

Already by the knowledge available at present and the practical experiences made by the first experiment, the following pamphlet with simple but effective advices can be developed. It can be translated into Amharic and the other Ethiopian languages, printed and distributed by the Mother and Child Health Service stations.

The text in English for this pamphlet:

## **Healthy Enjera for Healthy Family**

For health, optimal growth of children and cell regeneration of adults, cereals and seeds are the most important foodstuffs. Enjera is the most important cereal food in Ethiopian nutrition. Therefore it is important, to avoid any unnecessary losses of health-, growth- and regeneration-values of the original cereals used to prepare enjera. The highest health value of enjera is reached by following up these advices:

1. Use only germinable, living cereals, preferably traditional landraces, grown on natural soil without chemical fertilizers and without fouling raw animal dung (aerobically rotted = composted under access of air allowed). This means highest health values and lowest pollution.
2. Use mixtures of seeds like t'eff, sorghum, barley, wheat, emmerwheat, millet and others. The health value of any mixture is higher than using one cereal alone.
3. Grind cereals always freshly yourself (on stones or stone grinder) at the moment you need the flour. Also grind only the quantity you need at that moment. Never keep or store flour. It would loose most health values within some hours after grinding. Food made from stored flour only 2 weeks old causes heavy degeneration of the next two generations (children and grandchildren). Exception: Specially health-value-maintaining processed and packed wholemeal flours and flour mixtures, but which are not yet available in the market.
4. For fermenting (to give the usual sour taste and develop the enjera 'eyes'), first grind only one quarter (25%) of the cereal mixture quantity you want to take in total, add water and the before from last time stored fermenting enjera sourdough culture (starter), mix it completely and make it fermenting over night at a warm place (dough temperature 26-30° C).
5. To make the final dough, grind freshly the other three quarters (75%) of the cereal mixture, add lukewarm (30° C) water and the fresh flour to the fermented dough, mix it thoroughly, let it ferment for about another 1-2 hours and without any further delay bake the enjera.

By this two-step dough procedure, most of the original health value of the cereals are saved into the enjera and can reach the human body, serving as health-maintaining food for your family.

If the complete dough would be fermented for only 24 hours, it would loose three quarters (75%) of the health values even of the freshly ground cereals. Diseases, reduced immunity to infections and degeneration of the next two generations could be the consequences.

To complete the biological health and protein value of this enjera, the best wot is a fresh, uncooked, raw one, freshly made from germinated and smashed lentils, chickpeas, peas, smashed raw tomatoes and spiced by some drops of lemon juice, salt, pepper and other spices.

Similar to the health improvement of enjera, already by the knowledge available at present and the practical experiences made by the first experiment, the following pamphlet with simple but very effective advices could be developed. It can be translated into Amharic and the other local languages, printed and distributed by the Mother and Child Health Service stations.

## **Healthy Baby Food for Healthy Children Healthy Genetic Reproduction and Cell Regeneration Food For Healthy Family**

After birth, mother's breast milk is the best for the baby. If the mother gets a natural, non-denatured, man-appropriate nutrition, she will have sufficient milk for many months. Breastfeeding also is important to built up the baby's immune system, and especially important is the first breast milk after birth (colostrum). From about 4 months age on, the baby needs in addition good natural weaning food for an optimal growth and development.

sperms depend on the same conditions, which allow cell regeneration and health in adults of any age. Therefore, the food preparation principles explained here are of general importance.

Only seeds and their germs contain sufficient quantities and qualities of the essential growth and cell regenerating factors. They only serve fully for growth, health and regeneration, if they are native, from living raw material, non-denatured, non-oxidized, non-heat-treated, uncooked. Cereals on one side and legumes (like lentils, chickpeas, peas) on the other side improve each other's biological protein value considerably. So there is no any animal protein needed, also no cow milk, which only would impair the baby's immunity against infections and lymphatic diseases.

