something in our mouth and have to chew it: for example, popcorn in the cinema, ice cream in the pedestrian zone, and salted peanuts in the pub. Too much food and a little exercise for four weeks are enough to increase body weight and fat storage in the long term. Evagrius Ponticus was the first Christian monk who, at the end of the fourth century AD analysed about eight evil thoughts: gluttony, pride, anger, greed, vanity, lust, sadness and despondency. A little later, Pope Gregory I the Great combined sadness with despondency, vanity with pride into one sin, and added envy. In this article, we will discourse about a phenomenon called “gluttony” and about “sinners” who live to eat and drink.

Index Terms: Overeating, Overindulgence, Immoderation, Gluttonousness, Intemperance

INTRODUCTION

“These wicked people are slow and prosperous; her hips bulge with fat.” - Job 15:27 (NLT)

Actually, the hunger is already gone but the food was so delicious. And there’s still a handful of biriyani in the pot, or the Chicken 65 with sliced onion is waiting on the plate. Many then cannot resist and continue to eat without restraint. In the Middle Ages, this was considered gluttony and a deadly sin. Today it is questionable, at least from a health point of view. The difficulty in stopping in time is people’s lust for pleasure. And this has consequences: if you are full and still continue to eat regularly, you will first become overweight and then obese. Six out of ten Indians are now struggling with being overweight. More than half of the people around the world weigh too much – and the trend is rising.

ORIGINALLY, GLUTTONY ENSURED THE SURVIVAL

In the age of hunters and wanderers, gluttony made sense. If there was more food than was needed, people would eat in advance so that they could survive better when it became scarce again. Such behaviour no longer makes sense today. Not only the food supply but also the food had changed. They contain less fibre and more calories in less volume. Many also lack exercise. The calculation is simple: a chronic calorie surplus plus a chronic lack of exercise results in overweight and obesity. According to modern research papers, gluttony can also be observed in other areas of consumption.

ECONOMIC SUCCESS ALSO DEPENDS ON GLUTTONY

What is the need for having many Sports Utility Vehicles for one person? “That is gluttony.” The economic success of many companies depends to a large extent on consumption going beyond what is necessary. An economy geared towards making more and more profit lives on gluttony to an appreciable extent. Often with negative consequences for the environment and health. Overweight and obese lead to diabetes and cardiovascular diseases or even cancer. The hard endpoints are heart attacks and strokes. So gluttony costs years of life - and can still be a mortal sin for health today.

GLUTTONY IN ORTHODOXY

“Do not be among drunkards or gluttonous meat-eaters, for the drunkards and gluttons will become

poor, and sleep will clothe them in rags.” - Proverbs 23:20-21

Gluttony is an excessive predilection for the pleasure of the flesh, which becomes for a person higher and more important than God. It is the sin of gluttony in the Orthodox tradition that refers to the “mortal” sins. This does not mean that the Lord punishes them with death. A person himself puts himself on the brink of death when he does not try to overcome addictions. Often, Orthodox people, with special and even excessive zeal, take up the fight against mortal sins, which include gluttony. This leads to the fact that a pregnant woman can adhere to such severe restrictions during fasting that it harms her unborn child. And someone will take on the unbearable feat of asceticism in food, which will lead to an exacerbation of chronic diseases. But God does not expect us to self-mutilate or completely refuse food, otherwise, He would not have created our bodies with the need for food. What is the difference between gluttony and ordinary eating? Where is the line that separates sin from the satisfaction of the natural needs of the body?

POSSIBLE CONSEQUENCES OF GLUTTONY FOR THE SOUL AND BODY

“Do you like honey? Don’t eat too much or you’ll get sick!” -Proverbs 25:16 (NLT)

Even secular doctors clearly oppose gluttony. Of course, the word “gluttony” you most likely will not hear in the hospital. But nutritionists warn that a tendency to eat a lot of fatty, spicy and sweet foods leads to the development of:

1. obesity;
2. diabetes;
3. Cardiovascular diseases;
4. Gastritis.

