



Why are grains SLEEPING BEAUTIES?

Most grains originate from grasses of different varieties, shapes, sizes and characteristics. The grain plant starts with a seed, then it sprouts, grows, matures, and reproduces. The grain seeds are the end-product. The seeds are a baby, infant sleeping plant. At the seed stage, it is in its most nutrient-dense form. If seeds are planted in mineral and nutrient-rich soils, it will wake up and sprout, grow and absorb all those beautiful minerals and building blocks from the soil. The grain plant will mature and convert the absorbed and processed nutrients to seeds which is the plant's goal: offspring for reproduction. All seeds are nutrient-rich and dense foods.

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

However, when grains (sleeping beauties) are milled into flour or rolled into a flake, the grain kernel is killed. The once sealed nutrients inside the grain kernel is now exposed to oxygen and in a state of decay. Therefore, if you buy any flour off the shelf, you are buying dead seed that is busy to decompose. It makes more sense to only buy living sleeping beauties. You see, the fragile nutrients i.e. essential fatty acids, amino acids (protein), enzymes and antioxidants in the grain germ, oxidise quickly (die) once it is milled and exposed to oxygen - much like a grated apple that turns brown. However, with flour, the process is a little slower and not noticeable to the naked eye, but normally within a week many of these nutrients will be oxidized and rancid which makes the flour bitter and fowl. On top of that, the old oxidised germ-flour-parts render it carcinogenic.

The commercial solution is to remove the germ altogether. Now you have sterile flour with shelf life, but nearly 90% of the nutrients have been removed. This results in commercial white flour and grain products filled with empty carbohydrates. It might be "food like", but it is far from real food since it is stripped of nutrients but contains an over-supply of energy i.e. empty carbohydrates. White flour is a substance and it will cause havoc in the body as it disrupts your chemical balance with an oversupply of energy.

Side Effects of Corrupted Seed Products – White Flour Products



Wisdom for Healthy Living

Nutrient deficient: leads to continual craving for food since your body is starving.

Overweight: you are eating more and more as your body continuously searches for lost nutrients.

Obesity: slowly but surely one becomes overweight, but malnourished.

Type 2 Diabetes: the blood sugar management system is overworked but malnourished, therefore it can't produce enough insulin.

ADD & ADHD: this is caused by high blood sugar in the central nervous system (CNS). The child can't be blamed for his/her behaviour since we were never designed to process so much hidden sugars.

Tooth decay and osteoporosis. We enter a danger zone if we do not rectify our diet and lifestyle.

Summary and Solution

The solution is to mill, roll and process only on demand - only when it is needed - and consumed immediately. Traditionally every home had a stone mill, and that is exactly what modern people should do if we want to enjoy healthy grain foods. With GO NATURAL's range of Stone Mills and Grain Rollers you can experience the true taste and nutrition of grain products just as our ancestors once enjoyed: organic, fresh, whole food, fermented, highly nutritious, filling, non-fattening and toxin free. When whole food, organic, freshly stone milled and fermented grain products are enjoyed, we find that most grain intolerances disappear immediately and blood sugar levels tend to drop. Added benefits are weight loss while gaining vitality.