

Re: Dirty Secrets of the Food Processing Industry

Source: <http://sci.tech-archive.net/Archive/sci.med.nutrition/2006-08/msg00130.html>

- *From:* "Mr. Natural-Health" <johngohde@xxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxx>
 - *Date:* 29 Jul 2006 13:22:07 -0700
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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."

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/>

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