

THE MAGIC OF SPROUTS AND WHEAT GRASS

By Shri V. K. Rao

Food is the gift of God to all the creatures to appease hunger and thirst and give the energy required to support the activity of the body and mind. Food supports growth as well as acts as the seed for the decay, disease and death to set in. If mobility and consciousness are taken to be the hallmark of life, then the expression of life is seen to be in ascendance from plant kingdom to insects, birds and animals on Earth, in the water and Air and further on to mammals and Human beings. Since no creature wants any harm or injury and since one is bound to reap the fruits of his own actions, it follows that vegetable herbs, roots, leaves, grains, grams, fruits and cow's milk is the natural food for human beings. It also has curative, preventiv!! and restorative powers.

Food we eat changes into, blood, flesh and other tissues of our body up to veerya and ojas, which are the finest parts of food, and which determine the state of health and vigour of the body and mind. By the purity of food one takes, one is purified in his attitudes and temperaments and enjoys good health. One should eat to live which is sane and not live to eat which is insane. Food should be simple, light, whole some, nutritious, well balanced and easily digestible. Eating to fill half the stomach with solids and semisolids and one fourth with liquids and water is golden rule for good health.

Excess non-assimilated food is stored as fat and excess insulin in blood. Due to increase of circulation of toxins in the blood stream, the effective functioning of the digestive, metabolic and glandular functions is impaired. In the normal metabolism a small portion of the oxygen in the body cells is left out as free radicals which are highly unstable and very reactive. They attack and damage the genetic material of the cells and cause their malfunction. During infections, exposure to sunlight, x-rays, microwaves and insufficient supply of nutrients or antioxidants, the generation of free radicals reaches higher levels. The cells divide 20 to 30 times generating new cells before dying. The damage caused by the free radicals impairs the cell function. With the inadequate replacement of the dead or damaged cells the aging phase of the body starts. Arthritis, osteoporosis, low back pain, diabetes, heart disease, cancer, memory loss, reduced immunity susceptibility to infections or diseases are related to aging. Medicines alone cannot combat the symptoms and diseases related to aging. A fresh, healthy and nutrient diet plan low in fat, salt and carbohydrates and rich in fiber, vitamins, minerals, and enzymes is paramount in attacking and Quenching the free radicals. Regular exercise, avoiding exposure to sunlight, x-rays and microwaves, maintaining relationships free from negative emotions and adapting positive attitude of mind are also important to keep the immune system efficient.

In the case of heart disease a) high triglycerides, b) low HDL (the good cholesterol), c) high LDL (bad cholesterol), and d) a greater number of genetic markers called LIPO Protein (a) are known to be the major risk factors. Viral infection like chlamydia and presence of higher levels of amino acids called homocysteine in urine are also found to be the contributory causes.

Let us now understand the value and contribution of sprouts, seeds and wheat grass for our good health and longevity.

Sprouts provide us adequate supply of nutrient antioxidant vitamins and enzymes compared to seeds and grains. Moreover the insoluble inorganic mineral salts present in small quantities in seeds and grains are made water soluble by the process of germination, apart from increasing the vitamin and mineral content manifold. Considerable chemical changes take place in the seeds in the presence of heat, oxygen, water and darkness required for germination. This results in the generation of vital enzymes and increasing the vitamin and mineral content many times. During the period of soaking germination and sprouting, the mineral salts present in the seeds undergo chemical changes. The new compounds formed by these changes are water soluble and can be easily assimilated by the body.

It is found that sprouted moong has 8.3% more water, 30% more protein, 15% less energy content and 9% less carbohydrates than the seeds. All these make it a good food for losing weight & increasing vitality. Apart from giving an abundant supply of vitamins, minerals and amino acids, sprouts have a lot of fibre and water which soften the stools and help it move through intestines faster and remove constipation. There is teeming life force in the sprouts. The value of fibre rich diet to keep good health is a well established fact. It is noticed that the incidence of coronary artery disease, colorectal cancer, gallbladder and constipation is very low amongst people having fibre rich diet. Fibre is a form of carbohydrate which is resistant to the digestive enzymes of body. So most of it passes through the gastro intestinal tract unchanged and passes off as stools. It retains water, acts like a sponge and makes stools softer and bulkier and speeds up the excretion, thereby preventing constipation, piles (hemorrhoids) and colon cancer. Fibre binds some toxic substances like bile acid which would normally result in the production of cholesterol, and eliminates these toxins from the body. Fibre can also trap the cholesterol already present and evacuate it through stools and prevent it being absorbed in the blood stream. Fibre also helps to flush out certain toxic materials like triglycerides. Thereby it reduces the risk of heart disease.

