

ellivoc

Just love a few germs in the kitchen, keeps our immune systems working well. For goodnes sake stop being so damn CLEAN, not good for us. Never had a day of any type of food/germ infection in over 50 years of not being too clean in the kitchen!!! or anywhere else for that matter!! We all know that children who grow up in the mud are healthier that those in tooooo clean homes. Jennifer

Posted On 03/07/2024

jef9075

Hi ellivoc. Couldn't help sending this to you. Enjoy! P.S. I almost feel obligated to send this George Carlin link periodically to keep things in perspective. www.youtube.com/watch

Posted On 03/07/2024

Segstar

Jen, i don't worry to much with these "pesky" germs..I been thawing out my meats in my kitchen sink (i still haven't tossed it yet :) for ages..I just use my sponge, steel wool and a wee bit of dish soap and scrub the sink well..Then i load her up with hot water from the tap and let my meats thaw out in there..After a while i just wash them up squeeze whatever extra water out from them and into the baking dish where i'd season them up and into the oven or on the BBQ..After that i just wash the sink with a little dish soap and that's it ..Sometimes i don't even bother washing with dish soap and not one gurgle or other stomach distress from doing this for many, many, many years.. And this includes ALL meats, chicken, lamb, beef, goat etc..Time to stop "sanitising" everything and trust in the body God gave us..And then have a glass of wine to relax, especially after a long day's work:) Cheers.

Posted On 03/07/2024

Krofter

Yes ellivoc, people have been exposed to "germs" for hundreds of thousands of years and were still here. As Kary Mullis said (he won the 1993 Nobel Prize in chemistry for inventing the PCR test) "we all have everything in us". This means the bigger issue is, how is our terrain? Is our immune system up to par? If so, then exposure to daily "germs" is certainly not worthy of fear mongering.

Posted On 03/07/2024

Guillermou

The biggest problem is the use of antibiotics and pesticides while abandoning the enhancement of natural immunity. Glyphosate herbicides induce antibiotic resistance in deadly hospital-acquired bacteria, according to a study published late last month in the journal Scientific Reports. This is the latest finding connecting commonly used herbicides to the rise of antibiotic-resistant bacteria, with previous research showing that glyphosate, 2,4-D and dicamba can create resistance in Salmonella and E. coli. childrenshealthdefense.org/defender/glyphosate-weedkillers-antibiotic-.. (11/16/2022) In 2050, antibiotic resistance will be responsible for 10 million deaths annually.

Experts already classify the problem of superbugs and the growing resistance of some diseases to the drugs we use to combat them as the greatest threat to human health in the coming years. years. The largest study carried out to date indicates that more than 1.2 million people died in 2019 directly from infections caused by bacteria resistant to antibiotics. If diseases in which resistance played a certain role are counted, the figure rises to 5 million deaths. This global health problem is one of the biggest threats to modern medicine, already claiming more lives than diseases like AIDS or malaria.

[www.thelancet.com/.../PIIS0140-6736\(21\)02724-0/fulltext](https://www.thelancet.com/.../PIIS0140-6736(21)02724-0/fulltext) (2022) The future can be terrible between bacteria resistant to antibiotics and the destruction of the immune system by “vaccines” based on the damage that vaccines cause to our immune system, that is Vaccines help the virus infect you (by suppressing your immune system, probably permanently each time we are injected, according to Dr. Ryan Cole). It means they lied to us. stevekirsch.substack.com/.../new-study-shows-vaccines-must-be

Posted On 03/07/2024

CaddyB

I like to say that my house is clean enough to be healthy and dirty enough to be happy.

Posted On 03/07/2024

Guillermou

“Cross contamination” occurs when we put pathogen-free foods in contact with foods that contain pathogens. This can happen directly (through food contact) or indirectly, through using contaminated kitchen utensils, equipment or hands. Cross contamination tends to occur more commonly than it seems and we must be especially careful with the most vulnerable people in the house. Older people, children, pregnant women and immunosuppressed people may not respond as well as a healthy person to the possible “Foodborne Diseases” that we can contract from food contamination.

