

Re: Red Wine Scam?

Source: <http://sci.tech-archive.net/Archive/sci.med.nutrition/2005-03/1056.html>

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Laurie wrote:

>> *My recomendations is to eat copious amounts of healthy fats from
>> healthy animals ...*

>

> *So, you are willfully ignoring the fact that we are frugivorous,
> tropical apes, and are making believe, due to your cultural conditioning
> that you never examined, that our species is 'omnivorous', and that cooking
> is somehow beneficial??*

We are inbetween. We evolved from frugivores and have adapted to eat meat. Our teeth show it.

A good bit on the subject:

<http://radio.cbc.ca/programs/quirks/archives/04-05/feb26.html>

> *So, you recommend consuming a drug that results in more human misery
> than any other, this, in the name of "health"?*

Not health. More because it tastes good and feels good and i can manage to consume it without adding to human misery.

>> *Avoiding refined carbs ...*

>

> *Alcohos(s) can be thought of as refined carbs.*

Not on my BG ometer and thank god too.