

Hemp Seed- Ultimate Food Comparative chart (source www.nal.usda.gov)

Characteristics of the perfect foundation food for humans:

1. a good source of enzymes, especially lipase and protease for the digesting of fats and proteins; and having no enzyme inhibitors to block this function.
2. a balanced and concentrated source of at least 20% protein (highest quality is Edistin). About 50% of the total protein in the form of the essential amino acids (EAAs that the body doesn't make), especially Lysine, the foremost amino acid to penetrate the cells.
3. Contains the ideal 1:4 ratio of Omega 3 to Omega 6 essential fatty acids (EFAs that the body doesn't make) with GLA and Steriodonic Acid, balanced Vitamin E and low in saturated fats. Total fat should be about 30%.
4. carbohydrates totaling about 40% and are especially high in soluble fiber. Low in sucrose type sugars that are high glycemic and stress the bodies sugar levels.
5. Food must not be a Genetically Modified Organism (GMO). This corrupts the body's ability to recognize and utilize the food and turns it into "Franken-Food."
6. 1,000 or Christ Consciousness is the highest level, by the arbitrary scale of measuring Consciousness used by David Hawkins, author of the book "Power VS Force." The closest thing to God in food form would muscle test (kinesiology) at 999 for its ability to energize, rejuvenate and return the body to perfect homeostasis or balance. The testing done on all these foods was based on whole raw organic sources. Any food that is GMO tests at less than 150 on the scale of Consciousness for its ability to nourish the body.

Food	Protein & % EAA's of Total	Total Fat & Ω3 to Ω6EFA's & Saturated fats	Carb ohyd rates	Fiber	GMO	Cons ciou snes	Special Considerations
BAHUJA, HempSeed	23% /46%	31% /6%-20% /3%	34%	30%	No	999	2/3 Edistin protein, balanced EFAs, GLA and Steriodonic, Vit E, fiber, minerals, chlorophyll,
Oil Seeds							
Chia	15% /57%	31% /6%-18% /3%	44%	38%	No	990	Balanced essentials, fiber, minerals.
Flax	20% /	42% /18%-4% /3%	34%	28%	No	970	High in Ω3, lignin dietary fiber.
Pumpkin	25% /41%	45% /21%-2% /9%	18%	4%	No	970	High in manganese, phosphrs, zinc
Sesame	20% /58%	55% /23%-4% /8%	15%	13%	No	970	High in copper, calcium, tryptophan.
Sunflower	23% /48%	50% /33%-0% /5%	19%	11%	No	970	High in Vit E, B1, magnesium
Legumes							
Lentils	28% /44%	1% /0%-0% /0%	57%	31%	No	970	High in molybdenum, folate, fiber.
Peanuts	26% /43%	50% /16%-0% /7%	16%	9%	No	970	High in B3 and oleic acid.
Peas	25% /45%	1% /0%-0% /0%	60%	26%	No	970	High B6 and Vit K.
Garbanzo	19% /46%	6% /3%-0% /1%	61%	17%	No	970	High in molybdenum, folate, manga
Soy	36% /47%	20% /10%-1% /3%	30%	9%	Yes	155	High in minerals and protein.
Grains							
Amaranth	14% /40%	7% /3%-0% /2%	66%	15%	No	980	High in protein, lysine, alkaline
Corn	9% /43%	5% /2%-0% /1%	74%	7%	Yes	150	High sugar, B1 and folate
Quinoa	13% /39%	6% /2%-0% /1%	69%	6%	No	980	High in protein, B2, magnes, alkaIn
Rice	8% /45%	3% /1%-0% /1%	77%	4%	No	950	High in manga, selenium, magnes
Wheat	14% /34%	2% /1%-0% /0%	71%	2%	Yes	150	High in protein, carbs and minerals
Nuts							
Almonds	21% /43%	51% /12%-0% /4%	20%	12%	No	970	High in Vit E, selenium, fats
Hazelnuts	15% /66%	61% /8%-0% /4%	17%	10%	No	970	High in fats, selenium, Vit E
Pecans	9% /44%	72% /21%-1% /6%	14%	10%	No	970	High in fats, minerals
Pine	14% /44%	68% /33%-0% /5%	13%	4%	No	970	High in fats, minerals
Walnuts	15% /49%	65% /38%-9% /6%	14%	7%	No	970	High in Ω3, manganese, copper
Animal							
Beef	17% /47%	23% /1%-0% /9%	0%	0%	Yes	150	High in protein, Bvits, minerls, chole