-----1- Use cutting boards for meats and uncooked foods. This is the typical example of cross contamination, when we cut meat or fish on a board and then cut another food to be consumed raw on that same board. Remember that wooden cutting boards are less hygienic, since they clean less well and are porous, which makes it possible for microorganisms to colonize those small spaces in the wood. -----
-2- Knives that are used for everything -----3- Kitchen cloths -----4- Our own hands or kitchen gloves ----5- Use the plate where you have beaten the eggs to turn the omelette ----6- Mobile phones -----7- Meat and fish drippings in the refrigerator -----8- Cleaning refrigerators -----9- Wash the chicken meat.

The splashes that occur when washing raw meat mean that this water can displace possible pathogens lodged in the chicken skin throughout the washing area (normally the sink and nearby areas). If we put any food to be consumed raw in contact with that surface contaminated by splashes, we can contaminate that food.

Posted On 03/07/2024

Guillermou

-----10- Wash the eggs to remove dirt from the shell. This occurs because the egg shell has pores covered by a film called "cuticle." If we rub the egg with the intention of cleaning it, the only thing we achieve is removing the cuticle that covers those pores and making it possible for pathogens to pass inside. Eggs should never be washed before storing them. study.com/academy/lesson/what-is-cross-contamination-definition-exampl.. .-----

www.medicinenet.com/types_of_cross_contamination_how_to_prevent_them/a.. .-----

www.health.state.mn.us/.../prevention.html .----- www.anfponline.org/news-resources/top-10-resource-lists/top-10-food-sa.. .-----

www.solanocounty.com/depts/rm/environmental_health/consumer/food_progr.. .-----

www.i3biomedical.ca/wp-content/uploads/2017/01/10-Sources-of-Cross-Con.. .-----

personaconsumidora.elika.eus/10-ejemplos-de-contaminacion-cruzada/ .-----

Posted On 03/07/2024

juststeve

Gui, good old fashion soap, hot water and a little elbow grease go a long way for a sanitary kitchen. Dealing with a Lunk Head who insist on putting raw meat on top or above foods is another matter. Draw ears on a rock - sigh. Wonder why the garbage pail has a full belly?

Posted On 03/07/2024

juststeve

Amos Miller update and how the machine manipulates the issue of germs, or food contamination. www.youtube.com/watch

Posted On 03/07/2024

Guillermou

Yes, just the war against microbes is in the immune system with fresh and organic foods. Miller's farm supplies everything from grass-fed beef and cheese, to raw milk and organic eggs, grass-fed water buffalo dairy and all manner of produce, all for approximately 4,000 members of the private food club that They pay top dollar for high quality whole foods. "They use it as medicine," Miller said in 2021 during an interview about his farm, his buyers, and the food they buy and eat. "It is very healing for the body because it is raw." One of Miller's customers is also quoted as saying that Miller's Organic Farm is "good people" and that "the place is very clean and their produce is great." According to the links, the Amish rarely seek positions of political power.

For them, the goal is simply to "live at peace with everyone," as the book of Romans says, "to live quietly, and mind your own business, and work with your hands." As the Amish show us, the recipe for a healthy community is mutual respect and mutual agreement: getting involved in other people's affairs only to the extent that they accept that involvement. takecontrol.substack.com/.../traditional-amish-farmer-threatened (08/10/2022) https://youtu.be/bZN1fmF_woY (2022) www.globalresearch.ca/amish-farm-under-threat-from-us-federal-govt-ref.. (2022) www.rebelnews.com/.../miller_s_organic_farm (2022) fee.org/articles/amish-farmer-faces-fines-prison-time-for-refusing-to-.. (2022)

Posted On 03/07/2024

Krofter

Never use a plastic cutting board, it will contaminate your food with something much worse than "germs", microplastics. Oak has been traditionally used for cutting boards for thousands of years. I've been using an oak cutting board for decades. I just wipe it down with a damp cloth when done. I don't use soap because I don't like my food to taste like toxic soap. I don't use paper towels because they have toxins. Oak has natural antibiotic compounds. woodworkingadvisor.com/is-oak-good-for-cutting-boards Some of the best restaurants in the world use wooden cutting boards. Metal and stone cutting boards will quickly dull a sharp knife.

