



Do you have “culture”?

You do if you are alive! You are a virtual village of “cultures”-a well-balanced concoction of flora and fauna in the form of bacteria’s, enzymes, and other critters that keep you functioning and healthy. As with music tastes and clothing choices, your internal culture can be developed and improved to keep you strong and vital.

How can you become better cultured? One easy way is to eat food with culture. Food is not all the same. Food that is raised on living soil (soil that has a variety of natural minerals, enzymes, bacterias, and helpful critters) has a greater quantity of vitamins and minerals stored up to pass on to you. This is true of vegetables, meats, milk and milk products, and eggs. Foods harvested in your local area (15 miles optimum but up to 100 miles) also contain enzymes and pollens and bacterias that actually boost your immune system to resist negative “bugs” from your environment. Honey is well known for this, but milk and eggs are prime carriers. Local vegetables and meats also contribute to your immune system.

What can kill culture? Food culture is very sensitive to heat, which is how one prepares food to eat it. Some cooking is necessary (unless you like sushi), but over processing can totally kill your food and render it of little value to you. Food that you prepare in your own kitchen from carefully selected (best choice: locally grown organically/naturally raised) food items will be the most alive choice, as a rule. The more processed it is (generally, the longer the shelf life) the deader it is. Examples:

Living Food	Dead Food
Potato	Potato chips
Wheat bread	Wheat crackers
Toast	Melba toast
Oatmeal (“groats” are better)	Boxed cereal
Beef steak	Beef jerky

Culture: it’s all around us, and in us. You have it, like it or not. Your internal culture, and that of your family, is vital to nurture and cultivate. (Excerpted from “Night of the Living/Dead Food” on www.grinningplanet.com and other sources.)