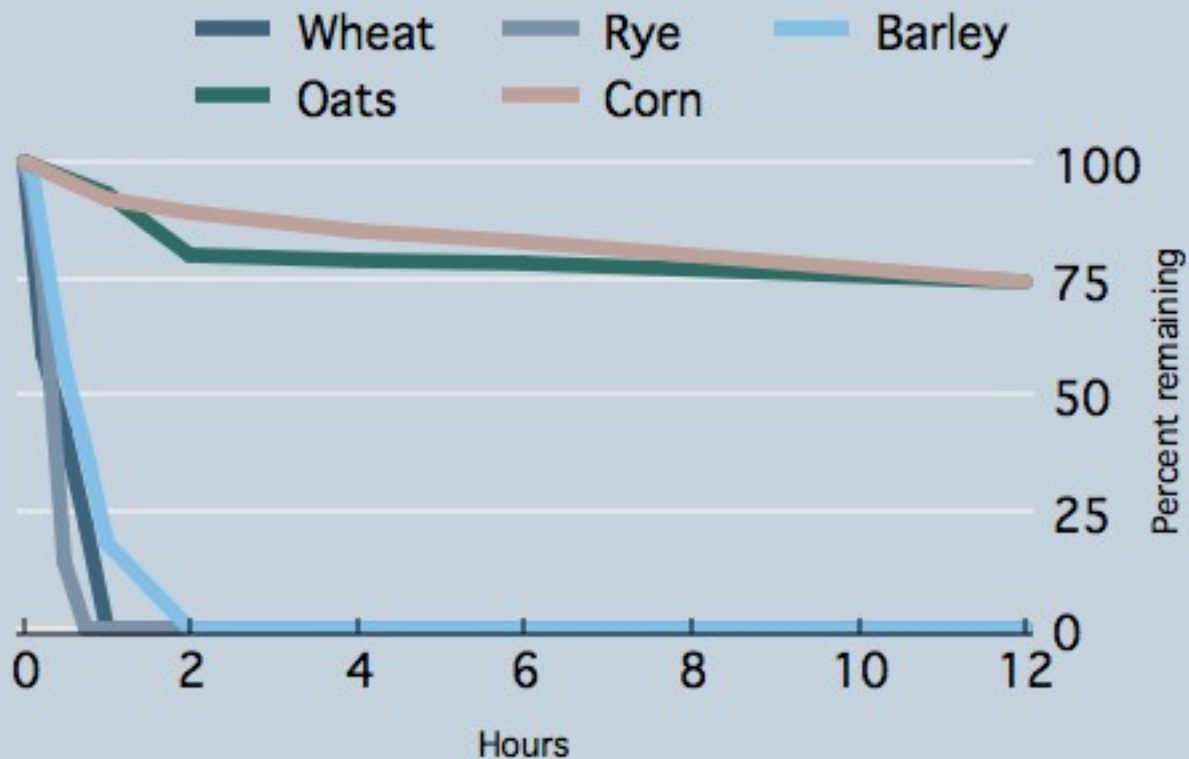


Phytic Acid Enzyme is a “grain protector” which our bodies do not digest and is often referred to as a digestion disrupter. To rid our grains, seeds, legumes and nuts of phytic acid enzyme a soaking process must (should) be done. This soaking is done in an acidic environment of water or milk that has an acid added (lemon juice or natural yogurt are good examples). Soaking can also been done in a water or milk kefir, though many would not “waste” these beneficial drinks for such a process. The grains, seeds, legumes or nuts are then added and left in this “solution” for a period of 12 hours (generally—see chart on the following page for appropriate time lengths for soaking or whether soaking is suggested for each grain, seed, legume and nut). Once soaking is complete, the phytic acid enzyme has been reduced to a level that is digestible and the bonus benefit is the nutrient level is 4 to 7 times the unsoaked level. See the video links for the HOW TOs....

Phytic Acid in Soaked Grains

After a 12 hour soak, pH=4.5 @ 45 degrees C.



www.FoodGraphs.net
Source: Mellanby (1950)