

Title:

Barley: An Ancient Super Food Rediscovered

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Summary:

Most people would be surprised to find out that the number-one cause of premature aging and disease in the Western world is the over-consumption of food. This is true not only because too much food can make us fat, but also because everything we eat must be processed by our bodies, which requires an expenditure of energy. Because the body has to be continually processing calories, we suffer much wear and tear. Within each cell of the human body, vitamins, minerals, antioxidan...

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Article Body:

Most people would be surprised to find out that the number-one cause of premature aging and disease in the Western world is the over-consumption of food. This is true not only because too much food can make us fat, but also because everything we eat must be processed by our bodies, which requires an expenditure of energy. Because the body has to be continually processing calories, we suffer much wear and tear. Within each cell of the human body, vitamins, minerals, antioxidants, healthful fats, and other important nutrients are the important parts that create energy and repair the wear and tear that our body is continually fighting. The modern diet is extremely abundant calories, but yet extremely light on these healing, renewing substances. A diet that is calorie-dense yet nutrient-poor has a serious effect on the state of our health, causing us to be overfed and malnourished.

Barley in the most energy-efficient food available in nature, having major implications for those who are concerned with maximizing longevity, avoiding disease, increasing athletic performance, and fighting obesity. Barley is much more than a supplement found at your local health food store, it is a complete food which has been converted into a super food through an all-natural process, making it so powerful and functional that it can be used to nourish those who are struck by famine. Actually, the United Nations uses it as a relief food for those in famine-stricken countries because of its ability to support human life better than any other single food.

In ancient Rome, sprouted barley gruel was used as a food for gladiators and also as a staple for the roman army. Sprouting is known as a way to transform grains or beans into a more nutrient-dense food that is easier to digest. The unique activating procedure, where the grain isn't sprouted but pre-sprouted instead, uses a low-temperature process that was first used as a replacement for mother's milk, as a formula for infants who were unable to nurse. The process that is used to activate barley preserves enzyme activity, vitamins, and minerals, bringing it just to the point where it's ready to sprout then putting it into a state of suspended animation, where it is then transformed into a powder that mixes easily into any drink or recipe.

Barley transforms into a gel in the GI tract, slowing its passage through the body, which in turn allows maximum nutrient absorption. It also stabilizes glucose levels and is great for use by diabetics. Its composition is unique among others, being extremely energy dense, providing four hundred percent more energy than barley that hasn't been pre-sprouted. Barley is often used to improve athletic endurance, help maintain healthy cholesterol levels, control hunger, boost the immune system, and detoxify the blood. It has a very low glycemic index, allowing it be used in low-carbohydrate diets. This super food is rich in soluble fiber and beta-glucans, which explains its healthy effects on cholesterol, blood sugar balance, and the immune system. The pre-sprouting process that is used also to increase the grain's content of beta-glucan a substance known to boost the immune system. Have you had your barley today?