And this is only an incomplete list of what can await a person who overeats or smokes, alcoholism. The sin of gluttony is “mortal” in the truest sense of the word. If we talk about the soul of man, then everything that comes between God and man will not bring any benefit to the soul. Overeating a person himself is tormented by guilt, the passion for drunkenness destroys the family, friendship, and then the personality of a person, “killing” his soul.

Gluttony: what it is and how to deal with it

Pleasing the womb (belly) - this is how the meaning of this somewhat outdated concept, which today is found mainly in the language of Christian asceticism, is literally deciphered. We are talking about immoderation and greed for food, about excessive addiction to plentiful, tasty food. It would seem that what is wrong with this if the very physiology of the human body underlies it? The desire to eat occurs when blood sugar levels drop, and the brain starts a command: it’s time to get food. This mechanism, invented by nature for the survival of the organism, today works “in the opposite direction.” Gluttony occurs when food is elevated to the level of a cult. Priests, using this concept, denote an addiction to the pleasing of the flesh, which becomes more important for a person than God. When the line is crossed between the natural supply of nutrients to the body and the consumption of food, not associated with hunger, this process is transformed into a longed-for goal and becomes a source of major pleasures. There is an irresistible desire to eat more or more refined, which is no longer related to the natural need.

Why is it considered a sin?

In Orthodoxy, every piece of food not eaten to satisfy hunger (for example, for pleasure) is gluttony. The same with the drunk liquid, which is supposed to be used only when thirsty, and nothing else. The scale of gluttony sometimes goes off-scale, bringing a person almost to a bestial state. When it is physiologically impossible to digest what has been eaten, such Robins Bobbins take preparations containing enzymes, or provoke a gag reflex, freeing the stomach to receive new portions. However, the world is full of things more unsightly. Why is gluttony considered a mortal sin? In Christianity, this passion is equated with idolatry, because gluttons put sensual pleasure above all else. According to the apostle Paul, the womb becomes their god, and spiritual questions cease to interest them. The priests have an allegorical expression on this subject: fat birds cannot fly. The holy fathers believe that the glutton is not able to resist fornication, anger, and the love of money. And let the passion for food be a weaker desire compared to other passions (for example, anger). How can you hope to defeat a strong opponent if you cannot defeat the weakest?

Types of gluttony

“A demanding son follows instructions, but a gluttonous companion shames his father.” - Proverbs 28:7 (NIV)

Overeating, in the old way, is gluttony (gastrimargia). The quality and taste of food are not important here, the main thing is the quantity to fill your womb. They say about such people: they eat everything that is not nailed down.

Throatism is a morbid addiction to special, gourmet food. Unlike the classic glutton, such subjects are very picky eaters, willing to pay crazy money to taste some yellow monkey cerebellum or a piece of puffer fish.

Drunkenness, drug addiction, and smoking priests also include in this company of painful excesses associated with pleasing their own flesh.

Reasons for gluttony

“When you sit down to eat with a ruler, make good note of what is in front of you and put a knife to your throat if you are prone to gluttony.” - Proverbs 23:1–2 (NIV)

Historically and physiologically, the tendency to gluttony was inherited from our ancestors, who, due to intermittent fasting, had to eat up for future use - this was the only way to survive.

This mechanism is fixed at the genetic level, and it does not matter that to get food it is now enough to run into a nearby cafe or supermarket, without running for hours through fields and forests in search of prey.

Fertile ground for gluttony - stress, bad mood, boredom. A person “jams” complex problems, self-doubt, and anxiety. After calling “on the carpet” to the authorities, the hand itself reaches for a chocolate bar/cake/cookie.

Having received positive emotions from a delicious meal, a person fixes this state on a subconscious level. The problems were not resolved, but they became easier. A habit is formed to “seize” the negative as the most affordable way to improve mood.

Sooner or later, such a diet ends in gluttony, because the body, taken to the extreme, decides: “Enough, we’ve had enough.”

And although the very word “gluttony” is perceived as somewhat outdated, this phenomenon is flourishing. There is an entire industry that exploits seemingly harmless sin.