Before starting the preparation, hands should be washed carefully, and clean water, clean bowl and mortar and clean spoon should be used. Also the seeds before and after germinating and fruits should be washed by cold (not hot) water, to preserve the vitality.

The highest health value of all food preparations is obtained by following these recommendations:

1. Use only germinable (living, viable) seeds, cereals and legumes, preferably traditional landraces, grown on natural soil without chemical fertilizers, without pesticides and without fouling raw animal dung (aerobically rotted compost allowed). This means highest health values at lowest pollution and lowest costs.
2. Use at least 2-3 different cereal together like barley, sorghum, oats, millet, wheat, emmerwheat, t'eff etc. and combine it with at least 2-3 legumes like lentils, chickpeas, peas, mungbeans. Other bean varieties only use when known by tradition or science that they can be eaten germinated raw. The biological protein value of any combination of any combination is higher than using any one alone.
3. All the legumes and half of the cereals are used germinated. For that, a mixture of e.g. two hands full of legumes and one hand full of cereals are put in a bowl, washed with clean cold water (which after that is poured out), and covered with a plate. After 3-5 hours again cold water is added and after only some minutes poured out. Over night, the pause can be 8-9 hours. This procedure is repeated, until the length of the germs coming out is about 3-5 mm. If a refrigerator is available, now the covered bowl can be put there, to preserve this germinating

status for nearly one week. Each day once the germs have to be flooded with cold water, which immediately can be poured off to put the covered bowl back into the refrigerator. If no refrigerator is available, each day again a new portion of the seed mixture must be put for germinating.

4. The actual meal preparation starts with taking one hand full of cereal mixture to grind it freshly to fine flour, and then mix the flour immediately with water and some 3-5 drops of lemon juice, to protect the mixture from oxidation.
5. As a next step, one hand full of the germinated mixture of legumes and cereals is taken, washed in cold water and smashed (adding 3.5 drops of lemon juice) to fine puree in a (non-metal) mortar.
6. Immediately both mixtures are mixed together, to continue the fresh preparation.
7. a) ,Salty-taste' type: A small piece of carrot (size similar to half banana) is taken, smashed to fine puree and immediately mixed in, adding one pinch of salt. Small quantities of other smashed roots, tomatoes and smashed leafy salads could be added. The carrot base is important because of its vitamin A. Immediately after this preparation it should be fed to the baby by a clean spoon, in case of bigger children or adults eaten; any delay would cause oxidation and loss of health values.  
b) ,Sweet-taste' type: Half a banana is smashed and immediately mixed in. Add 3-5 drops of lemon juice. Small quantities of other washed and then smashed fruits could be added or taken instead of the banana. (Never add any sugar - it destroys teeth and health, and as well don't add honey). Immediately after this preparation it should be fed to the baby by a clean spoon, in case of bigger children or adults eaten; any delay would cause oxidation and loss of health values.
8. For bigger children and adults, the carrot, other roots tomatoes and leafy salads or the fruits can be added in bigger pieces, r.g. cut in fine stripes. Also the germinated seeds can be left unsmashed. This allows to use the teeth for chewing, and ba that to keep them clean.

All raw, uncooked food keeps the teeth very clean, white and shining; all heated food causes the Ethiopian teeth problem No. 1: Tartar (because of precipitating the minerals from saliva).

By this procedures of preparation, all of the original health values of the cereals, legumes and other natural components are saved ontu the meal and can reach the human body, serving for healthy growth of the juvenile and maintaining health of the adult human organism.

The following scheme may contribute to understand the principles of preparation.

