

# Benefits of Sprouting

## *Enhance the Availability of Dormant Enzymes*

This is an excerpt from “7 Ways to make Your Food Alive” by Max Haroon  
<http://maxharoon.org/foodalive>

This article is available for free download from  
<http://maxharoon.org/sprouting>

Enzymes, vitamins and proteins in some plant foods are dormant or locked; this is nature’s way of protecting them from unintended use or waste. As such, the nutrients in these foods are not readily absorbed by the body. However, you can enhance the availability of enzymes, proteins and vitamins in many legumes, grains and seeds by sprouting



I have always preferred to get my nutrition from food rather than from nutritional supplements. Every part of a plant provides different types of nutrition but many parts of a plant are indigestible without some form of processing. Eating a sprout is like eating a baby plant providing all nutrients of a plant.

### What is a Sprout?

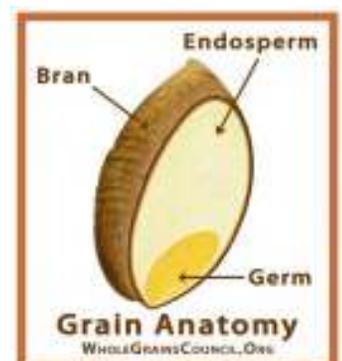
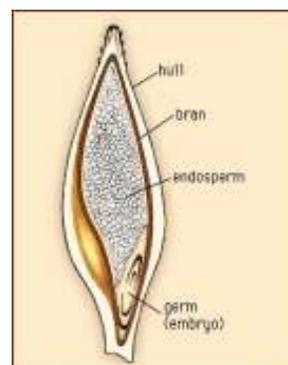
When a seed germinates into a new bud, it is called a sprout. A seed can be a grain, bean, lentil, or legume. Sprouts are delicious and colourful baby plants in their prime. They are a complete plant with root, stem and leaves.

Sprouts are living organisms, full of enzymes, healthy nutrients and proteins. Legumes such as mung beans are easy to sprout in a specially designed sprout dome or a jar.



### Are all grains, nuts and beans “seeds”?

- **Grains/cereal grains:** Seeds from grasses like wheat, rice, oats. Grains are right out on the open completely unprotected; they have an internal protective mechanism of lectins. Lectins make grains resistant to digestion, and without processing their nutrients are difficult to absorb.
- **Nuts:** Nuts are hard-shelled fruits of plants, like almonds, peanuts.
- **Seeds** come with fruit or flower around them to protect (similar to nuts, which are protected by a hard shell). Seeds denote something that can be sown to grow a plant, such as potato, and corn. Technically all legumes (beans and pulses) are seeds but not all seeds are legumes. Some seeds are used for oil extraction.
- **Legumes** are beans, peas and lentils that belong to a family of green vegetables. Beans are legumes, such as peas, lentils, soy beans, and chickpeas.
- **Pulses** are part of the legume family, but the term “pulse” refers only to the dried seed or seeds grown to dry for consumption. Dried peas, edible beans, lentils and chickpeas are the most common varieties of pulses. Legumes which are mainly grown for oil



extraction are not called pulses.

All grains, nuts and legumes cannot be sprouted. Some nuts can be soaked to make their enzymes alive and more absorbable.

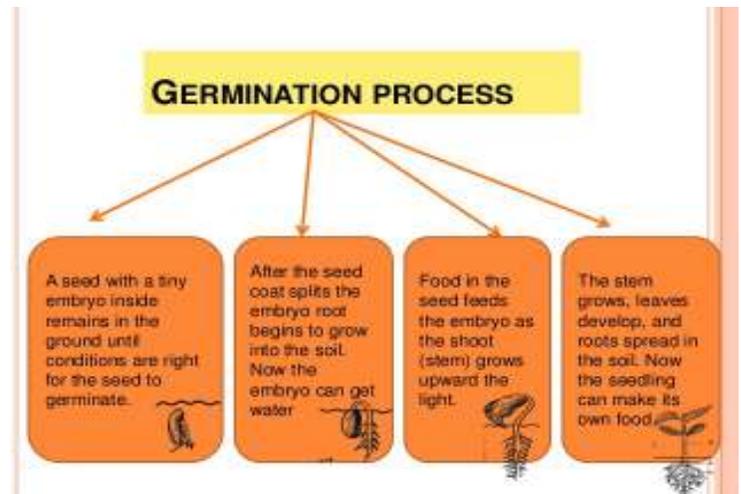
## What is Sprouting?