Enticing names of dishes, exquisite serving, seasonings and spices that excite the sense of smell,

special lighting, pleasant music and interior are used. Our world is increasingly revolving around food.

It is disassembled into components in programs about health, they shoot stories about good and not-so-products. The Internet is full of recipe sites and food blogs.

Foodstagrammers can’t eat in peace without posting pictures of their meal on social media. Even in bowling, they order pizza and beer, and in the theatre, they wait for the intermission to run into the buffet.

Consequences of gluttony, sinful and destructive

“Now that was the sin of your sister Sodom: she and her daughters were arrogant, overfed, and careless; they did not help the poor and needy.” - Ezekiel 16:49 (NIV)

The Christian religion (both Orthodox and Catholic) has a negative attitude towards gluttony. A negative attitude towards this phenomenon is found in the Bible, as well as in the statements of the apostles, who called for food restrictions, fasting and prayers. Thus, the apostle Luke wrote: “But take heed to yourselves, lest your hearts be weighed down with carousing, drunkenness, and cares of this life, and that Day come on you unexpectedly.”

The very concept of “mortal sin” does not mean that the Lord punishes it with death. The glutton himself puts himself on the brink of death if he does not try to overcome his pernicious passion.

Endocrine disorders, digestive and cardiovascular diseases, oedema, acne ... A complete list of possible consequences can turn into a retelling of a medical reference book.

Even if the “margin of safety” still allows you to overeat without tangible harm to your health, overeating gives rise to feelings of guilt and shame up to the development of depression (how is that?).

The glutton swears to himself that this night was the last raid on the refrigerator, but after dark, everything repeats. Loss of self-control, repentance (what is it?), new vows - the circle closes.

How to overcome gluttony

“All man’s toil is for his mouth, yet his appetite is not satisfied.” -Ecclesiastes 6:7 (ESV)

You should not start with a forced reduction in the diet - this will not give any other result than torment and the growth of internal conflict, followed by a breakdown and a new wave of gluttony.

The Holy Fathers affirm that every sin can be overcome only with God's help. According to them, in getting rid of gluttony, prayer and repentance are in the first place.

You can not do without self-discipline - eating at a certain time, observing fasts. Instead of endless work with jaws, charitable labour is offered.

For atheists, the analogy of prayer is the psychological attitude. It is necessary to find out what is the reason for what is happening: interpersonal problems, internal fears, or from childhood my mother taught me to eat well and in large quantities.

The discovered "root of evil" is subject to destruction. You may have to learn how to overcome stress and reconsider the stereotypes that have settled in your head (how is that?).

In the fight against gluttony, the principle of "divide and rule" applies.

You need to listen to yourself in order to distinguish hunger from the desire to eat a cookie, for example, from boredom (what can you do?).

Flies and cutlets separately: here I'm sad, I'm offended or upset, but here I'm simply hungry. When such a division is mastered, control over one's own appetite is not far away.

It is important to realize that in life there are not only gastronomic pleasures. You can get positive emotions by playing sports, communicating with interesting people, and travelling.

Workout, a visit to the cinema or an exhibition will help overcome stress. It makes sense to start an interesting hobby (how is that?) - it can drive away both the blues and the desire to "eat everything that is not nailed down."

We need to come up with alternative ways of getting pleasure, in addition to food.

The method is not easy, but effective - to focus not on restrictions, but on how wonderful it is to be active, slender, and not burdened with a "bouquet" of diseases.

By the way, when attention to a healthy lifestyle (how is that?) becomes excessive and elevated to a cult, this is also gluttony. It is important to adequately build relationships with food, remembering that it is a building material and fuel for the body. And for the rest, you need to look for other sources!

The sin of gluttony and the fight against it – we study all the nuances

"The armies of the Lord of heaven sent me this message in response: "Say to all your people and your priests: 'During these seventy years of exile, when you fasted and mourned in the summer and early autumn was it really you for me that you? have fasted? And even now, in your holy festivals, don't you eat and drink just to please yourselves?'" - Zechariah 7:4-6 (NLT)

Gluttony in Orthodoxy occupies the first step in the list of mortal sins. Why does the Church so strictly judge the increased need of the human body for nutrition? If God gives food and drink to maintain the health of the body, the temple of God, and a person with thanksgiving to the Almighty takes food, then why is gluttony a sin?