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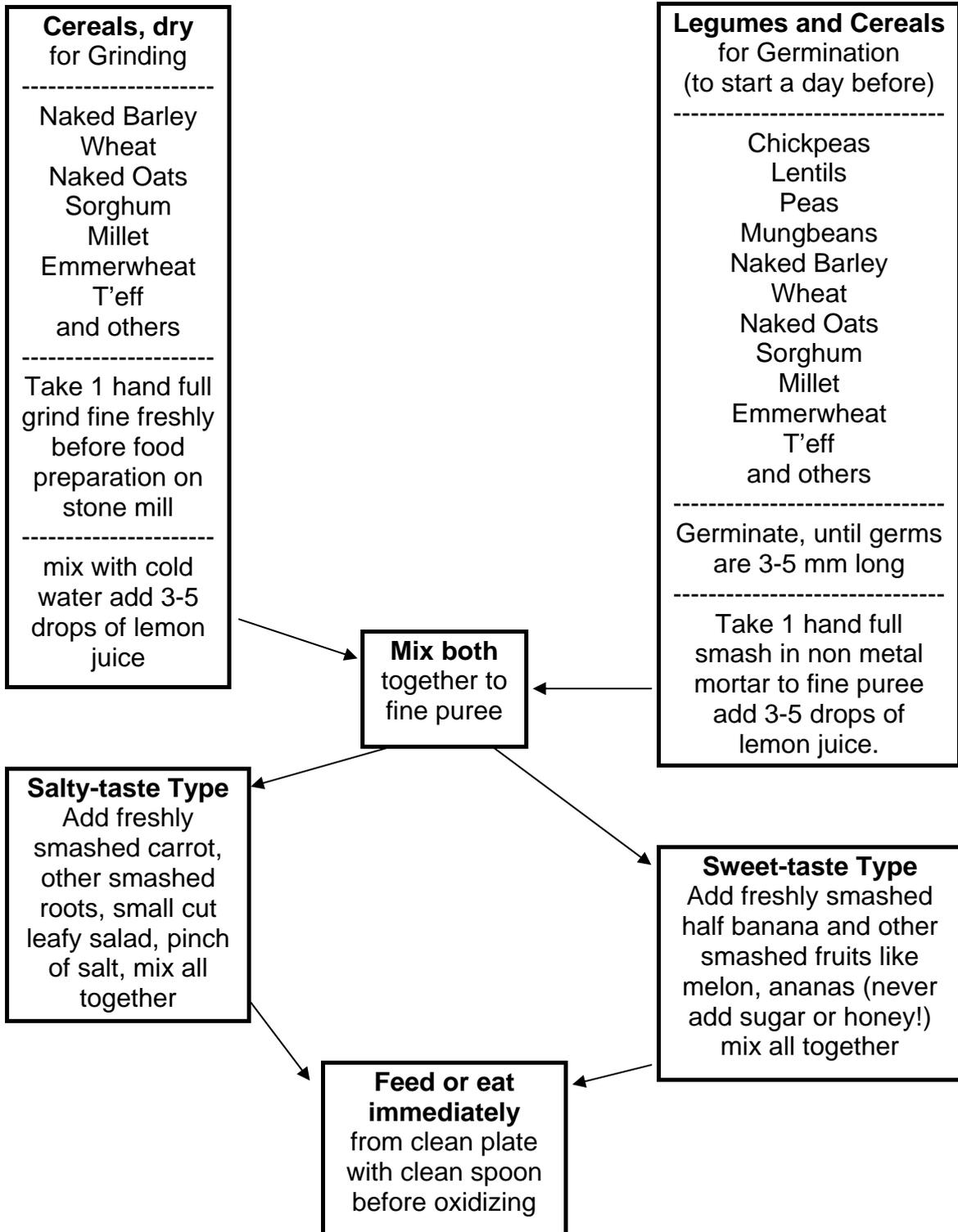
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## Healthy Babyfood for Healthy Children

Healthy genetic reproduction food – healthy cell regeneration food  
for healthy family



Always use clean water, clean washed hands, clean mortar, clean bowl, clean plate, clean spoon, germinable seeds, fresh roots and fruits, fresh leafy salads, all from natural unpolluted soils, preferably varieties of the old traditional landraces.