Posted On 03/07/2024

Guillermou

Thanks Krofter, contaminated food is arriving in Spain and many countries in the European Union. The problem is water scarcity, which causes contaminated fecal water to be used. The last case of strawberries from Morocco with Hepatitis A. This virus (HAV) is transmitted through contaminated food or water or by direct contact with an infected person. The latest news suggests that the contamination could have occurred when watering them with sewage. To guarantee food safety and avoid these risks, products usually go through certain controls.

But only 10% of the products are reviewed. This is why Hepatitis A contamination has been detected in these Moroccan strawberries. However, once we have food in our homes, it is necessary and essential to know how to handle it. One of the biggest causes of food poisoning comes precisely from not knowing how to handle food. Therefore, these simple steps are key to protecting health and preventing diseases such as Hepatitis A, but also others such as Escherichia coli, Salmonellosis or Campylobacter.

Posted On 03/07/2024

Krofter

Guillermou - Interesting information about contaminated food coming in from elsewhere. Sounds like a good case for going local. It might be more concerning if we had direct information about actual cases of people suffering from illness caused by that contamination. After the lies were told about the dangers of covid, I'm reluctant to believe any fear mongering coming from public health departments.

Posted On 03/07/2024

ellivoc

Well, I have used the same, wooden cutting board, for the past 30 years, I inherited it from my Mum. God knows how long she used it. I rarely wash it, just wipe it down a bit under the tap sometimes. Don't do much meat, only venison for the dog, we are veggie, but still just a quick wipe. I have never had any problems and anyway I think wood kills bacteria so is antiseptic in itself. I have never washed any raw meat, only use organic and don't wash raw organic veg either, a bit of earth won't hurt anyone. Grew up on a farm, don't ever remember washing hands before eating, all very healthy, humans and animals and still am 72 years later. I would wash chemical laden food but don't have any, that is to clear the chemicals, not the earth or dirt. Jennifer

Posted On 03/08/2024

Brodson

I am still around at age 80, disease free. Must have built up a very good immunity.

Posted On 03/07/2024

Segstar

Congrats Brodson, they say the first 80 is the toughest..From there on it's smooth sailing, buckle up and enjoy the ride:)

Posted On 03/07/2024

brianallen1

I wonder what kind of toxic gasses are released into the air by microwaving artificial sponges on high for a full minute?

Posted On 03/07/2024

Segstar

I also wonder what kind of toxic gases one emits from consuming processed garbage foods..Just blame them methane gas producing cows..Pull my finger lol..

Posted On 03/07/2024

Guillermou

Double toxicity. Sausages, chorizo, bacon, hamburgers and other processed meats contain preservatives and chemicals that allow them to be preserved for longer. However, when reheating these meats in the microwave, COPs (oxidized cholesterol products) are generated in their components, which damage their bacteria and make them toxic for human consumption.

Posted On 03/07/2024

Stephanie360

Any sponge or dish cloth I microwaved would in a short time smell sour. That means all the good bacteria was killed but enough of that stinky bad is there and now can grow since the good kind that "eats the bad stinky" stuff is dead. From then on, I use about a inch wide sponge with scrubber attached with NO zapping, it never smells, always has some Dr. Bronner's soap in it and dries easily since it's just an inch by 3 inches. My bathroom towels/cloths no longer smell sour since I stopped using antibacterial soap to shower with. AND I don't get sick either!

Posted On 03/07/2024

Almond

I think a major part of the problem is store-bought food. You simply cannot run a lot of raw meat down a line without bacterial contamination. My brother-in-law used to say he could butcher beef on top of a \$hit pile and it would be cleaner than cellophane-wrapped meat from most supermarkets. My husband calls the supermarket chickens "tidy-bowl" chickens because he says they could not carry more bacteria than if you rinsed them in a toilet. The best and safest food is processed in small amounts by people who are conscientious and knowledgeable about food safety. There are people who will not eat the game meat we butcher ourselves because it is not USDA inspected.

I can guarantee you the meat that ends up on our table gets scrutinized much more than what comes down an assembly line. We do not need to add a lot of chemicals for food safety (except for minimal amounts of cure salt) because we know the animals were healthy and we processed the meat conscientiously. We are very careful about refrigeration and shelf life. A lot of preservatives get added for liability reasons because some people are too dumb to store and handle meat properly. Also, I am almost obsessive-compulsive about washing my hands after handling raw meat.