Historical aspect

"For from within, out of the hearts of men, come evil thoughts, sexual immorality, theft, murder, adultery, greed, evil deeds, deceit, indulgence, envy, slander, pride and stupidity. All these evil things come from within and defile a person." - Mark 7:21-23 (CSB)

Pleasing the flesh testifies to the victory of the flesh over spirituality, allowing all passions to flourish in the Christian body.

What the Church Says About the Passion of Gluttony: It was the passion that destroyed the earth before the flood, when the Creator did not see God's reflection in people, He destroyed His creation. Gluttony makes a person ugly, disfiguring the temple of God, which is a great sin. The filled womb becomes a heavy weight for the spiritual soul, constantly pulling it down, towards the passions.

In ancient Rome, the top of the nobility was so mired in pleasing their flesh that through gluttony they did not even remember about the mountain. In some cases, the worship of the stomach reached the point of absurdity, when the body could no longer take food, and the throat demanded the continuation of the banquet, gluttons caused vomiting with special feathers and continued to stuff themselves with food.

Five kinds of Sins:

Pilgrims, priests and monks do not pay as much attention to food as ordinary people. For most, eating is a process accompanied by conversations, a demonstration of skills and one's position. All these are worldly sins, the source of which is gluttony. Priests advise restraining oneself in food and eating

simple and easy-to-cook food. You don't have to spend a lot of time and effort on cooking.

In Orthodoxy, there are three degrees of satiety. This is abstinence - after eating you are still hungry; contentment - you experience a feeling of hunger; saturation and satiety, after which you no longer want to eat, but you feel good.

Gluttony is one of the terrible human passions, forcing a person to abandon the faith and saturate his womb with more and more food. This sin means a passion for tasty, unhealthy food and a violation of great fasts. The danger of this sin lies in the fact that it becomes the basis for the eight passions. It is called "root" sin.

The scriptures distinguish:

1. overeating;
2. throatiness (pursuit of taste, replacement of lean dishes with synthetic substances);
3. addiction;
4. drunkenness;
5. secret eating.

Often those who violate this sin worship sensual and gustatory pleasures. You can fight it with restraint.

Manifestations of gluttony: how is it different from ordinary eating

"Rather clothe yourself with the Lord Jesus Christ and do not think about how to satisfy the lusts of the flesh." - Romans 13:14 (NIV)

Gluttony includes those cases when a person tries to get special pleasure from food and the search for this pleasure becomes higher than the relationship with God. For example, a person who does not have any health problems undertakes the feat of fasting. But he cannot resist the desire to eat non-lean food and overeats every evening. Gluttony also includes the sins of smoking and drinking wine.

"Can't you drink wine? Many Biblical characters drink wine and Jesus himself turned water into wine at a wedding, but vice versa?" the reader will ask us. Can. Moderate wine drinking is not a sin of gluttony. But the key word here is "moderate". Excessive consumption of alcohol can turn into a dangerous disease, addiction - alcoholism.

Sin and Grace

"For I have told you many times before, and I say it again with tears in my eyes, that there are many whose conduct shows that they are truly enemies of the cross

of Christ. They are headed for destruction. Their god is their appetite, they boast of shameful things and think only of this life here on earth." - Philippians 3:18-19 (NLT)

Thus, the Lord protects us. Certain restrictions are placed for our own good. The sin of gluttony has not become a sin because the Lord wants to forbid us from eating sweets. Heavenly Father knows us better than we do, and overindulgence in sugar, for example, can lead to bodily ailments.

What circle of hell is prepared for gluttons?

