



Scottish Ginseng (Oats)

A HISTORY LESSON: Introduced to the UK during the Iron Age, they were an important part of the diet for many centuries for the UK population and for animals, including horses that ploughed the land, until the mechanisation of farming. This led to the abandonment of oat mills when the horse power era came to an end. At its peak there were some 60 mills on the River Tyne alone (e.g. Preston Mill in East Linton).

IMPROVING STAMINA: Oats are great for improving stamina. A trial on athletes in Australia reported a 4% increase in just 3 weeks ... that's why horses are fed them! They contain 17% protein and are great for recovery from exhaustion and anorexia especially, or indeed any form of convalescence. They contain steroid-like molecules called avenecosides and are similar to ginsenosides, which give Ginseng its effect.

SEX GRAINS: Useful for libido because some of these avenecosides are testosterone look alike molecule and bind to SHBG (sex hormone binding globulin) leaving more free circulating testosterone, responsible in men and women for sex drive.

A HEARTY BREAKFAST: Cardiovascular disease is one of the top killers UK wide but especially in Scotland. Oats have been shown in numerous trials to lower the "bad" cholesterol, known as LDL (Low Density Lipoprotein) and total cholesterol as well as high Blood Pressure. In one study 35-45g per day were found to reduce total cholesterol by 3% and LDL cholesterol by 14% and lower raised blood pressure. The latter may in part be due to the their content of avenanthramides, which act as blood vessel relaxants as well as decreasing stickyness of blood vessel walls which leads to formation of atherosclerotic plaque (recent research from Tuft's University).

BUMS ON "SEATS": Oats ease constipation due to the presence of a fibre type called beta glucans. Beta Glucans is known as a prebiotic because it feeds the probiotics and good bacteria in your tummy. Probiotics are the tiny organisms which can be destroyed along with your germ by a course of antibiotics and give you a runny tummy or an itchy bum, because the "harmful" organism (e.g. candida) get the upper hand. Prebiotic fibres found in oats, fos fibre in Jerusalem artichokes, chicory, onion family, banana or as a supplements and probiotics in the form of live organic (to avoid further anti-biotic) yoghurt or supplements will help you restore the balance in your tummy needed for optimum health and beat the harmful organisms back into their box. In the long term, a balance of good flora is needed to avoid diseases such as IBS and cancer and to achieve best nutrition status. Probiotics in your tummy make almost all the B vitamins and 50% vitamin K* (crucial for energy + stress tolerance, as well as healthy bones, respectively).



* Vitamin K is proving to be a crucial therapeutic agent in combating osteoporotic bone loss + fracture in Japan, as well as in chronic fatigue brought on by mitochondrial (the energy organelle of the cell) defects.

HOW TO GET YOUR OATS: Porridge, oatcakes, pillaf (use groats), crumbles, oat bran, rice and oatcakes (new from Kallo), barley oatcakes (homemade) and ozzotto (barley risotto).