

# Is the potato food?

A potato is a root vegetable grown most commonly in large farm fields.

Remember that this potato is grown by a plant effected by pesticides, fertilizers, & herbicides. Which become stored in the root of the plant to some degree. The potato.

Not as healthy as you think. Hum.

Now harvest this potato. The machinery turns up the potatoes along with plant; while separating the two parts. Ends up on trucks and finally to cooled sorting and holding facilities.

Now sun exposure, bruising, and delay in preserving. All depleting water content; and decreasing water soluble vitamins, minerals, & enezymes.

Potato flakes	Pre-packed TV dinners	Dried boxed dinners	Dry bin stored potatoes
Washing	Washing	Washing	Washing
Removal of skin (the part with Most Nutrition.)	Removal of skin (the part with Most Nutrition.)	Removal of skin (the part with Most Nutrition.)	gets sprayed with anti ripening agents
Mashing, dry	Mashing, dry	Mashing, dry	Loses some water & water soluble vitamins in storage.
Addition of (3x)Preservatives & (2x) flavors.	Addition of (3)preservatives & (3) flavors.	Addition of (4x)preservatives & (4) flavors.	Has some vitamins/enzymes.
	Addition of Partial- fully Hydrogenated oils.	Addition of Partial - fully Hydrogenated oils.	
(-) more water	(-) more water	(-) more water	(-) the more it is cooked the less FOOD VALUE=more dead.
Water soluble Vitamins, fat soluble Vitamins, (3x)enzymes.	Water soluble Vitamins, fat soluble Vitamins, (3x)enzymes.	Water soluble Vitamins, fat soluble Vitamins, (3x)enzymes.	
(+) of toxins including That from your tap Water.	(+) of toxins including That from your tap Water.	(+) of toxins including That from your tap Water.	(+) some toxins from field residue & how You serve it. Microwave = more radiation & no enzymes. Enzymes values depend on how cooked.
<b>No enzyme food</b> Low to no vitamin/mineral	<b>No enzyme food</b> Low to no vitamin/mineral	<b>No enzyme food</b> Low to no vitamin/mineral	

Hydrogenated oils, use up the enzymes of your body to extract them. What is left for your body to operate on? How does your body function when you don't eat enzyme rich food sources in the first place? Then compound the problem with bad oil consumption. Bad oils stop the body's good fatty acid metabolism. Thus stops healing. Stops cell wall building or mutates it. Cancer is defined as a mutation of your own cells.

(Bad: Hydrogenated oils, white: salt, sugar, flour; artificial colors/flavors, preservatives. Pinto beans, sugar, & wheat are empty calorie foods. Are you getting enough oxygen & amino acids? Are you consuming dairy from cattle? Are you eating a diet with gluten? Diet 80% raw each day, 51% each meal? Food from other countries = radiated.)

**ANY LONG TERM BLOCKAGE OF ENZYMES HAS A NEGATIVE EFFECT ON HEALTH!**

This potato comparison is ONE vegetable, one food example.

**How does the rest of what you eat, compare?**

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