

Re: Dirty Secrets of the Food Processing Industry

Source: <http://sci.tech-archive.net/Archive/sci.med.nutrition/2006-08/msg00014.html>

- *From:* "Mr. Natural-Health" <johngohde@xx>
 - *Date:* 31 Jul 2006 13:35:06 -0700
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TC wrote:

Mr. Natural-Health wrote:

monty1945@xxxxxxxx wrote:

But the rats receiving the corn flakes and water died before the rats that were eating the box! (The last corn flake rat died the day the first box rat died.) But before death, the corn flake rats developed schizophrenic behavior, threw fits, bit each other and finally went into convulsions.

<http://naturalhealthperspective.com/food/dietguidelines.html>

"The basic premise of any good diet is variety, balance and moderation."

You need to explain what "variety, balance and moderation" is. Your site just rambles on without actually saying anything useful.

Just thought that you might want to know. :)

—

John Gohde,
Achieving good Nutrition is an Art, NOT a Science!

The nutrition of eating a healthy diet is a biological factor of the mind-body connection. Now, weighing in at 18 web pages, the Nutrition of a Healthy Diet is with more documentation and sharper terminology than ever before.

<http://naturalhealthperspective.com/food/>

Re: Dirty Secrets of the Food Processing Industry

"biological factor of the mind-body connection" ??????

What the frig does that mean? Learn some writing and communication skills ya stupid inbred hick.

The nutrition of eating a healthy diet is a biological factor of the mind-body connection.

For the mentally challenged on this ng it means starting first with the body, ie food is physical and therefore first affects the body. But, eating a healthy diet will eventually positively impact upon your mind. In turn, the stronger mind will eventually positively impact upon your body, and so on.

But, obviously in the case of TC, I recommend a complete brain transplant.

Your stupid TC has my condolences.

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