

# What makes **SOURDOUGH** **SO Healthy?**

**Lactic Acid Bacteria (*LAB*) found in sourdough produces good things and breaks down the bad ones.**

## **GLUTEN ISNT THE BAD GUY, THE INDUSTRIAL BREAD MAKING PROCESS IS**

It's true, flour contains "gliadin" and "glutenin", two proteins that are toxic to people with Celiac disease or sensitivity. However, *LAB* can modify these proteins during extended fermentation and make the flour more digestible. (1,2)

## **THERE'S MORE GOOD STUFF**

- Antioxidants (3)
- Lactic Acid may have positive effects on blood glucose and insulin responses (4)
- Lunasin, a cancer preventative peptide (5)
- Anti-allergenic substances, these can help in the treatment of auto-immune diseases (6)

These probiotic qualities (7) can survive high temperatures, meaning that even a fully baked loaf of sourdough can trigger immune responses in your gut. (8)

## **THERE'S LESS BAD STUFF**

When the crust of bread browns in the oven, it produces acrylamide, a suspected carcinogen. Once again, slowly fermented sourdough can reduce the levels of asparagine, the precursor to the formation of acrylamide. Not to mention EBC doesn't use enhancers, additives or preservatives.(9)

## **BIO-AVAILABLE NUTRIENTS**

Flour, especially whole grain, has a lot of minerals like iron, calcium, zinc and magnesium. The phytic acid in that flour keeps the minerals locked in and they pass through your system unused. Several hours of fermentation allows the acids in sourdough to breakdown the phytic acid and release the minerals so your body can absorb them. (10,11)

## References

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