

# *Trees of Olive*

## *Sesame Seeds - High Mineral Food -- High in Calcium, Magnesium, Iron, Etc.*

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Sesame seeds (unhulled, whole) are very high in all sorts of vital vitamins and minerals. Do you want a good source of calcium and other vital minerals for your health, bones and well-being?

From doing research over the years on Food Composition of certain foods, I have discovered that “**Sesame Seeds**” (unhulled, whole seeds) are very high in “**Calcium, Iron and Magnesium,**” and also are very high in many other nutrients. Just 3-1/2 ounces (100 milligrams) of unhulled, whole, sesame seeds contain “**975 milligrams**” of Calcium, and “**351 milligrams**” of Magnesium, and “**14.55 milligrams**” of Iron, and also are very rich in many other vital vitamins and minerals, including many important vitamins, minerals, and protein for your body, health, strength and well-being.

Buying Whole, Unhulled, Sesame Seeds - Unhulled, whole, sesame seeds, at the present time, are “**very inexpensive,**” and are “**all natural,**” and will help to provide so many of the vital minerals and vitamins for the physical body. Secondly, unhulled, whole sesame seeds can be bought in bulk quantity units.

Very important: It is very important that a person buy and use only “**unhulled, whole, sesame seeds.**” When the outer coat of the sesame seeds is removed and discharged (this is called “**hulled, decorticated**” sesame seeds), over 90% of the vital nutrients are removed, and also “**chemicals**” are used to remove the outer coat of the sesame seeds; therefore, buy only “**unhulled, whole, sesame seeds**” in order to get the maximum nutrient benefits.

### Other Types of Seeds, and Different Nuts

There are other excellent seeds, and various nuts that are very high in all sorts of minerals, and vitamins, and protein. For example, almonds, English Walnuts, and pumpkin seeds are all very high in vital minerals and vitamins. Almonds are an excellent source of calcium. English Walnuts are one of the richest source of Omega 3, which is a vital nutrient for the physical body, and pumpkin seeds are very high in magnesium. A person could mix

selected seeds and nuts together, and puree them, and enjoy them with some sweet fruits, even with pureed dried fruits.

### Preparing and Enjoying the Full Nutrient Value of Sesame Seeds, and Other Seeds and Nuts

If edible seeds and nuts, and food in general, are not properly broken down into usable food value for the physical body, either by proper chewing, or by being thoroughly pureed or mashed by some method, the seeds and nuts, and/or the food that a person consumes, will just pass through the digestive system without any type of nourishment for the physical body. Therefore, it is very important that all of the different types of edible seeds, nuts, grains, corn, peas, and all of the food that a person consume, must be properly broken down, either by proper chewing, or by being pureed or mashed, or soften in some way, in order to be properly digested, and in order to be properly used by the physical body, and in that the full nutritional value of the food that a person consumes is of great benefits to the physical body, especially for continual health, strength, and overall well-being.

I bought a high-powered “**Immersion Stick Blender**” which is great for pureeing different types of seeds into a fine mixture, including very small seeds. Place some of your seeds or nuts into the proper container, and add some water (or other type of liquid), and use the Immersion Stick Blender to gently puree the seeds into a fine mixture to whatever consistency you desire. Secondly, a “**VitaMix**” machine ([www.vitamix.com](http://www.vitamix.com)) is great for pureeing different types of seeds and nuts into a fine mixture, including very small seeds, and this machine is very good for making all sorts of delicious smoothies. Also, with the VitaMix, I always use a little water or liquid in order to properly puree the seeds and nuts, and various types of food that I desire to puree.

**Sesame Seeds, Nuts, and Other Seeds - Enjoyed with Quinoa, or Whole Grains, and Even with Brown Rice** - Pureed wholesome seeds and/or nuts can be enjoyed with Quinoa, and in various types of brown rice dishes, and also with different types of grains. Just by adding the pureed seeds or nuts mixture to the “**cooked**” grains, and even add finely chopped celery, onions, cilantro, parsley, or your desired herbs and spices, will help to increase the nutritional value of a meal, especially by providing an excellent source of protein, vitamins, minerals, and other vital nutrients.

**Sesame Seeds, Nuts and Other Seeds - Dips** - You can make all sorts of wonderful dips (fruits and/or vegetables) by using the finely pureed different types of nuts and seeds. For example: Finely pureed nuts and/or seeds mixed with a small amount of olive oil, and finely chopped onions, celery, and even some finely chopped spinach, and add apple cider vinegar or lemon juice, pure honey for a sweetener (or your desired sweetener), and also some herbs and/or spices (if so desired), can be made into a delicious dip, and eaten with whole grain crackers, or whole grain toast - for your health, well-being, and full enjoyment. Or, you can add to the finely pureed nuts and/or seeds mixture a banana, some strawberries, blueberries, pineapple juice, or whatever other fruits you may desire for a delicious fruit dip.

## Green, Leafy Vegetables, and A Good Source of Vital Minerals and Vitamins

If a person does not want to include a lot of nuts and seeds in their daily diet the person could focus on enjoying plenty of green, leafy vegetables, including raw vegetables. Many different types of green, leafy vegetables are also very high in many vital minerals and vitamins, including very high in calcium, magnesium, and Vitamin A. Mild tasting green, leafy vegetables, such as raw Spinach, and raw Arugula, can be pureed and mixed with various fruits, and can be fully enjoyed, and the person can have a good source of vital minerals and vitamins.

## The Importance of Vital Vitamins and Minerals, Health, and Well-Being, With the Goodness of the True God of the Universe

It is believed, and it is perfectly known in the nutrition and healthcare profession that **“vital vitamins and minerals”** are the major keys to prevention of many sicknesses, diseases, ailment and weakness of the physical body, and also in animals. Secondly, it is believed, and it is perfectly known that many sicknesses, diseases, ailments and weaknesses are the result of a deficiency of **“vital vitamins and minerals,”** including diabetes and blood sugar problems. Thirdly, it is believed, and it is perfectly known that many sicknesses and diseases can be cured by proper nutrition, vitamins and minerals, and especially by Prayers unto, and with the great goodness of the true God of the Universe. It is very important for everyone to know and to properly understand that there is no true healing, nor is there true health, nor is there well-being apart from the true God of the Universe, and apart from his blessings and goodness for a person. For example, if a city or an area is destroyed (even by an earthquake, flood, and some other disaster), a person could die of starvation within a short period of time, regardless of their past healing and health practices, and previous abundant of foods and exercising.

It is time now for men and women, and for all people and nations to return to the true God of the Universe, who is the primary source of all healing, health, blessings, well-being and goodness of and for each of us, as well as for each of us to return to the perfect diet that the true God gave to Adam and Eve in the Garden of Eden.

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