

Re: Phytates effects

Source: <http://sci.tech-archive.net/Archive/sci.med.nutrition/2006-07/msg00101.html>

- *From:* "Mr. Natural-Health" <johngohde@xxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxx>
 - *Date:* 11 Jul 2006 03:09:54 -0700
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Don Wiss wrote:

On 8 Jul 2006 12:17:07 -0700, "Davide" <davideb_music@xxxxxxx> wrote:

I'd like to know what scientific studies say about phytic acid in food
I know that it's "thought" that foods containing phytates may interfere
with calcium, zin, iron absorption and certain groups (westonaprice
foundation) have created an hype attacking all foods that contain
phytates but what I saw on pubmed is

And you believe PubMed!?

Here's a readable summary: <http://paleodiet.com/phytic.txt>

The only thing that your group offers as proof are essays of wild
speculation masquerading as research. The only thing amazing about
your grabage is that their authors were able to find journals to print
their dribble.

Feel free to prove me wrong.

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