Activated nuts & seeds

A RENAISSANCE

contributed by Clive Lawler

In order to unearth the true essentials of the grand enigma known as "correct diet", the path best followed is certainly, and almost exclusively, the artful ways of traditional foods and practices. There you will find time-tested, health enhancing, experience-rich, life-embracing processes and recipes that will nourish, heal and protect the human species.

> WHY DO INDIANS leave their rice/urad dhal dough stand overnight before making their delicious idli and dosa breakfasts the next morning? Why do Mexicans do the same with their cornflour gruels? Why do Scots soak their oat porridge for a day then cook it long and slow, before storing it in wooden drawers? Why do (old-school) Italians prepare their pasta/bread/pizza wheat doughs the night before? Why do Chinese soak their soya beans for days, and then introduce rare, cultural, bacterial, fermenting processes? Why are cacao and coffee beans fermented before roasting? Why did our own grandmothers peel, then soak, potatoes and other root vegetables in water for some hours before cooking? And why today do increasing numbers of health-conscious people long-soak their almonds and other nuts overnight in water, prior to consumption?

The answers to these questions will become apparent in the following text, but firstly, despite the wide diversity of these foods – grains, beans, pulses, nuts or root veggies – what is it that they all have in common? They are seeds – all seeds of new growth. Even the potato.

Now, one doubts the Scot, the Italian, the Mexican or our grandmothers were aware that by long-soaking their seeds, or by long-standing their seed-grain doughs and porridges, etc. they were actually neutralising the presence of harmful, digestion-disturbing elements, which a more friendly science nowadays has identified as anti-nutrients, and which are found in all seeds, whatever type they may be.

No, granny didn't have the science, but what she did have was tradition and was passed down through generations, the essence of which is now being proven to be soundly based. It was after World War II that we began to rapidly lose touch with aeons of food tradition, especially in English-speaking cultures.

All seeds aspire to self-preserve as long as is necessary for the fulfillment of their life mission – that is, to sprout and grow into the same tree or shrub from which they arose.

Just like a mother protects her children, seeds are both earnest and robust in accommodating this similar task, as they manifest a potpourri of naturally occurring chemicals within their structure as protection.

Seeds have immune systems too, comprising various enzyme inhibitors and acids, such as tannic, oxalic and phytic acids, protein lectins and several other elements, many of which have specific jobs in the maintenance of both the shelf-life and guaranteed germination of each seed. Phytates (phytic acid) are particularly prevalent in most food plants.

Just as the presence of phytates deters bacteria and insects from biting into a seed, a nut, a grain, a bean, they also have a similar effect when consumed by humans, in that they (1) interfere in and disturb, sometimes seriously, the human digestion, and (2) bind with a whole range of minerals, rendering these essential nutrients inactive, unavailable to human health hence the term "anti-nutrients". Humans are meant to get the same "taboo" message as bacteria and insects, but we have moved away from such sensitivity. Birds and ruminant animals have totally different digestion systems that do the conversion work for them. Humans don't have that luxury. But we do have the kitchen.

We are intended to remove these natural seed sentinels before ingestion. And what's the best way to do that? Either long-soaking seeds, nuts, beans, grains, pulses in water, or long-standing pre-mixed (wet) doughs, porridges or gruels.

When a seed is soaked or a wet dough is created, prodigious enzyme activity is generated, which goes to work not only at neutraliaing the anti-nutrients but also initiating the important pre-digestion work of beginning the breakdown of any difficult nutrients, like proteins, carbohydrates, malts etc. In the ferment process, this aspect of long-soaking is crucial to the enhancement of enzyme activity and the removal of anti-nutrients.

Cont overleaf

ACTIVATED NUTS & SEEDS cont.

When a soaked seed swells and moves towards sprouting, it senses it has done its job, and so its natural chemical defence systems are relinquished – to water. Similarly, when a wet wheat dough is left longer than six hours (the longer the better), most phytates are neutralized, but most importantly, the complex protein, gluten, is broken down sufficiently so as not to cause allergic reactions. Fast bread equals gluten intolerance. It's also a new disease, mirroring the speedy, convenient culture that began in the 1950s.

