

Characteristics of Traditional Diets #6



Seed, Grain & Nut Preparation for Better Digestion

Seeds, grains and nuts are great sources of trace minerals. However, they are also sources of naturally occurring anti-nutrients such as enzyme inhibitors, tannins and phytic acid. By soaking, sprouting, fermenting or naturally leavening these foods, these anti-nutrients can be neutralized.

Further Reading

[Preparing Grains, Nuts, Seeds and Beans for Maximum Nutrition](#)

[FAQs about Seeds, Beans, Nuts and Grains](#)

[Grains in the Diet](#)

[Dietary Minerals](#)

[Weston A. Price Foundation - Traditional Diets](#)

Dietary guidelines based on the findings...

Before using whole grains, legumes and nuts in your diet, you should prepare them for proper digestion by soaking, sprouting or sour leavening them. This neutralizes phytic acid, enzyme inhibitors and other anti-nutrients. By treating these foods in these ways, up to 80 percent of the usable phosphorous in these foods can be released for use by the body. These treatments also allow for the successful absorption of other minerals in these and other foods. Phytic acid typically inhibits the uptake of minerals into the body.

Taken from...

Research by Dr. Weston A. Price, a dentist, in the 1930's in response to the rampant dental decay and structural problems he witnessed in his practice. His research involved a ten year study of the health of populations untouched by western civilization. His studies revealed that dental caries and deformed dental arches resulting in crowded, crooked teeth are the result of nutritional deficiencies within one generation, not genetic defects. His work is published in the landmark resource, *Nutrition and Physical Degeneration*, and is carried on today through the [Weston A. Price Foundation](#).

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