

Soaking rice overnight can reduce the risk of heart disease and cancer

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Accordingly, a group of scientists from London said that eating rice from rice soaked overnight, then cooked will reduce the risk of heart disease, diabetes, cancer .

1. Signs of heart disease should not be ignored



Researchers from Queens University Belfast in the UK point out that the nature of rice we eat contains a lot of chemical toxins, first of all fertilizers, pesticides on rice, in the soil, then chemical substances. Industrial school is sprayed into rice to bleach, mold, moisture . This poses a serious danger to human health, according to the Telegraph.

To get the conclusion, the research team conducted three rice soaking experiments in turn as follows.

The first experiment, the group soaked rice with a ratio of two parts water and a part of rice. As the water evaporated, the rice grains were blooming, many toxins still remained.

In the second experiment, the group soaked rice with a ratio of five parts of water, one part of rice, the amount of excess water in the pot halved the arsenic concentration in rice.

And in the final experiment, the team conducted soaking rice overnight before cooking. Unexpectedly, the arsenic concentration as well as other toxins in the rice before cooking decreased by 80%.



In addition, the research team pointed out that cooking rice overnight after cooking will reduce a lot of chemical toxins in rice, rice, ensure health safety, limit the risk of heart disease. vascular, diabetes, cancer .

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