

Re: experts make me sick

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- *From:* "TC" <tunderbar@xxxxxxxxxxxx>
 - *Date:* 5 Jan 2007 08:07:14 -0800
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spamfree@xxxxxxxxxxxx wrote:

On 4 Jan 2007 08:00:14 -0800, "TC" <tunderbar@xxxxxxxxxxxx> wrote:

spamfree@xxxxxxxxxxxx wrote:

On 3 Jan 2007 14:55:46 -0800, "TC"
<tunderbar@xxxxxxxxxxxx> wrote:

The real nutrients being the water
soluble vitamins, the fat soluble vitamins,
the minerals, clean water,
fresh air and sunshine.

Pardon my interuption, but have you not forgotten the most
important
nutrients, energy, and the amino acids from protein? jack

Energy is not a nutrient.

Well not strictly, but that is only a semantic oddity. The body needs

No it is a physical reality. Energy is extracted from food. But it is
not a nutrient. Just like fire is not animal, vegetable nor mineral.
Energy is not a nutrient.

energy, amino acids, and a bunch of micronutrients.
It also needs water, and oxygen and food-fibre, the last three also
not usually classified as nutrients.

Re: experts make me sick

Water and oxygen are nutrients, same as sunlight. Food fibre is part of the natural formation of plant based foods. The body does not use fibre to sustain itself, therefore it is not a nutrient.

You mentioned "water soluble vitamins, the fat soluble vitamins, the minerals, clean water, fresh air and sunshine" as being "the real nutrients".

Strictly speaking, the last three are not regarded as nutrients either, but I agree that they probably should be.

My only quibble with you here was your omission of the energy-providing macronutrients and a source of nitrogen for protein.

And yes, amino acids, fatty acids, etc are nutrients.

As are carbohydrates. Energy being arguably the most important of the body's daily needs. jack

But here is the crux. The body can create needed glucose from non-carb foods such as meats. And it can and does extract all the energy it needs from these foods. Inuits used to survive for up to 8 or 9 months eating almost entirely raw fish without negative health effects.

There is no such thing as an essential carbohydrate. But there is such a thing as essential amino acids, as well as essential fatty acids. And in your topsy-turvy world, it appears that restricting all animal-sourced nutrition is just fine, thank you very much, but heaven forbid anyone suggest that we can do without one small nutrient-deficient sub-section of our food supply, grains. Then we are called lifestyle food cultists and radicals. The non-essential is essential in your world and the essential can be omitted.

TC

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