"The deeds of the flesh are evident: sexual immorality, impurity, and licentiousness; idolatry and witchcraft; Hatred, discord, jealousy, outbursts of anger, selfish ambition, disagreements, factions and envy; drunkenness, orgies and the like. I warn you, as I have done before, that those who live like this will not inherit the kingdom of God." - Galatians 5:19-21 (NIV)

The scripture says that for the violation of mortal sins, a person falls into one of the circles of Hell. Believers dream of avoiding such a fate and pray for forgiveness from the Lord, asking him to give them the strength to fight human passions. Others are trying to understand who will guard their "peace" after death, and which circle of the dark abode they will fall into.

The answers to all these questions can be found in church literature or Dante's *Divine Comedy*. It talks about the existence of nine hellish circles. Each of them is dedicated to its "heroes", so that people after death do not pass on sins to each other and do not incline them to commit new ones.

Gluttons live in the third circle. It constantly rains on its territory, and the souls of the dead are buried in pools of mud.

They are guarded by the demon Cerberus, who holds them under his paw. The Lord chose this punishment for them - they rot in the rain.

What does this sin mean in Orthodoxy?

"You lived in luxury and indulgence on earth. You fattened yourselves on the day of the slaughter." - James 5:5 (NIV)

Over time, monks, saints and fathers have collected together all human passions and classified them into the seven deadly sins. Everyone cannot exist alone. They are interconnected and one gives rise to the next.

Gluttony is the head and the beginning of these sins. Many consider eating food to be a common thing, a natural necessity. But it's not. You cannot cross the line and succumb to the weakness of the body and desires.

Adam, who committed original sin, is guilty of this imbalance and constant struggle within a person. In Orthodoxy, they believe that the body is just an instrument of the soul and feelings, giving rise to passions and desires, drowning out the voice of the heart.

The scriptures say that the body is a good enemy of man and one must be careful and attentive with it. The flesh is of devilish origin and seduces the laity with its lustful desires and requests.

If you cross the line, then your body wins over the spirit and this becomes the beginning of all sins. Ancient people worshiped the flesh, lived to satisfy the womb and the desires of the body, so the spirit did not get along in them and God punished them. Having become mired in materiality, people began to worship idols and follow a strict ideology, fashion, and trends. They abandoned faith and humility, abstinence and humility.

Passions seize people and instead of God they worship magicians and sorcerers, psychics and magic. The Flood was needed for cleansing, the soul in people has almost died. This opinion is shared by a large number of clergymen.

Accompanying sins

“One of Crete’s own prophets said it: ‘Cretans are always liars, wicked beasts, lazy gluttons.’ This saying is true. Therefore rebuke them sharply, that they may be made whole in the faith.” - Titus 1:12-13 (NIV)

Lay people who violate the commandment to refrain from gluttony generate anger in themselves. Fat people are more often dissatisfied with themselves and others, feel unwell and because of this they get angry and swear with relatives and friends.

If a person is used to eating a lot, then he will be afraid to be left without food. The sinner begins to collect food and fill his refrigerator and pantries with supplies. Priests distinguish two types of gluttony: gluttony - a constant desire to eat and guttural insanity - the desire for gourmet food.

Gluttony leads to avarice. You are ready to finish the leftovers and eat spoiled food so as not to throw it away. Such people are glad that they have food

supplies and pride themselves on being prepared for any occasion. Miserly people do not like to invite guests to their place, and they are not averse to visiting friends.

If you have this sin combined with vanity, then you “play” in secret eating. You are afraid to show the world that you love to eat a lot and tasty food. If you eat alone, you are ready to eat a full table of dishes, in public you behave very modestly and restrain yourself in delicacies.

Related sins are considered: food without prayer; excessive alcohol consumption or drug addiction; dirty jokes; quarrels and squabbles during breakfast, lunch or dinner.

Effects

Priests distinguish two types of consequences: spiritual and physical. A person feels unwell and heaviness, he develops diseases of the digestive and nervous systems. People who are prone to gluttony are more likely to become discouraged, they are visited by sad thoughts. Spiritually, they move away from God, stop praying and devote their time to humility. All forces are directed to the processing of food and thoughts about finding new dishes and delights.

