

Sowing the Seeds: Part 2

WORDS SARAH CLARKE – Owner of Natural Earth Health Products

Pepitas (pumpkin seeds) contain an abundance of nutrients and are high in protein and magnesium. They are high in most of the B vitamins, and vitamins C, D, E, and K. They are also rich in beta-carotene that can be converted into vitamin A in the body (essential for healthy eyes). It is the diversity of antioxidants in pumpkin seeds that makes them unique in their antioxidant support. Pumpkin seeds contain conventional antioxidant vitamins like vitamin E, but they contain it in a wide variety of forms.

Pumpkin seeds also contain conventional mineral antioxidants like zinc and manganese. Phenolic antioxidants are found in pumpkin seeds in a wide variety of forms and antioxidant phytonutrients like lignans are also found.

Sesame seeds are packed full of antioxidants and they are especially rich in monounsaturated oleic acid (Omega 9). Oleic acid helps to lower LDL or “bad cholesterol” and increase

HDL or “good cholesterol” in the blood. They are a great source of calcium, magnesium and phosphorus, and a very good source of copper and manganese.

Sesame oil is one of the most stable vegetable oils, with a long shelf life, because of the high level of natural antioxidants (sesamin, sesamol, and sesamol). Women of ancient Babylon would eat halva, a mixture of honey and sesame seeds to prolong youth and beauty, while Roman soldiers ate the mixture for strength and energy.

Sunflower seeds are the gift of the beautiful sunflower, a plant with rays of petals emanating from its bright yellow, seed-studded centre.

They are an excellent source of vitamin E; the body’s primary fat-soluble antioxidant, which also helps to keep your heart healthy, your skin and nails looking great and helps your body to fight infection by neutralising free radicals.

Sunflower seeds are an excellent

source of B vitamins, particularly B1 and B6. They contain good amounts of copper, tryptophan, selenium, magnesium, phosphorous, potassium and zinc with smaller amounts of iron and calcium. The seeds contain just over 50% fat which is made up of the ‘good’ polyunsaturated and monounsaturated fats in the following ratio (average figures only):

- Polyunsaturated 66%
- Mono 23%
- Saturated 11%

This delicious tasting seed also is chock full of phytosterols – more than any other common nut or seed. These incredible compounds not only reduce high cholesterol levels, but also said to enhance the immune system.

To check out our raw Gen 1:29 Superseed mix that has been tried, tested and loved for over 26 years head to our website naturalearthhealthproducts.com.au and follow us on facebook for great recipe ideas and healthy living tips!



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