I would never consider touching spice jars with dirty hands. Perhaps this obsession with cleanliness came from previous generations of relatives who had dairy farms. They used to say, "The barn floor is so clean you could eat off it." Farmers took pride in things like that. I do not believe factory farming supports animal health or sanitation. I think more problems would become obvious if animals were raised under such conditions for longer periods or time instead of being slaughtered young. Nowadays, most people can only afford a 2-3# chicken, but that size is a poor value because it is mostly skin and bones. -continued-

Posted On 03/07/2024

Almond

-continued- A lot of chemicals are added to food for reasons of profit, reducing liability or because producers cannot otherwise guarantee a clean product. It is very difficult to control bacterial contamination, otherwise, when processing large amounts of meat at a single location. All it takes to contaminate the plant is one bad carcass. That is why chickens go thru a chemical bath. I was just looking at all the ads for free food this next week from fast food restaurants. Nothing even looks appetizing. Likewise, I am appalled when I look up "homemade" recipes online. I just stumbled across a loaf of berry bread that called for a total of 3 cups of sugar for a single loaf!

No wonder people get sick. Many of these food-borne illnesses would not be so serious if people were healthy and had stronger immune systems. One thing I do that I feel is very wasteful is to buy those thin green dish scrubber pads that come in packs of 6 or more. I cut them into pieces that are about 1.5" square. These small pads are easier to hold and work much better for me than large drippy dish cloths. Before I throw the worn pads out, I use them to scrub the toilet. Some people may consider a dishwasher a luxury, but I find it is very practical for sterilizing many things.

Not only canning jars, but preventing illnesses from spreading if one family member is sick. My father-in-law told about how all the kids would get "the spring flux" until they installed a dishwasher. Otherwise, i could prob get by without a dishwasher as I do not consider washing dishes such an unbearable chore--not that I enjoy it, either. I've been cooking for many years now. No one has ever died from my cooking, so I don't suppose I will get too concerned about making changes.

Posted On 03/07/2024

juststeve

Just me, but I lean heavily into your brother-in-law's opinion about the current mass production of meat. One more area where the plants have been condensed, consolidated into a narrow pipeline. Great for a few to control and make profits, a disaster when disaster hits. The loss in this area of the once abundant independent, family owned, small butcher shops has taken away much of the independence of the area with it. Raise a hog and you almost need to book the butchering the same day! Much like dairy or the CAFO operations, for them to put much of anything out the door and onto the supermarket shelves have them using all kinds of Pollutant causing and extreme measures to hold down lawsuits for dis=ease caused by their methods.

Then they like so much of the Monopoly Corporate Captured Industry's will lobby for laws, rules and regulations they know they can't survive or pretend their product is superior onto the Small Scaled actual healthy Agriculture methods. Once they've driven out and cannibalized quality and real competition, they'll in turn lobby to reduce measures of safety, health and protection for the consumers to benefit themselves.

Some Ol' Timer's here though know how to process meat on their own. Not as pretty as the Local Small Shop Owner could put out, but sometimes just as good. Also, whether a small shop or one's own efforts, the end product can be done to match your use, likings. Like a homemade apple pie. If you like more spice or less it's your choice. If you like more steaks or ground meat, you get it all tailored to your personal needs or likeing.

Posted On 03/07/2024

rrealrose

Heavily used spice jars are a real issue...started arranging my spices in order of use, leaving ones used most often closer at hand. These get washed way more often now than other jars.

Posted On 03/07/2024

Almond

I waited tables when I was young. once a month, we would refill the salt and pepper shakers and wash them. I wonder how many restaurants do this anymore? Maybe it makes a good case for disposable papers? how many people who use the bathroom wash their hands afterwards before handling the salt and pepper shakers on the table? One more reason to avoid restaurants. It seems most restaurants now serve mostly processed foods, too. When I look at their food ads, it does not even appeal to me.

Posted On 03/07/2024

brianallen1

No matter how hard I try, I keep exceeding the 8.99 seconds when washing hands. One time I did get it down to 9.017 seconds.

Posted On 03/07/2024

Segstar

Practise Brian, practise hard , you can do it , just put your back into it lol..