A type of this sin is drunkenness, which is dangerous in the spiritual sense. A person loses himself; it is difficult for him to cope with problems in the family, at work and in communication with friends. He loses himself; it is hard for him to be in society and his worldview changes noticeably. Alcohol is the most popular reason for committing terrible crimes against the Lord - this is deceit, sacrilege, blasphemy, contention and enmity, robbery, theft and murder.

Gluttony causes a person’s mind to turn off and act according to a proven pattern: the extraction and consumption of food.

IMPORTANT! Sometimes a person may not notice such sins behind him. He is sure that he gives God, family and friends enough time. In case of doubt, it is better to consult a confessor.

What is the difference between magical influence and the evil eye? Is it possible to understand that they caused damage? How to get rid of it yourself?

If you spend more than three hours a day on food, cooking and shopping, then you should start to worry. The reason to think is the desire to drink in any situation and the inability to live without “100 grams” and a day. Another example of gluttony is secret eating

and hiding one's excessive love for one or another food. Or if after a magnificent feast, leaving the guests, you feel heaviness and discomfort.

It is not for nothing that this sin is mentioned in the Holy Scriptures as one of the most harmful. History knows what the love of frills leads to. The minds of the Israelites were occupied with nourishing food, that, having lost the opportunity to eat their fill, they began to grumble that life in godless Egypt would be better. The local prophet put this sin on a par with pride and idleness.

Orthodox advice for getting rid of sin

Christians achieve everything by humility, abstinence and sincere prayer to God. Only in this way, having repented of sins and passions, they find peace and harmony.

Priests and psychologists identify spiritual and ascetic methods of dealing with gluttony.

Prayer and repentance: Fundamental tips for overcoming gluttony. Awareness of one's sinfulness and the desire to get rid of sin is the first step towards "healing". Doctors and holy fathers speak about it.

Switching attention to work: Keep yourself occupied with charitable deeds, help the temple located not far from your home, communicate with the poor and the poor. Engage in earnest prayer.

Proper diet: A balanced diet will not require you to constantly eat. Consult with doctors and make yourself a diet. Do not switch to a new diet abruptly. Even if you decide to change your life into fasting, you should not immediately give up all the delicacies and dishes. The body will not withstand such a load and psychologically it will not be easy for you. Consider a gradual decrease in "gluttony" and take a blessing for such a diet from the priest. Eat slowly and do not leave the table until full. Eat according to the regimen. Refuse during the transition period from unnecessary feasts and gatherings with friends to cope with temptation.

8 deadly sins. How not to submit to the passion of gluttony?

Evagrius of Pontus was the first Christian author who, at the end of the 4th c. talked about eight evil thoughts: gluttony, pride, anger, greed, vanity, lust, sadness and

despondency. A little later, Pope Gregory I the Great combined sadness with despondency, vanity with pride into one sin, and added envy. We wrote about anger and greed in detail earlier. Today we will talk about a phenomenon called "gluttony", and about "sinners" who live in order to eat and drink.

Mother of all mortal sins

We started a series of articles on mortal sins with gluttony, because all other passions begin with it. A person who allows himself to eat a lot will be prone to excessive sexual desire in 90% of cases (the same hormones of joy and pleasure are released - dopamine and endorphins), laziness (after overeating, you don't really want to do something), despondency (weight gain, for example) and etc.

"The beginning of all evil is the hope of the womb and the relaxation of oneself by sleep ... Satisfaction is the mother of fornication, those who have fallen into the pit of iniquities, and to the extent that one works for the womb, deprives himself of the tasting of spiritual blessings," Pontisky wrote in his essay "On Eight Evil Thoughts".

It is believed that the glutton puts his satiety and pleasure from eating above all else in life. They usually say about such people: "He lives in order to eat." This subjugation to delicious food is inherently a form of slavery. And confirmation of this - people suffering from obesity. They seem to want to become slimmer, lose the kilograms they hate, but they also cannot refuse "sweets". And this is the most abnormal attitude to food.

However, gluttony is not limited to gluttony.

