

RECIPE FOR Wellness NEWSLETTER

LIFESTYLE

Seeds are would-be plants. As such, they contain a huge amount of nutrients necessary to jumpstart the growth of strong plants, including protein, healthy fats, fiber, vitamins, minerals and numerous micronutrients. Here's a clever trick invented a long, long time ago: eat seeds instead of planting them and you get all those nutrients instead.

Another trick is to fool seeds into thinking they actually will become plants by sprouting or soaking them in water long enough to encourage germination. Germination unlocks even more nutrients. Seeds may also be roasted or toasted to deepen their flavors.

Amaranth - High in protein (must be cooked or used as flour)

Chia Seeds - Packed with protein, fiber, antioxidants and minerals

Coriander Seeds - Helps to control blood sugar, cholesterol and inflammation; high in phytonutrients

Cumin Seeds - Promotes circulation and metabolism

Fennel Seeds - Calming to the stomach

Flax Seeds - Rich source of omega-3 fatty acids; high in phytochemicals, protein and fiber (pictured above)

Grapeseed Oil - Heart-healthy; withstands high temperatures

Hemp Seeds and Seed Oil - High in healthy fats, minerals, complete protein and fiber

Millet - High in protein (must be cooked or used as flour)

Poppy Seeds - Good source of fiber, vitamins and minerals

Pumpkin Seeds (Pepitas) and Pumpkin Seed Oil - Packed with healthy fats, vitamins and minerals

Quinoa - Complete protein (must be cooked or used as flour)

Sacha Inchi Seeds and Seed Oil - Amazonian seed usually only available roasted; richest known source of omega-3 fatty acids; broad spectrum of vitamins, minerals and antioxidants

Sesame Seeds, Seed Oil and Seed Paste (Tahini) - Rich source of calcium and healthy fats

Sunflower Seeds and Seed Oil - Rich in protein and many vitamins

Teff - High in protein and minerals

All seeds are nutritious. For maximum nutrition, try to eat a wide variety of seeds and seed oils. It's easy to mix all kinds of tasty, power-packed seeds into the foods you're already eating. Your body will thank you for the serious nutrient boost.

Adapted from motherearthliving.com

DID YOU KNOW?

Salt is another household staple with multiple uses of which most remain unaware. These include the following (plus more):

- An all-time favorite, gargling with warm salt water is a well-known treatment for everything from mouth sores to a sore throat; due to its anti-inflammatory and disinfectant properties it can relieve several symptoms of discomfort in the mouth
- Soak up coffee, red wine or other fresh stains from carpets – pour salt on the stain and after the stain and salt have dried they both can be vacuumed up
- When a pinch of salt is combined with a dollop of olive oil it works as a natural exfoliant but be cautious as it may be too abrasive to be used on the face and should not be used daily
- Since hard water can cause brightly colored clothing to appear dull after washing, brighten the laundry by adding a ½ cup of salt to the wash cycle
- Soaking walnuts and pecans in salt water for a few hours even makes them easier to shell

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