

# The Benefits of LIVING FOODS

When you hear the words Living Foods, you may think of Raw foods. Although both are Raw, there is a difference. Raw foods are foods that have been picked or dug up, and are not cooked. But, Living foods are beans, nuts, grains, seeds and berries that have been soaked and sprouted. When the sprout comes out of the seed, grain or berry it has become a "living" food. They are still living and growing when you eat them, although their growth is halted when you refrigerate the sprouts. These sprouts are full of life and offer tremendous nutrition to the body.

If a person has a compromised immune system, or has problems absorbing nutrients, living foods are ideal for them. Living foods contain high amounts of protein and amino acids. In fact, the body will absorb 3 times the amount of protein from living foods than from animal protein.

The person most famous for making and using Living Foods is Ann Wigmore. For more than 35 years she helped sick people to heal themselves with living foods and taught them how to carry on the Living Foods lifestyle in their lives to stay well.

Besides all of the vitamins, amino acids and minerals in Living Foods, the Enzymes are the stars. Enzymes are the catalysts that make the body function - all systems of the body rely on enzyme activity to function. They are involved in repairing and building the body, in digesting food, fighting infections, detoxifying the body, keeping the heart beating, the eyes blinking, metabolizing fat and so much more. The entire functioning of the body is reliant upon enzyme activity.

When food is cooked at a temperature higher than 105° the living enzymes are destroyed. Eating raw and living foods ensures you are ingesting live enzymes that promote the best health and functioning of the body.

Fermented sprouts are considered a complete food, full of B vitamins, protein, enzymes, vitamins C and E, minerals, and beneficial bacteria. So, while you can receive tremendous benefits from raw living foods, you can get even more by fermenting those living sprouts.

**How to Sprout:** Sprouting seeds is pretty easy. Get a glass sprouting jar (or jars) - these will have a mesh

lid to allow for draining after you are finished soaking the seeds. Get some seeds or berries - some highly nutritious ones are mung beans, sunflower, buckwheat, spring wheat berries and others. Place a cup (depending on how much you want to make, you can use more or less) of one type of seeds or berries in the jar, rinse them well with water. Then add 2—3 times as much water to the jar as you have seeds/berries (ex: 1 cup of seeds to 2—3 cups of water), and allow to soak for several hours. If you're using small seeds, soak 4—6 hours; medium seeds, soak 8—10 hours; large seeds, soak 12—24 hours.

After soaking, drain the water from the jar and rinse the berries or seeds well with water. Secure the mesh lid back on the jar and then drain the water out. Then place the jars on a drain rack at a 45° angle. Shake up the seeds a bit so they're not all piled in a clump, but are slightly spread out within the jar, as they need air and circulation - move them around occasionally. Over the next few days you will notice the wet contents will begin growing tails or sprouts. Continue to rinse and drain the contents each morning and evening. Once the tails of the sprouts have reached the same size as the original seed or berry, they are ready and can be used

**Making Rejuvelac:** Once you sprout your wheat berries and your sprouts are ready for consumption, you can then ferment them if you choose to make rejuvelac (a fermented juice). Just put 1 cup of the sprouts in the same jar, add 3 cups of spring or filtered water to it and allow to soak for 48 hours. At the end of 48 hours, you now have your first batch of rejuvelac. Pour the liquid off and consume or store in the fridge. You now have a batch of rejuvelac. Rejuvelac was made by Ann Wigmore to provide highly beneficial bacteria to balance the intestine, improve immunity and provide B vitamins, amino acids, minerals, enzymes and other nutrients for the sick people who came to her for guidance with their healing process. ♦