Eggs	13% /	6% /2%-0% /1%	8%	0%	Yes	150	High Vit K, selenium, protein
Fish	20% /48%	6% /0%-0% /1%	0%	0%	Yes	970	High in protein, fats, Bvits, minerals
Cheese	22% /42%	22% /0%-0% /13%	2%	0%	Yes	150	High in calcium, protein, trace minrs
Cows Milk	3% /42%	3% /0%-0% /2%	3%	0%	Yes	150	High in calcium, B2, trace minrls.

When compared to any other food, industrial hemp seed clearly stands alone as the most significant nutritional food source for humans. We were guided to name the industrial hemp seed as a separate food category so that it could be clearly identified from its thousands of other uses. Three distinct cultures have embraced the hemp plant as sacred. The Fakirs in India called it “BAAA;” the Hunas in Hawaii called it “HOOO;” the Lamas in Tibet called it “JAAA.” **BAHUJA™ was created in reverence to be the highest calibrated sound to express the significance of hemp seed as “the closest thing to God in food form.”**

Note: calibrations of all foods dramatically increases to over 900 if we bless them first with exception of GMO foods that stay around 200 or less. 60% of these foods consumed in the USA are GMO.

Conclusion

Animal Products: Even though some raw animal products seem to have a good source of protein including a high ratio of essential amino acids compared to total protein, the % of saturated fats present out weigh the potential benefits especially when the products value is extremely diminished by typically cooking and there is an obvious shortage of essential fatty acids and fiber. This comparison does not take into consideration what these animals were fed and how they were treated. Dairy products are the major source of IBS. Therefore consumption of animal products is low in regards to balanced nutrition for humans.

Legumes: Typically, a superior carbohydrate and protein source, especially with regards to ratio of essential amino acids to total protein, they are a good source of minerals and B vitamins. Similar to animal products, their protein is complex, they are a poor source of EFAs and typical cooking damages their nutrients and renders their utilization low, however if sprouted to dissolve the enzyme inhibitors, can be an excellent source of nutrients. Soy, however has further complications with extensive genetic modifications and a huge presence of synthetic estrogen with as well naturally occurring MSG when processed making them a potential serious toxin with extended use. Therefore consumption of legumes especially soy without being sprouted first is not recommended.

Grains: This is the largest food group consumed by humans. These are a good source of protein and EAAs and a fair source of fats but other than the unique alkaline grains like Quinoa and Amaranth, they too have enzyme inhibitors that reduce nutrient absorption because rice, corn and wheat the major supply, they tend to be more of a sugar source, conducive to acidosis and act like glue in the bowel. Cooked grains are major contributors to allergies, bowel issues, arthritis and diabetes. Sprouted, they can be an excellent compliment to all meals and an excellent source of many nutrients, however not a great balance.

Nuts: Are an excellent source of protein, fats and minerals, even though they tend to be acidic and need soaking to remove enzyme inhibitors as well, they are a definite aspect of a balanced diet. The fat content is not the best balanced and typically favors the

Omega 3 EFA, but they are typically rich in minerals and antioxidants and a good source of fiber and are obviously a high conscious food group. Eat them... always, especially after soaking and drying.

Oil Seeds: Are the most balanced and complete source of nutrients for the human body. The conscious level is very high and should be a large part of every diet. They tend to be acidic with the high content of fats and protein, but do not have enzyme inhibitors and are much easier to digest. Chia is the most balanced of all the seeds, and is especially high in EAAs compare to total protein with an ideally rare ratio of EFAs. They are high in minerals and phytonutrients; clearly an important part of the human diet. Then there is:

BAHUJA or Hemp Seed

When compared to any other food but grasses (high in chlorophyll which is short of iron to be chemically identical to human blood), Bahuja is clearly a stand alone food source, highest in consciousness and the most sustainable crop on earth with over 40,000 recorded uses. If you combined Chia seeds, wheat grass and flax into one plant, the result would be Bahuja... the name given to industrial hemp seed to separate it from the negative connotations of the psychoactive ingredient found in its cousin. Eating Bahuja simplifies and enhances the human life experience.