



GRAINS, NUTS, SEEDS AND FERMENTATION

In her new fantastic book 'Ferment', Holly Davis explains what has long been a puzzle for the last few decades of modern food consumption. Why are so many people having problems digesting foods we have eaten for centuries. Regular readers of this column will know that a few months ago we looked at how Wheat has been altered, sprayed copiously with glyphosate even at harvest time...as well as all the genetically modified alterations that have changed the grains nature over the last few decades. However, there is much more to this story.

As Holly explores the word of fermentation, she explains why so many people have problems digesting these amazing foods.

You may have heard of the term 'activated' nuts. This refers to the process of soaking nuts, seeds and legumes to remove the protective layer of protective and anti-nutrients that protect the seed from spoilage while it awaits the perfect conditions to germinate. These include phytic acid, polyphenols and other enzyme inhibitors that make foods more difficult to digest and in many people cause irritation and/or flatulence.

To access the goodness within, soaking 'activates' the nut or seed ready for germination allowing the enzymes that unlock the goodies giving us the ability to digest these wonderful foods. For nuts such as almonds, brazil, cashews walnuts and hazelnuts, soak adding a teaspoon of salt per 2 cups of ingredients and leave in a warm spot for 4 to 12 hours. (for your muesli soak overnight with half a cup of apple or orange juice with the water and you have Bircher muesli...heaps healthier than raw!)

For low phytase grains such as rice, millet, corn and oats, soaking in tepid water with a tablespoon of rye or buckwheat flour for 8 to 12 hours is wonderful.

Higher phytase grains such as the popular quinoa, buckwheat, rolled spelt, wheat and barley soak with 2 teaspoons of lemon juice or apple cider vinegar and the bloating, discomfort and flatulence you once may have experienced will be a thing of the past.

Written by: Dr Angela Palmer - Kinglake Chinese Medicine
Chinese Medicine CMRBV REG AH/1347
Member AACMA 2154

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Beans are very important to soak and so much nicer for the effort. Adzuki, borlotti and soy soak with a piece of wakame seaweed or a pinch of bicarbonate soda for 12 to 24 hours. Any bubbles that you see show the activation is occurring and a good thing, rinse and cook as required.

Lentils, peas, chickpeas and mung beans etc. Soak with a tsp lemon juice and apple cider vinegar for 4 to 24 hours, even allowing a little sprout to occur to really unlock the nutrients.

For more information, look up the book, but it is worth the effort. As we look for an increased variety of proteins and nutrients the understanding passed down through generations of humanity need to be re-discovered to prevent a tsunami of food intolerances that we are seeing.

Until next time
Stay well
Dr Angela Palmer

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