Canopy Groups: Week of May 31, 2015 #4 - Alcohol

Related Participants
Everyone

Need To Know Information About Alcohol
Fermented alcohol (wine) and beer are ok in moderation (dowse your consumption) but distilled alcohol is not ok.

The purpose for this post is health-related.

Fermented foods are healthy options. For example, fermentation dissolves phytates in the kernel of all grains, nuts and seeds. Phytates are anti-nutrients that lock on to nutrients in food that you need.

Distilled alcohol is made from grain and the process does not dissolve phytates.