The reduction of carbohydrate content during sprouting shows that its molecules are broken down. They react with nitrogen present in the air to form amino acids with simple molecular structure, which is the most easily digestible protein available in all types of food. Much of the starch also gets broken down, by enzymatic action during sprouting, into simple predigested sugars like glucose and sucrose. Sprouting converts complex proteins into amino acids. This helps prevent aging and associated diseases. By the action of the enzyme lipase, during sprouting, the saturated fats and oils are converted into simpler and beneficial fatty acids. Sprouting makes the minerals present like calcium potassium, iron, phosphorous and sodium easily assimilable and also increases the quantity present in the seeds. It is found that when moong seeds are sprouted the vitamins A, B1, B2 and C increase thrice, twice, five times and six times respectively.

Sprouts are a complete and rejuvenating food by themselves. They contain all the amino acids and supply most of the food elements in a predigested form and provide easily digestible energy sugars, vitamins and enzymes. Enzymes act as catalyst enabling the metabolic changes, which otherwise require high temperatures, to take place at body temperature. They reduce strain on the digestive system. The end products like uric acids, ammoniac salts and cholesterol are produced in traces only as compared to other types of food.

Wheat Grass is widely recognised for its antioxidant property which prevents aging and associated diseases. It has a host of vital nutrients, minerals, vitamins and above all chlorophyll which is complete

food in itself. It is rich in vitamins A, C, D, and selenium, which neutralise free radicals and there by prevent damage to body cells and delay the aging process. Wheat grass has a high magnesium content which can activate as many as 30 enzymes. The high therapeutic content of vitamin E in it, makes it the best natural invigorator, which strengthens the heart, blood vessels and fertility.

Wheat grass has good amounts of vitamins B-12, B-17 and K. It is a rich source of chlorophyll which is acclaimed as a complete food. It has the plant haemin which is similar to haemin found in human blood. So it is the best cure for anemia. The germicidal quantity chlorophyll is used by wheat grass itself to guard against bacterial attacks. It is effective in the treatment of pyorrhoea, skin diseases, T.B. Ulcers and intestinal inflammation. The numerous minerals and vitamins present in it purify the blood and boost the functioning of the capillaries, the heart, the lungs and the kidneys. Nearly 70% of wheat grass juice is chlorophyll of water soluble type. So it is rapidly absorbed in the blood stream.

It is easy to grow wheat grass in our home itself. Take about 10 g.m wheat. Soak it for one day. Then tie the soaked seeds in a cloth and keep for a day. Take a hard board or clay plate of 10" long, 6" wide and 3" deep. Fill up to 1 with soil so w the wheat seeds, in the cloth bundle into the soil. Then cover by a layer of soil and organic manure or cow dung up to 1. Sprinkle water to wet the upper layer. Keep plate or tray in the shade. Allow the grass (plants) to grow for 6 days. Sprinkle water once in 2 days. On the 7th day cut the grass 1" from bottom.

Wash the cut grass. Make it into a paste. Rinse the paste in a vessel with water and filter to get the green juice. To have a continuous supply we may grow in 6 separates plate with a gap of one day each.

With Courtesy and Compliments of:

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BABAJI SPEAKS...

Purification of the mind means bringing about a state of Inner Awareness of mind in which there is no perception of outer objects and no occurrence of any kind of thoughts and ideas.

Most of those who want to go out and reform others and help them are vainly trying to inflate their shrunken egos through the so called good deeds it would be much better if the reformer could only concentrate on reforming and realizing himself.

Faith is the breath of our soul that powers out mind and body. It is the secret voice of our consciousness that creates, contains and sustains our earthly existence.