

Re: Alive food

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"John Sankey" <bf250@FreeNet.Carleton.CA> wrote in message
news:cuqcq7\$job\$1@theodyn.ncf.ca...

>

> *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?*

I have a great email group you can join and discuss this:

<http://health.groups.yahoo.com/group/beyondprice/>

This list is small, but when new members join and have questions, it can
really get going. Some members are extremely knowledgeable.

René