



Rae Lakes

You Are What You Eat (and drink, and breath, and touch . . .)

There is an old saying, "You are what you eat." I'm sure it's true because your body metabolizes the food and it becomes part of you. But up here in the Sierra Nevada I feel a part of everything. When I breath the fresh mountain air that is scented by the flowers and grass they become part of me in a very real way. Drinking from a mountain stream I become part of that stream. I even feel like I'm a one with the trees and rocks.