

Graham Cotton's Wellbeing Formula Bread

So many times over the last thirty years I have been requested to make speciality breads to meet the dietary needs to aid peoples recovery from a wide variety of health problems.

My logic may sound a tad simple...why wait until you are forced to eat properly to aid recovery, when it seems to make sense to be proactive...healthy eating may help avoid the heart attack, stroke, blood pressure, cholesterol to name but a few problems, rather than be reactive.

I have taken many of the requirements I have been requested to fulfil and incorporated them in one loaf. Reduce salt, no sugar or added fat, incorporate high fibre, oats, potassium chloride, kelp containing iodine and many minerals from the seas, honey and cider vinegar along with a carefully balanced selection of seeds chosen to provide vitamins A, B, C also essential elements such as zinc, Omega 3, iron, magnesium, linolenic acid, of course seeds contain largely unsaturated fats. The baking process has a positive effect on the seeds by destroying protein toxins including trypsin inhibitors, which if eaten untreated by baking may not only reduce protein digestibility but in a raw state, could, cause diarrhoea and vomiting.

In order to be able to digest and enjoy the benefits of the fantastic range of nutrients contained in the seeds listed below, I have ground them helping to release the goodness.

PUMPKIN SEED

Health properties include Vitamins A, B1 B2 and B3

The Important Mineral content is Calcium, Iron and Zinc.

Pumpkin Seed has many healing properties and is anti inflammatory, so can give positive benefits in arthritis and arthritic related conditions.

Pumpkinseed provides many of the traditional nutrients used by the body for a sustainable and healthy lifestyle.

Pumpkinseed is protective of the prostate gland in males and also helpful towards keeping bone density strong and sound as we age.

HEMP SEED

Health properties include Omega 3 and Omega 6 trace minerals and Amino acids that provide a complete source of proteins.

Hemp seed contains nearly all the essential fatty acids required for healthy lifestyle, it also reduces risk of Cardiovascular Disease and Diabetes is beneficial in instances of Depression and Attention Deficit Disorder as well as Osteoporosis and Arthritis.

Hemp seed truly is one of nature's super foods.

LINSEED

Health properties of Linseed (also known as flax) Include most of the essential fatty acids more commonly called EFA's, Omega 3, Lecithin and Vitamin E.

Linseed is known to aid digestion and stabilize blood sugar levels as well as enhancing cardiovascular health and protecting against Prostrate and other Cancers.

SUNFLOWER SEED

Health properties include Linolenic acid, Iron, Potassium, Vitamin B and Magnesium.

Sunflower has a reducing affect on high Cholesterol levels.

As it contains twice the amount of Omega 3 compared with fish oil.

It also helps protect the Brain and Skin and is good for the Digestive tract.

MELON SEED

Health properties include, Vitamins A, C, and B6 Also Potassium, these vitamins and minerals are Crucial in maintaining a good immune system and play an important role in maintaining Healthy Vision

SESAME SEED

Health properties include all the B Vitamins and some minerals including Calcium and Iron, this seed is very nutritious and very high in protein

POPPY SEED (Maw)

Poppy seed also known as maw is rich in unsaturated fats and essential fatty acids (EFA's) one being linolenic acid. Poppy seeds also contain minerals the main of these being Calcium. Health benefits include Relief from Digestion Disorders and Elevation of some Skin Conditions. The Calming properties in Poppy seeds are useful in conditions of stress.