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PROPERLY PREPARED OATMEAL AND NUTS:

Oatmeal:

Take one cup of rolled or steel-cut oats.

Add a pinch of Celtic or other unprocessed sea salt.

1 T-spoon of lemon juice, vinegar or whey (acidic medium)

Hot water (not boiling)

Put the oatmeal, salt and lemon juice in a bowl.

Add hot water to the oat mixture.

Place it on the counter with a lid over it and let it sit overnight.

In the morning put in a pan with extra water and heat until desired consistency.

The oats were predigested overnight making the grains easier to break down and be digested in the gut.

Nuts:

Buy raw nuts such as pecans, walnuts, almonds, filberts, Brazil nuts, etc.

Place them in a bowl and add 1 T-spoon of Celtic Sea salt or other unprocessed salt.

Cover the nuts with filtered water overnight or for 6 or so hours.

Put them in a colander to shake off excess water.

Put your oven on 170 or the lowest it will go and roast for 24-36 hours or until the water is out of the nut.

This neutralizes phytic acid and other enzyme inhibitors in the nut and therefore aids in absorption of its nutrients.