

The Lost Art of Cooking Beans

by Winston W. J. Kao

Indigestion, Gas and Over Acidity Comes From The Lost Tech of Cooking Seeds, Nuts, Beans and Grains

80 years ago every housewife knew exactly how to cook any seed, nut, bean or grain. However, the industrial age swept in with rapidity and fast foods, fast-processes, and “short cuts” of every imaginable means were developed. Today, most people have forgotten that all seeds, nuts, beans, and grains have a survival agenda. They want to be consumed by an animal, survive digestion, and then be excreted with a pile of growing medium (manure). How do they survive the digestive tract? By containing anti-protein enzymes to prevent being digested. This is the reason that most people have gas following the consumption of beans, seeds, or nuts (cooked or uncooked).

All professional seedeaters have special organs designed to soak seeds or nuts to neutralize the anti-protein enzymes. Birds have esophagus pouches; Squirrels and chipmunks have cheek pouches. This is why you must observe the tradition of ALWAYS pre-soaking all beans, nuts, or seeds. This includes grains, as grains are the seed of the plant.

Regarding the handling of beans:

Traditionally, beans are soaked overnight in clean water. The following morning the first batch of water is thrown away, the beans are rinsed in clean water, and a second fresh batch of water is added to the beans to continue soaking until the evening. In the evening, the second batch of water is thrown away, the beans are rinsed again in clean water again, and a third, fresh batch of water is used to finally cook the beans. This is especially mandatory for ANY bean cooking unless you use the second method.

The second method, is a more nutritious method: To better facilitate this soaking process, one can simply add 1 teaspoon to 1 tablespoon of Inner Garden™ to the beans and water. Soak the beans overnight and the next day DO NOT dump the water, you can just start cooking for lunch or dinner. By doing this, you have started a slight fermentation process, which will first neutralize the anti-protein enzymes then start the production of some vitamin-B complexes, vitamin-E complexes, and many other healthful substances.

Other seeds and nuts, or grains such as rice, barley, wheat, oatmeal etc. do not need water changes, but they should definitely need to be soaked over night. You can however do it with yogurt or Inner Garden™ and / or just clean water overnight. You will notice when you eat the oatmeal that it is slightly sweeter. The level of nutrition and energy gained from consumption is increased.

In summary, always soak any seed, nut, bean, or grain over night before cooking to neutralize the anti-protein enzymes. This will prevent indigestion, problems with gas, bloating, weight gain, and major increase in acidity, thereby reducing acid formation - the key to anti-aging.

Inner Garden™ is the best probiotic one can consume, as it is a multi-family, multi-specie probiotic. While other substitutes such as yogurt or other fermented product generally only has one family the lactose family with many species.

The probiotics in Inner Garden™ are the creators of ALL the different types of enzymes needed by the body to digest all the different kinds of food that you eat. Most commercially available probiotics usually contain only one lactobacillus family with a few different species. And now days with Genetic Engineering we have GMOs (Genetically Modified Organisms), that do not have to be labeled as so in the United States.

Lets face it, you do not consume only dairy and meat, so you will need more than the lactose family.

Today, most of our food no longer contains this vital component of probiotics to perform digestion. As the result we are seeing more and more indigestion – acid reflux, leaky gut and over acidity issues. Inner Garden™ contains a full spectrum of microorganisms to aid in digestion.

The whole idea is to introduce a new program so that your gut microorganisms are all operating under the “same program.” A body always digests its food...but whether it digests it properly is quite another story.

The very best combination: dosage: 2 tablespoons of IG in a mixture of 1/3 yogurt (Seven Stars is a good organic brand), 1/3 non-homogenized milk and 1/3 buttermilk in the morning on an empty stomach.

IG should be taken before meals, but it works after or during as well.

IG has also proven helpful in cases of food poisoning. To handle FOOD POISONING: consume 8 oz in two parts. The first 4-oz MAY induce vomiting to purge the toxic materials out of the body fast. Then immediately consume the second 4-oz. This second dose pushes the remaining toxins through the body. My experience is that the food poisoning is usually over in 30 – 45 minutes instead of several days of agony.

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