

## Re: Bananas destroy coral reefs and cause rainforest destruction

**Source:** <http://sci.tech-archive.net/Archive/sci.med.nutrition/2004-09/0799.html>

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**From:** pearl ([tea\\_at\\_signguestbook.ie](mailto:tea_at_signguestbook.ie))

**Date:** 09/16/04

Date: Thu, 16 Sep 2004 12:55:43 +0100

"J" <[buffer@example.net](mailto:buffer@example.net)> wrote in message news:41487830.EBC98006@execulink.com...

> *Wolfbrother wrote:*

>

> > *"Do you have any idea about what you are saying? Do you even  
> > comprehend the vast amounts of bio available nutrients that are found  
> > in animal source foods, especially the parts most people do not eat.  
> > The nutrients in animal source foods are so superior to plant foods  
> > there is no comparison. Humans have known this instinctively for  
> > thousands of years. One can easily sustain optimal physical mental  
> > and reproductive health and thrive off the various raw organs, bones,  
> > and meats of a single animal without a need for any other kind of food  
> > in the diet at all. That is more than clear. I would like to see you  
> > do that with bananas moron. Go ahead and feed a baby or young child  
> > an exclusive diet of bananas or other fruits and see what happens.  
> > Amazing how people ignore reality and undeniable facts.*

>

> *Yay ! <http://www.hwatson.force9.co.uk/cookbook/recipes/meat/steakandkidney.htm>  
> *Steak and kidney pie.**

[..] Cancers of the colon and prostate were significantly more likely in nonvegetarians (RR of 1.88 and 1.54, respectively), and frequent beef consumers also had higher risk of bladder cancer. PMID: 10479227

[According to Harper's Biochemistry, the putrefaction bacteria in the large intestine convert amino acids from undigested protein into toxic amines or ptomaines, such as cadaverine (from lysine), agmatine (from arginine), tyramine (from tyrosetine), putrescine (from orithine) and histamine (from histidine). And these amines are "powerful vasopressor substances". Tryptophan undergoes a series of reactions to form indole and methylindole (skatole), which produces the distinctive putrefying faecal smell of a high protein diet. The sulphur-containing amino acids (cysteine and methionine) are transformed into mercaptans such as ethyl