

Re: Dirty Secrets of the Food Processing Industry

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- *From:* monty1945@xxxxxxxxxx
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Here is an excerpt from that link:

"Another unpublished experiment was carried out in the 1960s. Researchers at Ann Arbor University were given 18 laboratory rats. They were divided into three groups: one group received corn flakes and water; a second group was given the cardboard box that the corn flakes came in and water; the control group received rat chow and water. The rats in the control group remained in good health throughout the experiment. The rats eating the box became lethargic and eventually died of malnutrition. 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. The startling conclusion of this study is that there was more nourishment in the box than there was in the corn flakes.

This experiment was actually designed as a joke, but the results were far from funny. The results were never published and similar studies have not been conducted."

Now I hope some of you are asking why nobody has done this experiment, or something very similar, since that time? This is the same point I make about older experiments that showed that when you feed animals more than a tiny amount of fish oil, they die at much younger ages. The ones you hear about today are almost all short term, and also based upon measurements of certain markers that are assumed to be the only ones worth measuring in a particular "disease" context. And, every time I've challenged someone to an experiment in which half the animals get canola and fish oil at 30% normal daily calories versus 30% fresh coconut oil, and then we just see which group lives longer, nobody has any interest in taking me up on it (because if they "lose" they have to pay for the expenses and admit that they are wrong).