Back to the original questions in the first paragraph, the Indians, whilst they might not know it scientifically, ferment their idli doughs for the removal of natural toxins, greater taste, digestibility and nutrient access. Ditto with Mexicans and corn; Scots and oats; Italians and wheat doughs.

The Chinese knew centuries ago that the soya bean was toxic to humans and only used as a brilliant crop-rotation, nitrogen-fixing plant but eventually they developed the complex fermentation techniques necessary to quell the imposing anti-nutrient toxin presence leading to the creation of wonderful foods such as tempeh, miso, nattoh and tamari. Raw coffee and cacao beans also contain natural toxins, bitter principles that are removed by soaking, by fermentation procedures.

Soaking grains, nuts and pulses overnight creates optimum food value minus the disturbing anti-nutrients, which play havoc with human digestion. It's no coincidence that the Greek word for fermentation means alchemy.

Clive Lawler is the founder of 2die4 Live Foods. His range of activated nuts – (walnuts, brazil nuts, almonds, pistachios, pecans and pepitas) have undergone long-soaking, then dehydrating at low temperatures. Activated nuts are not cooked, simply arrested at an optimum stage of growth, leaving very clean nuts with the minerals, primo proteins and essential oils intact and enhanced. They are truly delicious – Nuts 2die4! **(www.2die4livefoods.com.au)**

BLEEDING GUMS?

> TRY WELEDA'S RATANHIA TOOTHPASTE. Ratanhia is a root farmed in the Andes Mountains, Peru. Forty years ago Weleda began protecting this endangered plant by implementing one of the first Fair Trade Projects with the local farmers. This indigenous plant is now protected on 5,000 acres of certified organic land. The root is comprised of tannins and contains astringent and toning properties – easing inflammation and redness. It tightens fine veins and tissues. Ratanhia is a great tasting toothpaste which helps soothe and tighten the gums. It contains natural chalk as a tooth cleanser, essential oils of peppermint and spearmint. Try it. We love it.

Also in the range of Weleda's toothpastes: Salt – great for travelling, no water required; Calendula for those taking homoeopathic drops; Plant Gel for sensitive teeth; and Children's Gel – excellent for milk teeth, so gentle.

PRESS RELEASE: "MONKEYS GO APE OVER ORGANIC BANANAS"

> ANIMALS AT COPENHAGEN ZOO are going ape over organic bananas and other fruits, rejecting conventional foods left in their cages according to zookeepers. "For one reason or another, the tapirs and chimpanzees are choosing organically grown bananas over the others" reports keeper Niels Melchiorsen.

"Their choice is not at all random. The chimpanzees are able to tell the difference between the organic and the regular fruit," Melchiorsen reported. "If we give them organic and traditional bananas, they systematically choose the organic bananas, which they eat with the skin on. But they peel the traditional bananas before eating them", he added.

German researcher Katrin Woese also reported in her 1997 literature review that "animals distinguish between the foods on offer from the various agricultural systems and almost exclusively prefer organic produce."

Shane Heaton, Nutritionist – *Healthyliving* – The Gawler Foundation magazine.

NEW IN…

> DR ANTONIO MARTINS COCONUT JUICES. The natural thirst quencher. Fresh green coconut juice with pineapple and acerola cherries; with bananas; with blood orange, coconut juice smoothies, coconut cream for desserts – everything in this range is delicious, nutritious and addictive.

ABOUT COCONUT WATER…

Coconut water should not be confused with coconut milk. The aqueous part of the coconut endosperm is termed coconut water whereas coconut milk refers to the liquid products obtained by grating the solid endosperm. Coconut water is served as a beverage to quench thirst, coconut milk is usually used as a food ingredient. The benefits of coconut water have been extensively studied. Here are just a few:

- Replenishes electrolytes of human body excreted through sweat, such as sodium, potassium, magnesium and calcium.
- A refreshing and nutritious beverage providing oral rehydration.
- Strong anti-ageing effects on human cells.
- Contains seven of the eight B vitamins namely B_1, B_2, B_3, B_5, B_6, B_7 and B_9 (folic acid) as well as Vitamin C.
- Great alternative to milk as it is lactose free. Helps in bone fortification.

For more info see **www.dr-martins.info/presse/2009-molecules.pdf** *"The Chemical Composition & Biological Properties of Coconut Water."*