

Why grains, seeds and legumes benefit from Sprouting

Most grains, seeds, and beans have some type of natural defense mechanism against insects, pests and microorganisms and outside forces. By sprouting you can unlock all the benefits for the consumer.

Phytate

- Sodium form of phytic acid, water soluble.
- Phytic acid is basically a barrier used by the seed/grain or legume as a defense mechanism against pests, insects and bacteria.
- Phytates bind with Zinc, Iron and Calcium and make them inaccessible.
- Diet high in grains, seeds and legumes that are un-soaked or unsprouted can stunt growth.
- Cooking, Soaking, and sprouting can reduce phytates.

Polyphenols

- Polyphenols are abundant micronutrients in our diet.
- Sprouting reduces phenol content
- Activates Enzyme hydrolysis, It plays an important role in the digestion of food.)
- Can inhibit digestibility of proteins, minerals, and starches.
- B1 can be deactivated.
- Not denatured by heat.
- Cooking, Soaking, and sprouting can reduce the effects.

Oxalate

- Can decrease calcium absorption and form larger kidney stones that can obstruct the kidney tubules. An estimated 80% of kidney stones are formed from calcium **oxalate**.
- Cooking, Soaking, and sprouting can reduce phytates.

Enzyme inhibitors

- Digestive enzymes including GI distress with long term protein deficiency.
- Enzymes are reduced by cooking, soaking and sprouting.

Lectins

- A defense mechanism against pests, insects and microorganisms.
- They play a role in immune function, cell growth and body fat regulation.
- Inflammation regulation and programmed cell life and death.

- Intestinal lining damage causing gi distress.
- Inhibits cell repair letting bad and negative properties be absorbed before they can be eliminated by the body's defense.
- Common leaky gut syndrome.
- Cooking, Soaking, and sprouting can reduce phytates.

Lectins and immune response

- Immune response is inflammation in the gut.
- Effects can be reduced by fermented fruits and vegetables.
- The longer the sprouting the bigger the decrease of lectins present.
- Cooking, Soaking, and sprouting can reduce Lectins effect.

Why sprouted grains?

Benefits of sprouted grains

- The sprouting process increases the amount and bio-availability of some vitamins (notably Vitamin C) and minerals, making sprouted grains a potential nutrition powerhouse.
- Sprouted brown rice fights diabetes.
- Sprouted buckwheat protects against fatty liver disease.
- Cardiovascular risk reduced by sprouted brown rice.
- Sprouted brown rice decreases depression and fatigue in nursing mothers.
- Decreased blood pressure linked to sprouted barley.
- Sprouted millet increased antioxidant activity in Millet
- Sprouting (Malting) Millet makes some minerals more bioavailable and absorbable
- Sprouted Buckwheat can decrease blood pressure
- Sprouted Rice reduced some allergens
- Sprouted Amaranth can increase antioxidants

Information above supplied by the whole grain council

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