

Welcome to "liveseeddiet"

A GRASSROOTS GOOD HEALTH DIET

THAT ANYONE CAN AFFORD

08/18/2011

Vendors demand a pretty penny for "health foods", low-carbs, and supplements, currently hyped by published diet programs, grant-hungry universities, and tail-wagging government agencies. Effectively ignored are the low income, poorly fed members of our society, who then become prime targets for debilitating diseases and the premature arrival of "grim reaper". .

Visitors to this website are asked to come aboard and participate in developing a program that recognizes grains as the historical and present backbone of the world's food supply. There is increased awareness that humans urgently require certain *essential* nutrients that occur naturally in live grains and seeds. These nutrients are usually destroyed by conventional processing. Grinding small amounts to satisfy immediate needs, as was done for thousands of years, remains a completely satisfactory approach. But there are other ways, such as cooking grains in rice cookers. Obviously, the modern cook needs guidelines for handling, cooking, and preparing innovative recipes that make full use of live seeds.

Please share your expertise by contacting : (tmiller60@ec.rr.com)

BACKGROUND AND PERCEIVED POTENTIAL

of

liveseeddiet (Surf greets Turf)

Current knowledge concerning the structure, chemical and physiological properties of fats and oils, and how fatty substances relate to human nutrition, has been learned since 1950. Fishing industry and government sponsored research conducted by Marine Chemurgics Laboratory at Ocean, North Carolina, resulted in increased awareness that humans, animals and poultry required carefully prepared "good fats" and demonstrated the damaging effects of fats degraded by rancidity, secondary oxidation, and overheating.

During the forty years this laboratory was in operation, the prime objective was to determine how to deliver menhaden fish oil, a rich source of omega-3 fatty acids, into the human diet, in the same pristine form that it occurs in the living animal.

By the end of the twentieth century, the *essentiality* of the omega-3 fatty acids in certain fish was well established. But per capita consumption of seafood still leaves doubt that the human requirement for *essential fatty acids* is fully met.

After 1991, the retired lab. director visited grain and seed producing areas in USA and Canada, and began to realize the potential of land-based resources for supplementing the human requirement for *essential fatty acids*.

Wheat, oats, rice, buckwheat, rye, millet, soybeans, corn, quinoa, sunflower, pumpkin, flax, peanuts, mung beans, and NUTS! These and many other basic foods are required for the health of entire populations, but are usually downgraded by milling and food manufacturing processes.

A return to basics is required to restore realistic dietary recommendations, and to thereby improve the health and well-being of poorly-fed populations.

Prices and sources of these live seeds, and much information concerning composition and properties of freshly ground flours, recipes, and cooking directions are readily available on the web, but much must be taken with a "grain of salt". There is urgent need for details, interpretation, and study.

And there is even more need for input by professionals with backgrounds in nutrition and fats and oils. Only in this way can a credible revision of dietary recommendations be achieved. The end result may alter the way *essential fatty acids* enter the diet. If consumed directly via live seeds and fish, then intake of margarine, bottled oils, and shortening must be substantially reduced.

LIVSEEDDIET HEADQUARTERS - EARTHWISE FARM

This 15 acre tract of farmland in Eastern North Carolina, has been used to grow grains, and vegetables, and animal husbandry, for over seventy years. Since 2001, it has been used to grow pesticide/herbicide-free grains, fruit trees, vegetables, and chickens.

"Farm Headquarters" is a 40'x30' Morton Building, divided into two 600 sq. ft. areas, (1) used for processing and preservation of the farm produce, and (2) a computer center, library, and test kitchen for recipe trials and development.

Two smaller buildings border the driveway leading to the Morton Building, are used for equipment storage, pump house for the 4"- 200' well, seed drying, and storage of fresh produce and grain.

A fenced area with fruit trees around the perimeter is "protected" by free-roaming egg laying hens. The garden area is heavily composted with organic materials, and used to grow spices, herbs, and vegetables that appear to be naturally resistant to insects, such as egg plants, squash, turnips, peppers, watermelon, and a variety of "greens".

May, 2004 Growing Report

The north, middle and south fields (approx. 13 acre) now contains rye, oats, wheat, about ready for cutting and bailing for cattle feed. The east boundary (about 2 acre) is kept mowed, to protect two hundred and fifty trees from overgrowth of vines. After this spring harvesting, pearl millet will be planted and grown during the summer months.

OUR MISSION : FIGHT MALNUTRITION & AGEISM

The dietary evils visited upon our population are all-inclusive, from the cradle to the grave, so the potential of the *liveseeddiet* applies across the board.

The publications listed below, mostly express concern about the diets of middle aged and older people, i.e., persons near fifty who wish to achieve the physical and mental prowess required to enjoy a longer, healthier life as a viable part of society; and those stranded and isolated from society by the loss of a partner, and gutsy enough to explore survival techniques that will lead to a happier journey to "last places".