



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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Dr. Axe
FOOD IS MEDICINE

<https://draxe.com/sprout/>

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Sprout Guide

How to Sprout Grains, Nuts & Beans

Sprouting is essentially the practice of germinating seeds — whether grains, nuts, beans or other kinds of seeds — so that they are easier to digest and your body can access their full nutritional profile.

One of the biggest benefits of sprouting grains, beans, legumes, nuts, and seeds is that it helps to decrease the presence of anti-nutrients. [One] problem with anti-nutrients is that once we humans consume them, they can at times create a negative reaction in our gut and can trigger autoimmune responses, including leaky gut syndrome. This is why many people react badly to eating most grains and breads, especially ones that are not sprouted.

Soaking vs. Sprouting Grains/Nuts/Seeds/Beans

Both soaking and sprouting are easy processes that you can do yourself at home. The same types of methods described below are used to create sprouted breads, like Ezekiel Bread for example, and fermented sourdough breads.

Wondering what the difference between soaking and sprouting is?

Soaking – This is when the whole seed/kernel is soaked in liquid for a period of time, sometimes in some sort of acidic liquid. When people speak about soaking seeds/kernels of some sort in acid liquid, they are usually referring to fermenting and using these two phrases interchangeably.

Sprouting– this takes place when the whole seed/kernel is sprouted, or germinated. After it's sprouted, it can be dehydrated and ground into flour (which is the case with Ezekiel breads).

Soaking is the process of putting any sproutable food (seeds, grains, nuts or legumes) in water for a period of time, and then sprouting allows the soaked item to germinate further. In other words, you first must soak something before you can sprout it. So sprouting takes place after soaking and further enhances the digestibility of the grains/beans/nuts/seeds.

Most experts agree that soaking is good, but consensus is that foods which are soaked and then sprouted for a period of time become more nutrient dense the longer they are able to sit, sprout, and grow (assuming they have no mold).



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How to Soak & Sprout

First you need to get prepared by buying your nuts, seeds, beans, or grains, plus getting together your containers that you'll soak and sprout in. Keep in mind that the method for soaking and sprouting different nuts, seeds, grains, and beans is the same — only the time required differs depending on the exact kind you're using.

When you have your seeds/kernels ready, rinse seeds for one minute and add enough water to cover them. Remove floating debris, especially possibly-contaminated fragments of the shells that may be floating around. Sanitize your sprouting containers first to make sure they are completely clean.

Directions to Soak:

1. Use raw, unsprouted nuts, grains, seeds, or legumes that haven't been roasted, blanched, or prepared yet at all in any other way.
2. Place them in a bowl covered with several inches of water and cover with a kitchen towel. Let them sit for anywhere between 5-48 hours depending on the kind (refer to the chart below for directions on each specific kind).
3. If you're going to be soaking for more than 12 hours, rinse the grains, nuts, seeds, or beans every 12 hours to change the water. Use fresh water and completely discard the water you had been soaking in previously.
4. Do this every 12 hours for up to 48 hours.
5. You'll notice how much they've expanded at this point as they've soaked up a lot of water- that's a good thing!
6. Keep within the refrigerator and use within the next few days since they now have the potential to spoil.

After the soaking process is completed, then you can choose to sprout your grains, nuts, beans, or seeds.

Directions to Sprout:

1. Strain them and leave them out in a dish or shallow bowl, on the counter top or somewhere where they will be exposed to air.
2. You can keep them slightly damp by adding just a small amount of water to the bowl/dish, but you don't need them to be covered in water completely. Try adding just 1-2 tablespoons of water.
3. Leave them out for anywhere from 3- 24 hours depending on the kind you're sprouting (see the chart below).
4. Sprouts will vary from 1/8-inch to 2-inches long. When ready, rinse sprouts well, drain, and store in a jar or container.
5. Keep in the refrigerator for up to 7 days, but every day you need to rinse the sprouted grains, beans, nuts, or seeds and put them in a fresh bowl. You want to do this to avoid having any mold or harmful bacteria grow.



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THE SOAK & SPROUT GUIDE

NUTS

- Almonds: needs 2-12 hours for soaking. Sprout for 2-3 days if truly raw.
- Walnuts: 4 hours soaking, do not sprout
- Brazil Nuts: 3 hours soaking, do not sprout
- Cashews: 2- 3 hours soaking, do not sprout
- Hazelnuts: 8 hours soaking, do not sprout
- Macadamias: 2 hours soaking, do not sprout
- Pecans: 6 hours soaking, do not sprout
- Pistachios: 8 hours soaking, do not sprout

BEANS & LEGUMES

- Chickpeas: 8-12 hours soaking, 2-3 days for sprouting
- Lentils: 8 hours soaking, 2-3 days for sprouting
- Adzuki Beans: 8 hours soaking, 2-3 days for sprouting
- Black Beans: 8-12 hours soaking, 3 days for sprouting
- White beans: 8 hours soaking, 2-3 days for sprouting
- Mung Beans: 24 hours soaking, 2-5 days for sprouting
- Kidney Beans: 8-12 hours soaking, 5-7 days for sprouting
- Navy Beans: 9-12 hours soaking, 2-3 days for sprouting
- Peas: 9-12 hours soaking, 2-3 days for sprouting

GRAINS

- Buckwheat Grains: 30 minutes-6 hours soaking (time varies), 2-3 days for sprouting
- Amaranth Grains: 8 hours soaking, 1-3 days for sprouting
- Kamut: 7 hours soaking, 2-3 days for sprouting
- Millet: 8 hours soaking, 2-3 days for sprouting
- Oat Groats: 6 hours soaking, 2-3 days for sprouting
- Quinoa: 4 hours soaking, 1-3 days for sprouting
- Wheat Berries: 7 hours soaking, 3-4 days for sprouting
- Wild Rice: 9 hours soaking, 3-5 days for sprouting
- Black Rice: 9 hours soaking, 3-5 days for sprouting



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SEEDS

- Radish Seeds: 8-12 hours soaking, 3-4 days for sprouting
- Alfalfa Seeds: 12 hours soaking, 3-5 days for sprouting
- Pumpkin Seeds: 8 hours soaking, 1-2 days for sprouting
- Sesame Seeds: 8 hours soaking, 1-2 days for sprouting
- Sunflower Seeds: 8 hours soaking, 2-3 days for sprouting

Common Sprouting Concerns

One potential downside to consuming raw sprouts is that the process of germinating seeds can make them susceptible to harmful bacterial growth. That's why it's important to be careful about how you prepare and store sprouted foods, and to use them relatively quickly if possible.

Some of the most common reasons you may run into trouble when sprouting seeds are:

- The seeds weren't rinsed well enough before soaking, which led to bacteria being present on the hulls/shells.
- The water was not changed during the process soon enough or often enough, so seeds were left soaking in contaminated water.
- The seeds were not left out in open air and developed mold.
- The temperature in the room where you left the seeds was either too high or too low.
- The container you used was not sterile and had bacteria of some kind on it.
- The seeds themselves had already been cooked in some way and weren't truly raw.

Most large producers of sprouted foods test the products to make sure they are not contaminated with harmful bacteria. So, if you choose to sprout your own foods, always take extra care to follow these guidelines when eating raw sprouts to make sure that you get to enjoy all the benefits of sprouted foods.

For more information and helpful graphics, please see the full article at <https://draxe.com/sprout/>.