Sprouting is the process of germinating the seed by providing right humidity and temperature (with or without soil).

Sprouting also denatures protein into the amino acid building blocks so that we can digest them in half the time of cooked foods.

## Why Sprout?

Sprouts have many valuable attributes. Back in the 1920's, an American Professor named Edmond Szekely put forward the concept and way of life of Bio-genic Nutrition. Bio-genic foods are a good source of essential fatty acids (the average western diet is deficient in these) which play a major role in the immune system defences and are one of the highest food sources of fibre.



He classified sprouted seeds and baby greens as the most beneficial foods and recommended that they make up 25% of our daily food intake, calling them life-generating Bio-genic foods these he claimed offer the strongest support for cell regeneration.

In our daily life, various factors create free radicals within our bodies. Free radicals are highly unstable oxygen molecules needing an electron to stabilise their entropy (chaotic state). By stealing electrons from healthy cells, the causal effects of this are the breakdown of vital biological structures and the alteration of DNA and RNA (a process called per oxidation).

Once this has occurred, the affected cell will only reproduce the altered version. Superfoods like sprouts are a powerful source of antioxidants (minerals, vitamins and enzymes) which assist in protecting against this damage.

A healthy body is alkaline (i.e. not acidic). Bio-genic foods have an alkalisng effect on the body. Raw foods contain oxygen and regular consumption of raw bio-genic foods with their abundant oxygen is valuable to health. Double Nobel Prize winner Dr Otto Warburg found growth of cancer cells were initiated by a lack of oxygen and these cells, along with viruses and bacteria, could not live in an alkaline and oxygen rich environment.



When these superfoods are grown to the chlorophyll rich two leaf stage, it has been shown they have been effective in overcoming protein-deficiency anaemia. Some women have found that daily consumption of these superfoods has given relief from hot flushes and supported hormonal function.

The supply of vitamins (B complex and C) existing in seeds can be increased by the sprouting biochemistry over several days by 100% to 2000%. This biochemistry modifies the array of minerals in sprouts so that they are in a chelated form which is more easily assimilated in the body.

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Sprouting enhances the natural Enzymes which are essential for all plants, animals and us humans.

## Here are some benefits of Sprouting

1. **Activates Nutrients:**  
Enzymes, vitamins and proteins in some plant foods are dormant or locked; this is nature's way of protecting them from unintended use or waste. As such, the nutrients in these foods are not readily absorbed by the body when seeds are not sprouted. Sprouting activate ENZYMES. Enzymes are electric ENERGY (negative electrons which act to alkalize and neutralize free radical damage).
2. **Reduces anti-nutrients in grains and legumes:**  
Anti-nutrients are substances that inhibit the absorption of nutrients like minerals and can cause harm. **Phytic Acid for example** impairs the absorption of iron, zinc and calcium. As such, un-sprouted/non-fermented seeds or grain will promote mineral deficiencies.
3. **Reduces enzyme inhibitors in grains and legumes:** The overall purpose of Enzyme inhibitor is to ensure a viable new generation of plants. They have three functions:
  - Storage for protein (optimal preservation of nutrients)
  - Growth inhibition (ensures hibernation of the beans)
  - Defense against natural enemies (including both insects and herbivores).
4. **Reduces Gluten**  
Specially in grains (such as wheat, spelt, rye and barley).
5. **Increases Fibre content of the seeds, which stimulates the body's internal self-cleansing abilities.**
6. **Increase quality and quantity of PROTEIN**
  - Barley Grass - can increase up to 15% of original protein.
  - Enough of Mung bean sprouts will equal to the protein content of a small steak.
7. **It increases the Vitamin (B, C and E) content.** In some cases as much as 20 times more than the original content.
8. **Transform Inflammatory Omega-6 Fats into Anti-Inflammatory Omega-3 Fats!**  
Most seeds/grains are SKY HIGH in Omega 6's. The Main cause of obesity/health problems because of chronic inflammation. REMEMBER...GREEN = OMEGA 3. So when a seed sprouts and starts to "green up" the fats are shifting into omega 3's!!!
9. **Protect or cures from diseases.**
  - Sprouts like alfalfa, radish, broccoli, clover and soybean contain concentrated amounts of phytochemicals.
  - Broccoli sprouts have high levels sulforaphane (cancer-fighting compound).
10. **Increases plant estrogens.** They increase bone formation and density and prevent bone breakdown or osteoporosis. They are also helpful in controlling hot flashes, menopause, PMS and fibrocystic breasts tumors.
11. **They are highly alkaline and are recommended by all kinds of foodies and dieticians.**
12. *SPROUTS contain enzymes which aid in digestion and convert starches into sugars, protein into amino acids, and fats into fatty acids. Enzymes are destroyed in cooked food. When live enzymes are available, the body doesn't store unnecessary vitamin and mineral supplements.*

