

## INTRODUCTION TO “TRAVELLING HELTH AROUND ITALY, SPAIN AND PORTUGAL”.

Dear traveller, in my journeys around the world, I’ve come to realize how valuable a guide for health-oriented travellers would be, an easy-to-use general list of macrobiotic, vegetarian and vegan restaurants and venues that serve health foods.

So this booklet aims at being such a reference – with no bias on the eating habits and dieting ideology that an establishment owner may profess.

Whenever possible I included contacts that you can rely on when in need of assistance. I personally know all the listed people. They are available to provide, by phone or email, updated information on establishment opening hours, easy access directions, as well as close-by sleeping arrangements (hotels, inns, hostels).

Started as a single guide about Italy, *Travel Healthy* now adds chapters on Portugal, Spain, and a bit of information about Switzerland. Work is in progress about the rest of Europe, and other continents.

Two stars ★★ mark places and people that I visited personally, and where my experience was good. One star ★ marks places that I did not visit personally, but I am aware of them, and they have good references. I did not mark at all the remaining places, the ones that I did not visit personally, and which I derived from various, indirect sources.

I sincerely hope this guide may bring people together and allow them to strike up new friendships – whether they are foreigners, travelling through Italy to take in the sights, or Italians travelling abroad.

Portugal is one of those countries where you can talk about macrobiotics without people looking at you like you were part of a cult, and starving yourself on a rice-only diet.

Credit for this mainly goes to the awareness-raising activities carried out by Francisco and Eugenia Varatojo for over 25 years. Today, the Portuguese Macrobiotics Institute (IMP) – which they started – stands as a great achievement shared by many people from different walks of life, including health and science professionals as well as entrepreneurs.

Vittorio Calogero.