

WorkWith Five Seed Sourdough

Pumpkin:

- Folate: cell growth and metabolism. Synthesis of red blood cells, which carry oxygen throughout the body. Vital for prenatal health.
- Antioxidants like carotenoids and Vitamin E. Reduce inflammation and protect against free radical and oxidative damage. Reduce arthritis and cancers.
- Improve bladder and prostate health. Treat symptoms of an overactive bladder. Improves urinary function.
- Magnesium: controlling blood pressure, reducing heart rate, forming and maintaining healthy bones, regulating blood sugar levels.
- Zinc: heart health. Reduce BP and high cholesterol. Increase good HDL cholesterol. Immunity.
- Increase nitric oxide generation in the body, positively effecting heart health. Expansion of blood vessels, improving blood flow and reducing risk of plaque growth in arterial walls.
- Lower blood sugars. High in magnesium - positive effect on diabetes Type 2 reduction of risk.
- Fibre: decrease heart disease, diabetes, obesity
- Zinc: protect against fertility and protect reproductive organs against damage caused by chemotherapy and autoimmune diseases.
- Tryptophan (amino acid) linked with sleep improvement. Also Zinc converts tryptophan to serotonin.

Brown Flaxseed:

- Rich in antioxidants: help preventing disease by removing harmful free radicals from the body. Flaxseed is over 800x richer in lignans (which have antioxidant properties) than most other foods.
- Omega 3 fatty acids; protect against inflammatory diseases like arthritis, lowers heart disease, depression, dementia and cancer.
- Omega 3 and lignans both prevent cardiovascular diseases by reducing insulin sensitivity. This then reduces the incidence of Type 2 diabetes and onset of Type 2 Diabetes and the onset of Type 1 Diabetes.
- Insoluble fiber; prevents constipation by adding bulk to stool through the absorption of water.

Poppy Seeds:

- Calcium: bone health, muscle contraction, nerve function.
- Reduce the insomniac effects of cortisol. Alleviate stress levels, calming effect on the brain.
- Good source of carbohydrates: absorb nutrients, transfer oxygen around the body. Maintain and produce energy. Prevent fatigue, dizziness.
- Copper iron, calcium: improve psychological health. Regulate the neurotransmitters that will improve cognition and concentration. Delay Alzheimer's and dementia.

- Copper manganese, calcium, phosphorus all present in poppy seeds strengthen bones and surrounding connective tissue. Manganese produces collagen - prevents fractures. They all increase bone density too – prevents incidence of osteoporosis.
- Oleic acid: regulates BP. Reduce cardiovascular disease.
- Potassium: kidney health. Proper urination and excretion of potentially harmful toxins within the body.
- Analgesic properties which alleviate the incidence of body pain. Treats headaches.
- Treats Eczema and inflammation due to high content of Linolenic Acid.
- Dietary fibre (insoluble) with Manganese help regulate blood sugar. Satiating effect.
- Omega 6 fatty acids: healthy cardiovascular system.

Bibliography:

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