

# Alive food

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I'm not sure if this is the right group to raise this, because I've no proof that it affects our nutrition, but it might.

When I was growing up, our food was alive. If we wanted sprouts for our salad, we put grocery-bought pot barley into a bowl with a bit of water, and grew them. Same thing with beans, and many seeds (I remember sesame in particular). Today, the only grains I can find that are still alive are wheat. Even health food stores here say they can't get live barley or rice any more.

If you bought fruit when I was young, and planted the seeds, they grew – we had a small indoor forest of citrus fruit, date and fig trees. Today, I have a selection of over a dozen pots with various fruit seeds in them – zero response.

For years, I made banana bread for Christmas. (I don't mean banana pound cake, but real yeast bread.) Since Christmas 2003, my bread stays as doorstops – the yeast is killed. (Of course I checked yeast, all other ingredients, and tried every brand of bananas I could find from different retail stores.)

Does anyone else care about this? Is there a better group to discuss it?