Posted On 03/07/2024

psa6230

Back when AIDS and Herpes were big issues in the news in the early 1980s, a neighbor gal who worked in a restaurant told me how the health department had them add "sanitizer" to the dish water, which was nothing more than a capful of bleach. I started adding a few dribbles to my dishpan and have done so ever since. My dishcloths and sponges stay clean and fresh smelling, and I wash cutting boards, countertops, and even spice bottles occasionally with Seventh Generation dishwashing soap and a dribble of bleach in my dishwater. Never had a problem with smelly, germmy sponges or dishcloths, or solid surfaces. We've never gotten sick from my not-so-spotless kitchen. WAY more sick from kids bring 'bugs' home from school, that pass around like wildfire because people don't keep sick kids home!

Posted On 03/07/2024

versatile

It seems to me that... if there is so much bacteria around, and most of the time, people are not getting sick, maybe we're looking at the wrong problem?

Posted On 03/07/2024

Guillermou

Yes, the problem is being created with the abuse of antibiotics in raising livestock and the treatment of diseases due to not taking care of the immune system. In 2050, antibiotic resistance will be responsible for 10 million deaths annually. Experts already classify the problem of superbugs and the growing resistance of some diseases to the drugs we use to combat them as the greatest threat to human health in the coming years. years. The largest study carried out to date indicates that more than 1.2 million people died in 2019 directly from infections caused by bacteria resistant to antibiotics. If diseases in which resistance played a certain role are counted, the figure rises to 5 million deaths. This global health problem is one of the biggest threats to modern medicine, already claiming more lives than diseases like AIDS or malaria. [www.thelancet.com/.../PIIS0140-6736\(21\)02724-0/fulltext](http://www.thelancet.com/.../PIIS0140-6736(21)02724-0/fulltext) (2022)

Posted On 03/07/2024

Stephanie360

Exactly, if it weren't for the "good" bacteria we'd all die. How do you digest vegetation if you don't have any bacteria in your intestines? You don't. Can't kill the good and the bad, but with soap you can wash the bad stuff away and not the good stuff!

Posted On 03/07/2024

WillieBe

We use Norwex brand "sponges" and cleaning cloths in the kitchen and around the house. They are very durable and contain antibacterial properties. Ours literally have silver threads woven into the fabric. You can order them from their website.

Posted On 03/07/2024

seedsaver37

I haven't used sponges for years. I much prefer microfibre cloths which seem to last forever - when they are past their best they go into the bathroom or laundry. Now and then I pile them all into a saucepan with water and a little detergent and boil them up. Works for me. Also, microfibre cloths are great at removing tea and coffee stains from cups. sponges don't help at all.

Posted On 03/07/2024

stu5016

Studies were done back in the 1990s showed wood's natural anti-microbial action reduces pathogens while the micro cuts in plastic harbor their growth.

Posted On 03/07/2024

Logarithm

For cleaning dishes, I tear off the spongy part of the dish sponge and only use the mildly rough part. Then it dries much more quickly and does not develop much odor. (I do not use the thin green scrubber pads because they are too rough.) Before using it, I squeeze it out several times under running water, then add liquid soap. I don't use hot water because I don't want to hurt my hands. Whenever I need more soap, I again squeeze it out several times under running water before adding the soap. After cleaning from raw meat or fish, I squeeze it out extra times under running water. I only throw it out after several months when it deteriorates physically. And by the way, I could not imagine picking up a spice container after handling raw meat without washing my hands first. I don't feel I have a contamination problem and I very rarely get sick (perhaps because I follow some of Dr. Mercola's other recommendations).

Posted On 03/07/2024

Ronybegoode

What spice containers? Spice containers is a big variety of things: Are the microbes inside Salt shaker? or pepper shaker? or the inside little bottles with Oregano, or rosemary, or curcuma, or bay leaf, or celery seeds, or sage. Are the microbes inside the vials with the spice? or they only on the outside of the bottle?

Posted On 03/08/2024

plastictekkie

"48% of the spice containers" vs. "67% of sponges tested positive" = "It's Not the Sponge" What is this, the new math?

Posted On 03/07/2024

fromseatoshiningsea

Once-a-week, I wet my kitchen sponge & put it in the microwave for 1-minute on high. Make sure that your sponge does not have anything metallic. This will kill any bacteria on your sponge. I have been doing this for many years.

Posted On 03/07/2024
