

MILLETS - THE HARBINGER OF HEALTH

Sri Amar - Based on Khadar's Lecture

The food that we are consuming today can be best described as **"Notion of Food"**.

Then, **what is the food we should consume?** Siridhanya, commonly called Millets. They are small grains which grow without the help of pesticides, fertilisers and harvests with very little water. They are - Kodo Millet (Aarka), Foxtail Millet (Navane), Barnyard Millet (Oodalu), Green Millet / Browntop Millet (Korle), Little Millet (Saame).

As recently as about 50 years ago genetically modified Paddy Rice and Wheat were developed in laboratories and have been promoted with great enthusiasm in the name of Green Revolution. So much so that it is difficult to imagine life without them now!

Then, **what is wrong with consuming the present day Paddy Rice and Wheat?** Water has to stagnate around the crop for Rice and Wheat to grow. This gives rise to a requirement of pesticides. These genetically modified grains cannot grow without abundant water. One kilogram of present day rice / wheat requires about 9,000 litres of water to grow. Many dams have come up to cater to the water requirement of Rice and Wheat harvesting. Construction of dams and diversion of the flow of river water is always at a cost to our Ecology and inevitably disrupts the lives of tens of thousands of original dwellers of respective regions, not to speak of the submerging of the flora and disturbance to the habitats of fauna. In addition to this the area around dams become seismically vulnerable. In contrast the Siridhanya (Millets) hardly require about 300 litres of water per kilogram of the grain to be harvested and do well under harsh conditions having minimal rainfall and under scorching sunlight or even draught-like conditions. Since they do not require abundant water like in the case of Rice and Wheat, they require not any pesticides or fertilisers!!

Well. **What is the harm in using pesticides or fertilisers to grow grains?** It is not natural or organic. Using pesticides and fertilisers to harvest Rice or

Wheat results in the grains carrying the residual chemicals. These chemicals also contribute in causing many diseases in our body such as hypertension, diabetes, acidity, cancer, constipation and so on. Rice and wheat contain little fibre. What little it does contain is mostly on its outer layer which is lost during dehusking and polishing. Whereas the Siridhanya (Millets) have fibre through their structure, starting from its centre.

Why is this fibre so important? The food we consume should get digested slowly resulting in gradual release of glucose into the blood stream. Right fibre content in the food we consume will help make this happen. Since Rice and Wheat have barely any fibre, they release all the glucose in them into our blood stream within about 15-20 minutes after consumption. There are more than 100 processes for the food we consume to get converted into glucose resulting in providing energy to the body. Since Rice and Wheat have almost no fibre, they get converted into glucose so quickly that the body has no choice but to convert it into glycogen and then into fat resulting in rheumatoid arthritis and triglyceride which end up causing blockade in our blood vessels, in turn requiring angioplasty etc., Millets will release glucose into our blood stream across 5-6 hours or more due to their right fibre content.

Other issues related to wheat and wheat based products :- Wheat is also bleached using a chemical called alloxan and flour produced from this is used as all purpose flour (maida) which in turn is used to prepare many breads such as naan, kulcha, parota, as well as most bakery products and all forms of noodles, pasta, spaghetti etc., This is also the case in the preparation of most branded bakery products including biscuits, sliced bread and other forms of bread etc., Alloxan is a chemical that is used in laboratory on animals such as guinea pigs to create a diabetic condition in them for research purposes. Alloxan kills the beta cells in the pancreas of the animal when injected, resulting in diabetic condition. Wheat also contains a protein called gluten which is harmful to human beings. Also, many people are allergic to gluten.

What about meat and eggs? Chicken was a bird rare in nature that was found in very few places like Bali and a few other Southeast Asian countries. Selective domestication of this birds has resulted in growth of its population to about 100 billion today. About 8 kilograms of grains has to be

consumed by a chicken to produce a kilogram of meat. This means about 50,000 litres of water is required for 1 kilogram of any meat to reach your plate.

The industrialization of meat production with the help of steroids and antibiotics has resulted in the animals (chicken, pig, cow, sheep etc) accumulating meat faster than the regular natural growth. This leads to bone and marrow not properly developed in the animals resulting in lot of viral diseases to the animals like H1N1, H5N1, Madcow, Dengue, Chikungunya, etc Diseases.

Sugar is deadliest of all foods we consume :- Our body is a sugar manufacturing unit in itself. Final step of digestive process is to convert sugar into glucose. The digestive system converts the food we eat into sugar/glucose. The grains, cereals, meat and vegetables we consume are converted by our body into sugar or glucose. This is the energy source for our bodies. **There is absolutely no need for us to consume even a milligram of sugar.** Which means no ice creams, no chocolates, no birthday cakes, no festival sweet and soft drinks, sweet lassi etc., Even most tooth pastes we use every morning dumps 3 grams of sugar into our body. No wonder children do not feel hungry immediately after brushing their teeth. Food we consume has to undergo more than a hundred steps for sugar/glucose to be produced by the body. When we consume sugar directly the body skips almost all these steps and renders all the organs meant to produce the energy required for the body, useless. Our body requires 30 to 35 gms of sugar which is produced on its own from the food we eat. So what happens to all the sugar we consume directly in the form of sugar and sweets? It causes lots of diseases because body has no choice but to convert such sugar into glycogen leading to rheumatoid arthritis, triglycerides etc., which lead to blocking of blood vessels which in turn leads to many heart related problems etc., Main objective of producing sugarcane is for liquor industry. Sugar is a byproduct and should not be consumed by human beings.

Water, Plastic and Copper :- Water is a polar molecule. H_2O . It is a neutral molecule with both positive and negative sides built into it. Water stored in plastic bottles, regardless of 'food grade plastic' etc., absorb nano particles

of the plastic it is stored in and coat the small intestine with a lining of the plastic it carries when consumed. This makes our intestine hydrophobic (repels water) while the normal nature of our intestine is hydrophilic (to be water friendly). So, sufficient water is not absorbed by our body when water from plastic bottles / containers is consumed by us. Water, stored in copper vessels for 8 hours before consumption is the best. copper is the only material in the world which has free moving d-orbitals due to which electrons move around in the water stored in it and kill all microbes including viruses. Such water is safe for consumption and helps in maintaining good health. Problems including hair fall to constipation are kept in check by adopting such a simple process. Instead of a copper vessel, a mud pot or a steel vessel can be used, but a copper plate (3 cm x 15 cm) should be immersed in the vessel.

Understanding the importance of siridhanya (millets) and resisting wheat, paddy rice, sugar, maida based products, bakery products, sweets, meat, eggs and not consuming water stored in plastic containers is the key to keeping modern day diseases at bay.

USE MILLETS - LIVE HEALTHY

- Constipation is the cause of all Diseases! The Fibre in Millets counters it !!
- Growing & Marketing of Paddy Rice, Wheat, Soya etc., are supported by lobbies with vested interests! Many indigenous varieties are lost & many are on the verge of extinction. We resolve to revert, specially in the case of Millets.
- Today's water intensive agriculture concentrates on monocrop, uses pesticides, insecticides, chemicals & chemical fertilisers etc., copiously. This renders the food we eat poisonous and cause chronic & fatal diseases!! How to come out of this vicious circle? The answer is the Millets !!!
- Dr. Khadar, Scientist & Homeo expert of Mysore says - 'Millets can even prevent and keep cancer at bay'.
- The five Gems - Kodo Millet (Aarka), Foxtail Millet (Navane), Green Millet / Browntop Millet (Korle), Barnyard Millet (Oodalu), Little Millet (Saame).