

January 19, 2025 - 1pm ET - "Applying Epicurus Accurately" Livestreaming Event

Post by "kochiekoch" of January 1, 2025 at 3:37 PM

Busy time for me, but I'll catch up on the video.

Admin Edit - Jan. 2, 2025 9:45am ET

The remainder of this post was moved to facilitate the best location:

Post

[RE: A "Bread and Water" Question](#)

Hmmm..., the bread and water diet wouldn't be the best one. Not only would you run into nutritional problems, but you'd also get really tired of it! I suspect that would be true of other things in a person's lifestyle.

[How to survive on a bread and water diet](#)

>>But even sourdough might not be enough to survive. Eventually, just like [the potato scenario](#), you would probably run into nutritional deficiencies. Even sourdough bread made with wild yeast, bacteria, and whole grains likely will not provide...



kochiekoch

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