

# 7 Reasons For Owning a Home Stone Mill

## Your STAPLE FOOD Solution

A staple food is a food that is eaten routinely and in such quantities that it constitutes a dominant portion of a standard diet for a given person. If we consume it daily, we should ensure that it is healthy. Sadly, my research indicates that our staple foods on today's shelves are actually the most refined, nutrient-deficient, and toxic foods. Foods made with refined white flour, in particular, make up a large part of South Africa's staple diet. However, you can produce a healthy alternative yourself!

### WHY GET A HOME STONE MILL?

#### 1. It is biblical

The Word of God regards a stone mill as a life-giving and essential item for every household. *"No man shall take the lower or the upper millstone [used to grind grain into bread] in pledge [in debt], for he takes one's living in pledge"* – Deuteronomy 24:6. But why and how does this make sense in our modern dispensation where you can buy milled flour?

#### 2. It will ensure freshness

How do we define freshness in grain-related foods? The following

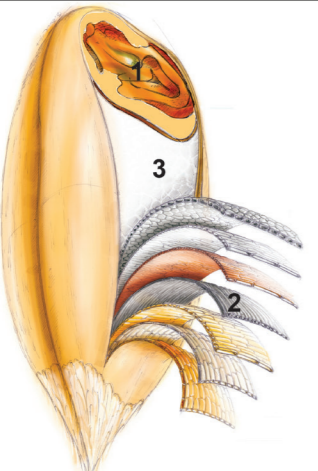
common-sense principles are non-existent in our society. Many are just blindly following all the marketing propaganda. One needs the truth to make a paradigm shift and face reality.

#### Use living ingredients for all your grain/flour-related foods

Grain seeds are living (but 'sleeping') plants filled with the full spectrum of naturally occurring nutrients (as illustrated below) to create a healthy seedling and a new plant. My nickname for grains is "Sleeping Beauties" as they are alive and filled with many nutrients, as our ancestors have discovered and used as staple food for millennia. The seed is hermetically sealed and can "sleep" for many years, but will still be alive and full of the nutrients it contained at the time that it was harvested. Just water the seed in the right environment and it will start to sprout, grow, and ultimately reproduce.

Take note: once you mill any grain kernel, you are killing the seed. The living seed is crushed and immediately begins to decay due to our oxygen-rich atmosphere. Secondly, the once-living and whole-grain seed is now literally broken into millions of pieces, which

—by Johan Jacobs, Go Natural

	Whole Grain	Stone-milled		Refined White Flour
		Home	Commercial	
	<b>1. GERM:</b> - Vitamins	✓	✗	✗
	- Minerals	✓	✗	✗
	- Amino Acids	✓	✗	✗
	- Essential Fatty Acids	✓	✗	✗
	- Enzymes	✓	✗	✗
	- Antioxidants	✓	✗	✗
	<b>2. BRAN:</b> - Fibre	✓	✓	✗
	- B-Complex Vitamins	✓	✓	✗
	- Antioxidants	✓	✓	✗
	<b>3. ENDOSPERM:</b> - Carbohydrates	✓	✓	✓
		100%	20%	10%
	Nutritional value retained after milling	Full grain kernel	Germ removed	Germ & Bran removed

exponentially increases the surface area of the fragile and reactive inner parts. Within less than a week most of the essential oils, amino acids (proteins), vitamins, enzymes, and antioxidants will oxidise, due to the exposure to oxygen. This renders the oils and some other parts into a rancid and oxidised state, which makes the flour bitter, inflammatory, and also carcinogenic.

But how do they supply us with flour that can last for years? This brings me to the next reason for having your own mill.

#### 3. It will help you not to be tricked and cheated

Look at the illustration of the grain kernel. With the modern roll milling process they can separate all three parts. For the sake of shelf life, the germ and bran are separated and the endosperm gets milled further to produce white flour. Modern refined foods (bread, pizza, pasta, buns, rusks, etc.) that are made from wheat and maize are highly refined. The end product is high in carbohydrates, but has limited nourishment as approximately 90% of the naturally occurring nutrients have been removed. Every time you are tricked to eat these foods you are carbo-loading with way too much energy that will end up being stored in your body. This is one of the key reasons for the epidemic of obesity, type 2 diabetes, and many high blood sugar-related diseases.

#### 4. It will help you to not be slowly poisoned

Our commercial bread, for instance, possibly contains the following four chemical compounds:

- Herbicide contaminants, i.e. glyphosate
- Pesticides for controlling pests and insects
- Fumigation toxins for long-term storage in the silos
- Preservative (Calcium Propionate) to prevent mould and stretch shelf life to nearly 10 days

Refined white flour is high in carbohydrates, but has a limited nutritional value.

Toxicity is one of the main reasons why people have become so allergic and sensitive to wheat and gluten products. Now you can source clean, organic, and more nutritious grain from a trusted supplier and mill your flour yourself.

#### 5. A delicious, aromatic taste

Freshly milled wholegrain flour contains all the aromatic elements that give all grain foods a delicious taste; one will never go back to buying old refined flour after tasting the real thing.

#### 6. Re-skilling society

With your stone mill and our *Go Natural* book, you will be empowered to teach yourself and your children to make homemade traditional sourdough bread, pizza, pasta, etc. Even cake becomes a nourishing food!

#### 7. A home stone mill makes you self-sufficient in troubled times

Our book contains more than 30 recipes that require a stone mill to make fresh flour for a variety of foods. We explain how grain can be stored for decades and still be alive, fresh, and nourishing. Having a home stone mill will help you with your logistical planning to secure your staple food – provided you have stored up a decent supply of living, sleeping beauties.

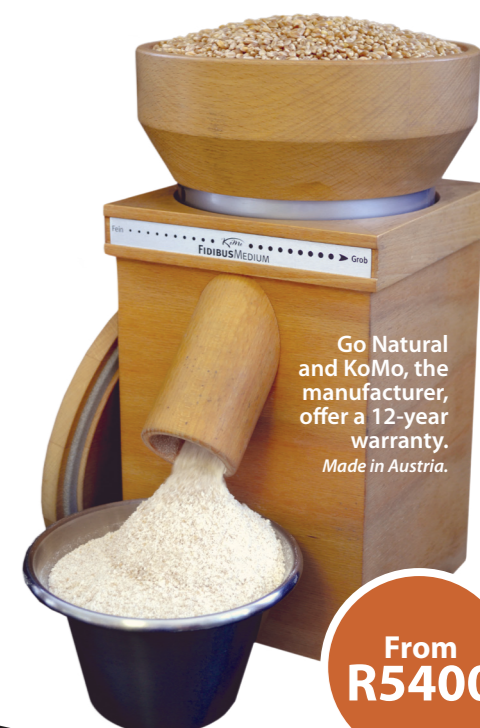
My stone mill from KoMo is now 17 years old, and it is arguably one of the better practices that I have implemented in our household. With a home stone mill you can enjoy your staple food like our ancestors did hundreds of years ago – and they were not obese nor allergic and they had vitality and strength. ■



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