## What Can You Sprout?

Any whole, untreated seed can germinate given the right conditions. Seeds of nightshade vegetables are not recommended, such as eggplants, tomatoes. Seeds should be raw (not roasted), non-GMO, and preferably organic. Split peas will not sprout, so use whole peas. Sprouts with a stronger flavour can be mixed with others, like alfalfa.

### Alfalfa Sprouts

- It lowers the bad cholesterol.
- Helps in fighting arteriosclerosis and cardiovascular disease.
- Stimulate the immune system by increasing the activity of natural killer cells such as T- lymphocytes and interferon.
- Sprouting multiplies saponins in Alfalfa



### Mung Beans

Mung bean sprouts are nutrient dense, low in calories, high in fiber and B vitamins. A cup of sprouted mung can deliver:

- 34 mcg of K (almost half the daily requirement)
- 14 mg of Vitamin C
- Sprouting increases B vitamin (B1, B2 and B3) in the mung anywhere from 250% to 500%.
- Total Omega-3 fatty acids 16.6 mg
- Total Omega-6 fatty acids 43.7 mg



### Chick Peas or Garbanzo Beans

You may not get similar growth like mung and they need a longer soaking time

#### Some more seeds you can sprout:

Fenugreek: used for digestive problems, blood and kidney cleanser

Radish, cabbage, clover: are good as cleansing agents.

Lentils, cabbage, adzuki beans, Wheat, rye, sunflower, sesame.

Adzuki, cow pea, lentil, sesame are high in protein

Pumpkin seeds, almonds (like many other nuts) do not sprout, so soak them overnight to release its enzymes and reduce the anti-nutrient.

Eating plant-based food has many physiological and ecological benefits. In other words it is better whichever way you look at it.

I am not a raw food aficionado, but I do believe in eating fruit and vegetables when possible for the following principles:

Sprouting, soaking or fermenting enhances the bioavailability and release of the dormant enzymes of some plant foods and seeds.



Blending vegetables (e.g. carrots, beetroots, kelp and celery) by making a smoothie. Some people like juicing but you are losing the fibre.

Make sure that every meal has some raw or live food as a major part of your meal.

*SPROUTS can be eaten alone, or in salads, sandwiches, soups, stir fry, pancakes, bread, or just about anything.*  
**LET YOUR IMAGINATION RUN WILD!**

## Resources

1. This is an excerpt from the “7 Essentials to Make Your Food Alive “by Max Haroon.  
<http://maxharoon.org/foodalive>
2. Detail instructions on “How to Use Hydroponic Sprouter” are available for free download  
<http://maxharoon.org/sprouting>
3. Workshops based on this process by Max Haroon are available to community groups and not-for-profits for educational purposes. Seminars on Sprouting are presented in the GTA areas regularly. Please attend to make your sprouting a success.
4. For more information on sprouting, please visit the authors website <http://maxharoon.org/sprouting>
5. The Hydroponic Sprout Grower can be purchased from <http://maxharoon.org/sprouting> for \$35 and it includes e-book “*Make Your Seeds and Grains Alive*”. Proceeds of the sale go towards the education projects of the Life Transformation Institute <http://life-transformation-institute.org/>
6. The website also list other publications:  
<http://maxharoon.org/publications>

## Author’s Profile

Max Haroon, a social entrepreneur and an author is a retired IT and e-Marketing specialist, who has always been interested in holistic health and alternative medicine. He is the founder of the Society of Internet Professionals, [www.sipgroup.org](http://www.sipgroup.org), the Life Transformation Institute [www.Life-Transformation-Institute.org](http://www.Life-Transformation-Institute.org) and Institute of Crowdsourcing [www.lcrowdsourcing.org](http://www.lcrowdsourcing.org)



Max has authored seven books in the Life Learning Series, in conjunction with subject matter experts, based on his life lessons learned in a heuristic way. He is architect of many websites, author of sourcebook guides for many classic books and digital publications. Review his publications at [www.maxharoon.org](http://www.maxharoon.org)