

Why SPROUTED Grains and SOAKED Nuts?

Sprouting, soaking and genuine sourdough leavening "pre-digests" grains, allowing the nutrients to be more easily assimilated and metabolized. This is an age-old approach practiced in most traditional cultures. Sprouting begins germination, which increases the enzymatic activity in foods and inactivates substances called enzyme inhibitors. These enzyme inhibitors prevent the activation of the enzymes present in the food and, therefore, may hinder optimal digestion and absorption. Soaking neutralizes phytic acid, a component of plant fiber found in the bran and hulls of grains, legumes, nuts, and seeds that reduces mineral absorption. All of these benefits may explain why SPROUTED foods are less likely to produce allergic reactions in those who are sensitive. Sprouting also causes a beneficial modification of various nutritional elements. According to research undertaken at the University of Minnesota, sprouting increases the total nutrient density of a food. (For example, SPROUTED whole wheat was found to have 28 percent more thiamine (B1), 315 percent more riboflavin (B2), 66 percent more niacin (B3), 65 percent more pantothenic acid (B5), 111 percent more biotin, 278 percent more folic acid, and 300 percent more vitamin C than non-sprouted whole wheat.) This phenomenon is not restricted to wheat. All grains undergo this type of quantitative and qualitative transformation. These studies also confirmed a significant increase in enzymes, which means the nutrients are easier to digest and absorb.

*** This text is a portion of an article titled *Wheaty Indiscretions--What Happens to Wheat, from Seed to Storage* by Jen Allbritton, Certified Nutritionist taken from the *Weston A. Price**