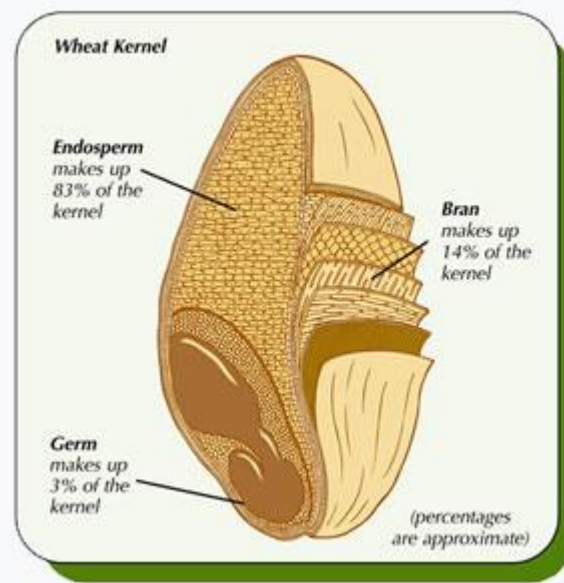


Paris Holistic Health



August
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Newsletter



NAKED Grains

Are you eating naked grains? Naked grains are grains that have had their outer inedible hull removed. They have been further processed so that the bran and the germ have been removed and what is left is the endosperm of the grain. What does this mean for you and your health? It means that you are getting less nutritional value for your calories. With the bran and germ removed, the nutrient content of the grain is reduced anywhere from 25 to 90 percent. You are missing out on fiber, B vitamins, vitamin E, minerals, healthful unsaturated fats, and phytonutrients. This is a lot to give up.

So I am sure that you have guessed that I am going to suggest that you eat whole grains and you are right. Whole grains are grains that have had their outer inedible hull removed but still retain their three layers; bran, endosperm, and germ. While today there are many

processed foods that are made with whole grain flours, I advocate eating a whole foods diet. This means that I encourage you to eat these grains in their natural whole state. Some common whole grains include brown rice, oats, and corn. As variety is the spice of life, I would encourage you to experiment with other whole grains like amaranth, barley, buckwheat, kamut, millet, quinoa, rye, spelt, teff, and triticale. These grains will add a nutty taste and interesting texture to your dishes. Toast the grains briefly before adding them into your dishes to bring out their nutty flavor and to shorten the amount of time they need to cook. Be careful though because grains can burn easily. Consider sautéing onions, greens, and your favorite herbs; and then add a toasted whole grain with enough vegetable stock to cook the grain. This makes a nice vegetarian meal or side dish. Check out this file for guidelines on how to cook whole grains, <http://wholegrainscouncil.org/files/CookingWholeGrains.pdf>.

There are many health benefits to adding whole grains in place of your average carbohydrate serving at meals. They help you to feel full and maintain that feeling longer because these grains take more time to digest. They provide our bodies with fiber, vitamins, minerals, healthy unsaturated fat, and phytochemicals that the processed grains no longer have. Many of these nutrients are antioxidants that support our bodies and help us to maintain good health. They help to reduce the risk of major diseases like cardiovascular disease, diabetes, and cancer. However not all whole grains are healthy for everyone. For those who have gluten sensitivity or allergy, you should avoid – barley, kamut, oats, rye, spelt, triticale, and wheat. Corn is also a grain to which some people are sensitive or allergic. If you suspect you are allergic you should avoid these whole grains.

I hope that you learned something new about whole grains. If you want to learn more about health and herbs that can support your health, Paris Holistic Health is here to help. Call today, 443-243-4728, to schedule your complimentary session. Come and get to know us and decide if holistic health is an approach that will work for you. Best of all, this first meeting is absolutely FREE!

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pamelaparis@parisholistichealth.com

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