

DEBUNKING THE GLUTEN MYTH

Are you tired of hearing about the so-called evils of gluten? Let's take a different perspective today. It's time to explore the fascinating topic of how traditional societies prepared grains without any major health concerns!

BY ANGELIQUE RAUSCHENBACH



Discover ANCIENT GRAIN WISDOM



Did you know?

Weston A. Price, a renowned researcher, extensively studied indigenous cultures worldwide and found that grains, when prepared in certain ways, offered valuable nutrients and posed no harm to human health.

Let's dive into some of his fascinating findings, which can be found on westonaprice.org!

SOAKING

FERMENTING

SPROUTING

3 Techniques

GRAIN PREPARATION

By adopting these traditional grain preparation techniques, we can unleash their true potential and potentially enjoy the benefits our ancestors cherished.

SOAKING

Traditional societies understood the importance of soaking grains before consumption. This practice helps break down phytic acid, a natural compound found in grains that can interfere with mineral absorption. By soaking grains in water or a natural acidic medium, enzymes are activated, mitigating potential digestive issues and boosting nutrient availability.

FERMENTING

Fermentation is an age-old technique used to enhance the digestibility and nutrient profile of grains. Traditional cultures commonly fermented grains for extended periods, triggering a biological process where natural bacteria feed on carbohydrates, making the grains easier to digest.

SPROUTING

Sprouted grains are incredibly nutritious as they undergo natural enzymatic changes. The sprouting process not only breaks down phytic acid but also increases the content of certain vitamins and minerals. Sprouted grains offer enhanced enzyme activity, making them more digestible and gentle on our bodies.

Want to LEARN MORE?



Curious to explore more about traditional grain preparation and nutrition?

Check out westonaprice.org, where you'll find a wealth of knowledge and resources on this fascinating topic. Recipes too!

Remember, understanding the true nature of grains can help us make informed choices and regain trust in their place within a balanced, wholesome diet.

Disclaimer: Always consult with a healthcare professional or registered dietitian before making any changes to your diet or lifestyle. This resource is for informational purposes only.

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