

# SEEDS

## FOR

## HEALTH

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CMG Archives

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### **IMPORTANT**

**The health information contained herein is not meant as a substitute for advice from your physician, or other health professional. The following material is intended for general interest only; and it should not be used to diagnose, treat, or cure any condition whatever. If you are concerned about any health issue, symptom, or other indication, you should consult your regular physician, or other health professional. Consequently, the Author cannot accept responsibility for any individual who misuses the information contained in this material. Thus, the reader is solely responsible for all of the health information contained herein. However, every effort is made to ensure that the information in this material is accurate; but, the Author is not liable for any errors in content or presentation, which may appear herein.**

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### **Introduction**

Seeds are naturally high in iron, vitamin E, and zinc; they are also gluten, cholesterol, and nut free; and they are low in carbohydrates.

Seeds are also a good source of protein which supplies the essential amino acids - the "building blocks" that build, maintain, and repair the body's tissues.

The more the seeds are chewed, the more the nutrients are released, so remember to chew them well and enjoy all the benefits!

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### **Seeds for Health**

#### **Sunflower Seeds**

Sunflower seeds are rich in antioxidants – vitamin E and selenium. They are a nutritional "power pack", which contains unsaturated fats, protein, fibre, vitamin E, selenium, iron, copper, zinc, folate, magnesium, potassium, and phytochemicals.

Sunflower seeds contain both monounsaturated and polyunsaturated fat - these are the types of fat that may protect the heart. Clinical studies show that higher unsaturated fat diets may be preferable even to low-fat diets, because they lower total cholesterol. In sunflower seeds, approximately 90% of the fat is "good unsaturated" fat!

Sunflower seeds are the best whole food source of vitamin E in nature. Vitamin E is an antioxidant that may protect against heart disease by free radicals which can lead to arteriosclerosis. Selenium works well with vitamin E as an antioxidant and protects cells from damage that may lead to cancer, heart disease, and other pathologies.

Sunflower seeds are an excellent source of natural Zinc, which is an important mineral for keeping the immune system strong, and fending off infections and healing wounds.

Sunflower seeds are high in protein and low in carbohydrates; consequently, they are an ideal pick-me-up and tasty snack.

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### **Pumpkin Seeds**

Pumpkin seeds are one of nature's "super-foods". The seeds are rich in the amino acids alanine, glycine and glutamic acid, and also contain high amounts of zinc and Omega 3 essential fatty acids. Pumpkin seeds also contain high quantities of protein, iron and phosphorus and even a tablespoon a day would be a good addition to any healthy diet, particularly for vegans and vegetarians. Pumpkin seeds are also low in carbohydrates.

Pumpkin seeds, and the oil they contain, have long been used as folk medicine. Studies have indicated that pumpkin seeds may reduce hormonal damage to prostate cells, thus possibly reducing the risk of developing prostate cancer. Moreover, the seeds have been used to treat urinary tract infections.

Pumpkins are a tasty source of vitamins and minerals, particularly beta-carotene, vitamin C and potassium. Like most seeds, Pumpkin seeds are delicious roasted, because roasting helps bring out their natural flavour.

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### **Sesame Seeds**

Sesame seeds are one of the smallest of all the seeds; but they are absolutely packed with goodness. Sesame seeds are high in protein, iron, zinc, magnesium, calcium, and phytic acid. They are low in carbohydrates, and they are cholesterol free.

Sesame seeds are an aid to digestion, they stimulate blood circulation, and they are beneficial to the nervous system.

Sesame seeds benefit the body as a whole, especially the liver, kidney, spleen and stomach. The seeds' high oil content "lubricates" the intestines and nourishes all the internal viscera, and promotes lactation for breast-feeding mothers.

There is often concern that vegans do not get sufficient amounts of zinc or iron in their diet. Thus, by including sesame seeds in the diet, this improves both Zinc and Iron intake.

Sesame seeds also help to protect the body from free radicals; and the phytic acid content of the seeds could inhibit cancer - specifically, cancer of the colon.

To get the best from Sesame Seeds, they should be well chewed.

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### **Linseeds/Flax seeds**

Linseeds, or Flax seeds, provide the essential omega-3 polyunsaturated fatty acid, and alpha-linolenic acid (ALA) that has a beneficial role in brain and vision development.

Linseeds contain zinc, iron, vitamin E, carotene, B-group vitamins, magnesium, calcium, sulphur, potassium, phosphorous, manganese, silicon, copper, nickel, molybdenum, chromium, and cobalt.

Studies have indicated that the soluble fibre in linseed can help lower cholesterol and stabilize blood sugar levels. Further, the insoluble fibre, which makes up two thirds of the fibre provided by Linseeds, aids digestion by increasing bulk and reducing the time that waste products remains in the body - especially the intestines and colon.

Fibre enhances our body's ability to use other dietary nutrients and goes through our digestive tract almost completely undigested. Once it reaches the colon and/or the large intestine, fibre is then broken down. Insoluble fibre is helpful in maintaining regularity and protects against bowel cancer.

Flax Seeds are the richest source of lignans (phytoestrogens), containing 75-800 times that of 66 other plants. Diets high in lignans and alpha-linolenic acid (ALA) enter the digestive tract and convert bacteria into phytoestrogens that may block the growth of hormone related cancers - especially breast and colon tumours.

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### **Hemp Seeds**

Hemp seeds are actually fruits, not nuts. The anaphylaxis society has no reported cases of hemp seed ever causing reactions to people with nut allergies.

Essential fatty acids can be obtained from eating hemp seeds, which are also a rich source (25%) of high quality protein, containing all nine essential amino acids (Histidine, Isoleucine, Leucine, Lysine, Methionine, Phenylalanine, Threonine, Tryptophan and Valine).

Hemp foods have been used for centuries to benefit medical conditions ranging from skin disorders to cardiovascular disease.

While related to the Marijuana plant, hemp seeds do not make you high and are not addictive.

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