

Grandma Hattie Pearl's Organic Live Mustard

THE WORLD'S HEALTHIEST MUSTARD

What Is Live Mustard?

Grandma Hattie Pearl's Organic Live Mustard is our own patented & trademarked recipe. We sprout mustard seeds and process the live sprouted seeds into a Live sprouted mustard flour. This flour is then made into the healthiest full flavor gourmet mustard. The active live plant enzymes fortify the mustard and, when consumed, rejuvenate the body's cells with the highest & purest forms of vitamins, nutrients, and minerals necessary for a long and healthy life. This "Live Mustard" is truly a fountain of youth. Health is more than a diet, it's a lifestyle.



Mustard: The Greatest Among The Herbs

Mustard is a member of the Brassicaceae family, and is a cruciferous plant related to cabbage, Brussel sprouts, Kale, Kohlrabi, Chinese cabbage, cauliflower, rutabagas, turnips, radishes, horseradish, cress, and broccoli with the attendant photochemical properties. These vegetables are amazingly healthy, especially sprouted. They are full of antioxidants and the usual bevy of vitamins and minerals. They are an excellent source of monounsaturated fats, phosphorous, and a good source of iron, calcium, zinc, magnesium, and manganese. Mustard plants have been used for thousands of years for their pungent flavor in condiments, spicy greens for side dishes and salads, and in traditional folk medicine and Chinese herbal medicine to treat a variety of ailments. Mustard is categorized as a food, medicine, spice, and condiment. Mustard seeds contain many healing properties and have been used for centuries by Chinese herbalists to treat abscesses, bronchitis, colds, rheumatism, ulcers, and stomach disorders. Mustard seeds have been shown to help reduce the severity of asthma, decrease some of the symptoms of rheumatoid arthritis, and helps prevent cancer. Because Grandma Hattie Pearl's Organic Live Mustard is made with Live sprouted mustard powder, the nutrients are concentrated 10 to 20 times more than all other mustard powders. That makes Grandma Hattie Pearl's Organic Live Mustard the healthiest among the mustards...plus it Tastes Great!

The World's Healthiest Foods

If you don't like vegetables, eating Granny's Mustard on a sandwich, or even by the spoonful, can be a much easier and tastier way to get your nutrients every day. The unique healing properties of mustard seeds can partly be attributed to their home among the Brassica foods found in the cruciferous plant family. Mustard seeds emerged from our food ranking system as a very good source of selenium and magnesium, both nutrients that have been shown to help reduce the severity of asthma, lower high blood pressure, and reduce frequency of migraine attacks. Mustard seeds also qualified as a very good source of omega-3 fatty acids (brain food) as well as a good source of iron, calcium, zinc, magnesium, protein, niacin, and dietary fibers. Phytonutrient Compounds are Protective against Gastrointestinal Cancer. Like other Brassicas, mustard seeds contain plentiful amounts of phytonutrients called glucosinolates. The seeds also contain myrosinase enzymes that can break apart the glucosinolates into other phytonutrients called isothiocyanates. The isothiocyanates in mustard seeds (and other Brassicas) have been repeatedly studied for their anti-cancer effects. Because Grandma Hattie Pearl's Organic Live Mustard is made with Live sprouted mustard powder, the vitamins & nutrients are concentrated 10 to 20 times more than all other mustard powders. That makes Grandma Hattie Pearl's Organic Live Mustard the World's Healthiest Mustard...plus it Tastes Great!

Granny Really Puts Her Foot Into Every Recipe!

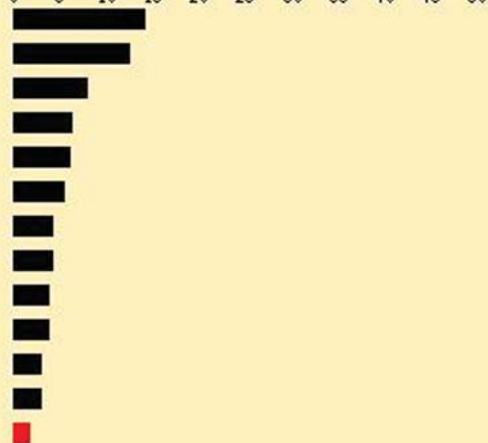
Nutrients in Seeds, Mustard

2.00 tsp serving

% Daily Value

0 5 10 15 20 25 30 35 40 45 50

selenium
tryptophan
omega 3 fatty acids
phosphorus
manganese
magnesium
dietary fiber
iron
calcium
protein
vitamin B3 (niacin)
zinc
Calories (35)



The following chart shows the nutrients for which mustard seeds are an excellent, very good, or good source.

Seeds, Mustard 2.00 tsp 35.04 calories					
Nutrient	Amount	DV (%)	Nutrient Density	World's Healthiest Foods Rating	
selenium	9.96 mcg	14.2	7.3	very good	
tryptophan	0.04 g	12.5	6.4	very good	
omega 3 fatty acids	0.20 g	8	4.1	very good	
phosphorus	62.76 mg	6.3	3.2	good	
manganese	0.12 mg	6	3.1	good	
magnesium	22.28 mg	5.6	2.9	good	
dietary fiber	1.08 g	4.3	2.2	good	
iron	0.76 mg	4.2	2.2	good	
calcium	38.92 mg	3.9	2	good	
protein	1.88 g	3.8	1.9	good	
vitamin B3 (niacin)	0.60 mg	3	1.5	good	
zinc	0.44 mg	2.9	1.5	good	
World's Healthiest Foods Rating	Rule				
excellent	DV>=75%	OR	Density>=7.6	AND	DV>=10%
very good	DV>=50%	OR	Density>=3.4	AND	DV>=5%
good	DV>=25%	OR	Density>=1.5	AND	DV>=2.5%

How Cruciferous Vegetables Fight Cancer

Cruciferous vegetables are a group of vegetables that research has proven may provide protection against certain cancers including breast, colon, and bladder cancers. Cruciferous vegetables, including mustard, contain antioxidants. These vegetables are high in fiber, vitamins and minerals and are part of a healthy eating regimen. Our mustard is fortified with even more nutrients because it is "Live or Sprouted."

The anti-cancer properties of cruciferous vegetables come from photochemicals called isothiocyanates, which stimulate our bodies to break down potential carcinogens. Sulforaphane, a well-known isothiocyanate, is found in broccoli and mustard seeds, and in even more concentrated form once the vegetable is sprouted. It stimulates the body to produce enzymes that detoxify carcinogens. Sprouted mustard seeds contain 20 to 50 times the amount of Sulforaphane in mature broccoli, which means you'll get as much Sulforaphane in a few tablespoons of Grandma Hattie Pearl's Organic Live Mustard as in a pound of mature broccoli.

Cancer cells are immortal because they divide indefinitely, unlike healthy cells which die at the end of their life cycle as part of a constant renewal process. Unless you nourish your healthy cells on a regular basis, they will be vulnerable to free radicals. Live Mustard fulfills the recommended nutritional intake of these enzymes. This is not a miracle cancer cure, but it has long been known how effective dietary preventative measures can be. It has been known for many years that sinigrin products kill cancer cells. We want to show how important diet is in your personal anti-cancer armory and what an important part Granny's Live Mustard can play.

Grandma Hattie Pearl's Organic "LIVE MUSTARD" is a product destined to revolutionize the mustard industry. The first of its kind, this patented and trademarked formula will thrive in the health food market as well as in the traditional gourmet mustard market. The pure vitamins, nutrients, and minerals of "LIVE MUSTARD" are only matched by the full-flavored gourmet mustard taste. Enjoy!

St. Matthew 17:20

