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Alimentation des religieuses de Saint-Pierre de l'Almanarre : une étude isotopique pilote

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- 1 The reforms of the medieval Christian church were a way to reestablish the rigor of the Rule. This affected men's and women's abbeys differently, especially considering dietary restrictions and food abstinence. The Cistercian abbey and cemetery of Saint-Pierre de l'Almanarre (12th-14th centuries AD) is located along the southeastern Mediterranean coast of France near Hyères. Those interred in the cemetery included nuns from the convent as well as males, females, and non-adults from the local lay community. Stable carbon and nitrogen isotope analyses were employed on a sample of nuns (n=9) to investigate preservation of the sample and diet. The skeletons were found to be well preserved. Values for bone collagen nitrogen and carbon (n=9) range from 9.5‰ to 11.2‰ for $\delta^{15}\text{N}$, and -19.0‰ to -18.3‰ for $\delta^{13}\text{C}$. This indicates a homogenous monastic diet, suggesting a strict observance of dietary consumption and fasting.

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