

12 Health Benefits:

1. Millet is alkaline and it digests easily.
2. The Hunzas who live in a remote area of the Himalayan foothills and are known for their excellent health and longevity enjoy millet as a staple in their diet.
3. Millet will hydrate your colon to keep you from being constipated.
4. Millet acts as a prebiotic feeding microflora in your inner ecosystem.
5. The serotonin in millet is calming to your moods.
6. Millet is a smart carbohydrate with lots of fiber and low simple sugars. Because of this it has a relatively low glycemic index and has been shown to produce lower blood sugar levels than wheat or rice. (Kamari and Sumathi, 2002)
7. Magnesium in millet can help reduce the effects of migraines and heart attacks.
8. Niacin (vitamin B3) in millet can help lower cholesterol.
9. Millet consumption decreases triglycerides and C-reactive protein. Scientists in Seoul, South Korea concluded that millet may be useful in preventing cardiovascular disease. Nutrition Research. April 2010; 30(4):290-6.
10. All millet varieties show high antioxidant activity. A team of biochemists analyzed the antioxidant activity; all varieties showed high antioxidant activity. Journal of Agricultural and Food Chemistry, 9 June 2010; 58(11):6706-14.
11. Millet is gluten-free and non-allergenic. A great grain for sensitive individuals.
12. Millet's high protein content (15 percent) makes it a substantial addition to a vegetarian diet.

Read more: <http://www.care2.com/greenliving/12-health-benefits-of-millet.html#ixzz2upH9YxSx>