For many people, gluttony is eating too much. In fact this is not true. According to the teachings, gluttony is one of the demons that torment the soul. The second is the addiction to delicious food. Therefore, gourmets, who are well versed in all delicacies, are also gluttons. The third demon leads people to anorexia and bulimia. Many people who lose weight begin to be painful about food, breaking down each meal by hours and calories. Focusing solely on weight, some stop eating altogether. And then, according to the Christian tradition, they become sinners.

Types of gluttony

1. The desire to eat something ahead of time. For example, lunch at 12 o'clock, and you have already eaten three breakfasts.
2. Satiation. In this case, a person is more interested in the quantity of food, rather than its quality and taste. Overeating limit - when you have to force yourself to eat something. The Greek language even has a term - "gastrimargy" (from the Greek. gluttony) - the desire of a person to fill his womb, not particularly paying attention to the taste of food.
3. Eating only gourmet food. This phenomenon is also called lemargy (from the Greek. guttural insanity) - a person's desire to enjoy the consumption of delicious food, enjoying the organoleptic properties. It's about gourmets.
4. Secret eating - the desire to hide one's vice (for example, eating at night without light in solitude).
5. Early eating. Barely waking up, a person starts eating, not yet experiencing hunger.
6. Hasty eating. A person tries to quickly fill the womb and begins to swallow food without chewing, like a turkey.

There is to live

If overeating and undereating is a sin, and the love of goodies is also a sin, then how to eat so as not to become a glutton? Do you only eat bad food? No, there are no extremes here. The teaching says the following: Eating on a whim means wanting to take food not for bodily needs, but to please the womb. If, however, you see that sometimes nature is more willing to accept any of the vegetables than juicy (a lean dish of scalded wheat grains, sometimes rice or lentils, mixed with seed juice and honey - ed.), and not on a whim, but on the lightness of the food itself, this must be distinguished. Some by nature require sweet food, others salty, others sour, and this is neither passion, nor whim, nor gluttony.

Sometimes you can afford to eat something "on a whim", but this is only allowed on holidays, and preferably church ones. In this case, it should be limited to only one small portion without additives. And most importantly - you can not dream of a feast, imagine how you enjoy delicious food.

Attitude towards gluttons

Gula is translated from Latin as gluttony, gluttony. This word firmly entered the Old French

language and existed in it almost until the beginning of the New Age.

People who lived at that time described the glutton as "a person who is thirsty for rich dishes and fine wines, constantly going beyond the limits set by God, destroying all orders on earth and creating a threat to the state."

In Old French, the word "glutton" (gloz, glot or glou) also meant a brawler - a person of a dangerous and unpredictable temper. And women were called "gloute", and it meant - "nymphomaniac", "prostitute" or "slut".

Gluttons have always been condemned. They are mentioned in the books of the Old and New Testaments. King Solomon in the "Book of Proverbs of Solomon" wrote: "Do not be among those who drink wine, between those who are satiated with meat: for the drunkard and the sated will become impoverished, and drowsiness will put on rags." And he also advised: "And put a barrier in your throat, if you are greedy."

The bad attitude of believers towards gluttons is also shown to us by wall paintings in churches. On one of them, a glutton with a bloated belly, like a dog, gnaws at a bone. On the other - a thin drunkard greedily falls to a glass. On the third, a man rides a pig (a symbol of gluttons), clutching a piece of meat in one hand, and a bottle of wine in the other.

With the help of art, people wanted to convey to the flock a simple truth: excessive craving for food and wine is deadly for both the body and the soul. By the way, today the media and advertising talk about it.

Trapped in your desires

What makes people eat and drink excessively? Addiction. When we are hungry, levels of dopamine, the pleasure hormone, drop. We eat - we feel good. This state is also observed, for example, when we win a sports competition or when we are praised.

Wanting to get pleasure, many people begin to over-stimulate the production of dopamine (this happens when we eat not because we are hungry, but because we "want something tasty"). And this, according to traditional Christian knowledge, is gluttony. Therefore, the desire to eat is the same as the desire to smoke or drink. Constant stimulation of the dopamine system leads to a deformation of a person's

personality. This, by the way, is observed in drug addicts.

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