

Chapter 50: Gastronomy and Taste Perception

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In a book written by medical doctors, I am the only chef among the authors. My chapter offers a unique perspective from the world of the kitchen. In it, you will learn how the smell and taste of food are shaped not just by biology, but also by culture, memory, economics, environment, and how all of this quietly guides our daily routines, cravings, and moods. Blending scientific research with a cook's intuition, I explain how the tongue's papillae and our hormones respond to different flavor combinations, how migration and tourism give birth to new recipes, and how the food industry constantly searches for new tastes and reshapes its relationship with national cuisine and agricultural economies. The chapter also links astronomy and the 24 solar terms to agriculture, showing how seasonal and cosmic rhythms shape crops, food quality, and their impact on the human body. It discusses which ingredients are chemically compatible, and how they affect the body based on current scientific research. Finally, I strongly emphasize the need to collect and create reliable, real-world data on food, taste combinations, and health, so that decisions about health, nutrition, agriculture, the economy, and flavor truly reflect how people actually experience what they eat.