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There are a multitude of whole grains to choose from. Each one has a different personality and a unique energetic impact on the body. Grains, as a group, are the closest things to nutritionally complete food for human beings, containing amino acids, carbohydrates, fiber, minerals, vitamins, and fat.

Rice

Rice creates a very strong gathering energy and is therefore a tonic to the lungs and large intestines, organs that gather wastes and release them. Considered particularly good for spiritual pursuits, rice strikes a balance between minerals, protein, and carbohydrates in such a way that it mirrors nature's energies beautifully.

Barley

Barley is upward, un-sticky, and loose. It's a tonic to the liver and very good for the skin. Cooling and relaxing, barley is especially good cooked with rice or in soups. When cooking barley, be sure to use hulled barley, as opposed to pearled, because its minerals and fibers remain intact

Buckwheat

Buckwheat is so warming and strengthening and absorbs so much fluid that, if eaten too often, it can create tightness and dryness in the body. It is especially good for the kidneys, bladder, and reproductive organs.

Millet

Millet is high in protein and fat and slightly alkaline. It is a tonic to the stomach, spleen, and pancreas and has a very centering and soothing effect on the body.

Oats

Oats are extremely high in protein, minerals, and vitamins B and E. They are sweet, creamy, and very satisfying.

Quinoa

Quinoa is one of the best sources of protein in the plant world. Its cousin is an even smaller grain called amaranth. Quinoa is great cooked with rice.

Wheat

Since wheat is used mostly as a refined flour product, lots of people suffer allergies to wheat due to over refining, rancid flour, and over consumption. It is very good to use the whole-wheat berry itself, usually cooked with rice or in soups.

Soaking Grains

Soaking certain grains makes them more digestible and reduces any acidity that they may produce. To soak the grain, measure out the amount of water needed to cook the grain and pour it over the grain. Let sit for 3 – 12 hours and cook in the soaking water.

Combining Grains

It's important to eat plain grains at least half of the time, since a strongly seasoned grain dish, consumed day after day, can bring too much salt into your diet. One of the ways to get variety in your diet without getting too salty is to combine whole grains. Rice goes with just about anything and a 60/40 split of rice to the other grain works nicely. Play around and see what combinations you like the best.

Dry Roasting Grains

Some grains taste much better if they've been dry roasted before being cooked. Use a dry skillet over medium heat to roast the grain for a few minutes before boiling

Boiling Instructions for Whole Grains

GRAIN	PREP NEEDED	WATER-TO-GRAIN RATIO	BOIL TIME
Brown Rice	Soaking preferred	2:1	50 minutes
Barley	Soaking preferred	2:1	45 minutes
Buckwheat	Roasting preferred	2:1	20 minutes
Millet	Roasting preferred	3:1	30 minutes
Oats	Soaking preferred	2 – 4:1	50 minutes
Quinoa	Roasting preferred	2:1	25 minutes
Amaranth	None	3:1	30 minutes
Whole Wheat	Soaking needed	2:1	50 – 60 minutes



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