



Drink AOX – The most effective natural antioxidant alkaline water

Soaking Grains with AOX Antioxidant Alkaline Water for Optimal Nourishment



A simple practice that nets huge benefits.

New information on grain cooking suggests the traditional method of soaking grains is healthier than our Western practice of simply boiling to tenderness or dry cooking (as in granola).

Soaking renders the nutrients in grains more digestible and more easily assimilated by our bodies. This is much the same process as soaking dry beans overnight (and why we shouldn't do as some modern recipes are suggesting and skip the soak for our dry beans). It's possible that this soak also makes the grains more alkaline after cooking since it increases the amount of available calcium.

With the increase in grain consumption, there has been an increase in the number of people complaining of difficulty in digesting grain, but after properly soaking grains, these people report fewer or no problems.

There are whole books devoted to the "evils of grain consumption". This is a recent development no doubt due to this increased prevalence of grain sensitivity. But grains have supported millions, whole societies, for centuries. Is it the grains themselves? or could it be our method of cooking grains that is the problem?

This is especially important information for every vegan and vegetarian out there, whose diet consists of such a large proportion of grains. You've been told how good they are for you, but you're not getting all the nourishment from them you're supposed to. In addition, the non-neutralized phytic acid can "steal" the nutrients from your other foods by binding to minerals in your digestive tract, blocking their absorption.

What does soaking grains accomplish?

The soaking breaks down some of the hard-to-digest proteins, making assimilation much easier, and neutralizes phytic acid, which is an anti-nutrient that prevents absorption of minerals such as calcium, magnesium, iron, zinc, and copper.

Because grains are seeds, they also contain enzyme inhibitors, which protect the seed from germinating until the conditions are proper for growth. If ingested, these inhibitors can prevent the body's enzymes from working properly, and digestion will be hindered.

Soaking grains neutralizes these inhibitors and stimulates the production of beneficial enzymes and increases vitamin content, because the seed is being activated toward growth. This active, live seed is nutritionally superior to one that is "closed up".



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To prepare basic soaked brown rice:

Basic Soaked Brown Rice

2 cups rice 4 cups AOX Antioxidant Alkaline Water

Place all in your cooking vessel. Let soak at least 30 minutes, and up to 1 hour. Bring to a boil and remove any scum. Reduce heat to the lowest setting. Cover tightly and cook for 45 minutes without removing the lid.

Just cut all ingredients proportionately to cook smaller amounts of rice.

Start your family with AOX antioxidant alkaline water for better health.

Please call 6456 4321 to talk to our sales consultant.