

Bread and other grain products

a nutritious and life sustaining super food!

By Johan Jacobs

Bread and other grain products have been used for centuries as a super staple food. However, unfortunately thousands of people have become totally intolerant to wheat and gluten, and therefore negative about bread and grain products. Grain with gluten in it has become a virtual swear word in health circles!

Why did our predecessors have the privilege of happily enjoying bread and grain products for thousands of years with no adverse effects?

GRAIN

The whole grain is rich in vitamins, bio-available minerals, essential fatty acids, amino acids, enzymes, phytochemicals, antioxidants, carbohydrates and aromatic elements. Grains are extremely nutrient dense foods for its size. Grain seed can be seen as a condensed and sleeping plant. All the genes and nutrients are in it to reproduce a big plant. The big advantage over other foods is that grains can be stored for decades under the correct conditions.

A grain kernel consists of three main components.

The germ is the embryo or heart of the grain, from which a new plant sprouts. It contains all the substances or building blocks necessary to produce a complete plant, which explains its extraordinary nutritional richness. The germ contains; enzymes, amino acids, essential fatty acids, vitamins B1, B2 and B6, niacin and folates, vitamin E, which is a powerful antioxidant, minerals and more nutrients. Unfortunately the nutrients in the germ is fragile and oxidises rapidly (within a week) once milled and exposed to oxygen, this is the main reason why the germ usually gets removed in most commercial milling processes that needs shelf life.

The outer bran is a tough six layered sheath that protects the inside of the grain kernel. It is rich in antioxidants, vitamins and minerals. Most processed

and refined grain products are stripped of its bran. Only a small percentage of the bran is later reintroduced into white flour. Bran acts as fiber in food and it is vitally important for gut health.

The endosperm is the biggest part of the grain. Its colour is white. It is the condensed energy source for the shoot when it first begins to grow, until the plant can produce its own energy with its own solar panels, its leaves by using the process of photosynthesis. The endosperm is the part of the grain used to produce refined white flour (empty carbohydrates). White flour is used for food products such as white -bread, -pasta -pizza, -cakes, -rusks, -cookies and as a bulking agent in processed foods.

TYPES OF GRAIN

The most popular grains are amaranth, barley, buckwheat, corn, kamut, millet, oats, quinoa, rice varieties, rye, spelt, sorghum, teff and wheat.

Methods of farming to produce grain have changed drastically in the last century in order to cope with the ever-increasing human population. These methodologies include **genetically modified (GM) seed, mono crop, no crop rotation practices, pesticides, herbicides, chemical fertilisers and chemical grain storing preservatives. We recommend only using whole, natural, organic, non GM and unpreserved grains.**

PRODUCING FLOUR

Today there are a number of different ways of producing flour. In the past, daily and fresh stone milling was the only method and it naturally ensured that the germ, bran and endosperm remained in the flour and were eaten as a fresh, healthy and un-oxidised whole food. Today most milling processes, even some commercial stone millers use the process of de-germing to separate and to remove the

germ and the bran from the white flour in order to **enhance shelf life**. ± 80 % Of nutrients are lost during modern milling processes if the germ is removed.

Thus our staple food and bread not only becomes devoid of nutrients but is difficult for the body to digest, since there are no fibre and enzymes to support good digestion. Not to mention the toxic trace elements of modern farming chemicals and food preservatives.

THE SOLUTION

If your family is one that regularly consumes bread, pasta, pizza and other grain products it may be an excellent idea to invest in your own home stone mill and organic living grains. A stone mill and a good supply of living and organic grain will not only ensure that you get optimum nutrition, without the loss of oxidised nutrients out of the food that you eat but also it will empower you to be self sufficient and your staple food will cost far less in the long run.

Making your own bread, pizza and pasta when you have the right equipment is highly cost effective, quick, easy and super healthy.



To make your own bread you actually only need four ingredients:

fresh organic grain, pure water, salt and yeast. For example, the cost of an organic, whole-food (500g), fresh loaf of bread (0.9 kg) comes to less than R6.

It is surprising to note that one often finds that when previously wheat- or gluten-intolerant individuals start to enjoy freshly milled (same day), organic whole-grain wheat, that the intolerance disappears immediately and they gain the added benefits of losing weight while gaining vitality.

GO NATURAL FOR HEALTHY LIVING

FOR CENTURIES GRAINS WERE ENJOYED AS A SUPER STAPLE FOOD – YOU CAN TOO

UNFORTUNATELY

THE SHOCKING TRUTH IS THAT MOST COMMERCIALY AVAILABLE GRAIN PRODUCTS ARE:

- High in Glycemic index (GI) and load (GL) – white flour products spike blood sugar levels once digested.
- Stripped of ± 80% of its nutritional value (germ and bran), thus empty food that leads to cravings and obesity.
- Treated with pesticides & herbicides
- Preserved with toxins
- Could be genetically modified

SOLUTION

TAKE CONTROL OF YOUR HEALTH, WITH GO NATURAL'S RANGE OF STONE MILLS AND GRAIN ROLERS, YOU CAN EXPERIENCE THE TRUE TASTE AND NUTRITION OF GRAIN PRODUCTS JUST AS OUR ANCESTORS ONCE ENJOYED.

- Low in GI & GL
- Organic
- Fresh milled or rolled – not oxidised
- Whole food, & highly nutritious
- Non-fattening and filling
- Tasty, so tasty
- Toxin free

WHEN WHOLE FOOD, ORGANIC AND FRESHLY STONE MILLED GRAIN PRODUCTS (BREAD, BREAKFAST CEREALS, PASTA, PIZZA, MUFFINS, ETC) ARE ENJOYED, BLOOD SUGAR LEVELS TEND TO DROP. WE ALSO FIND THAT GRAIN INTOLERANCES DISAPPEAR IMMEDIATELY. ADDED BENEFITS ARE WEIGHT LOSS WHILE GAINING VITALITY.

ALSO SUPPLIERS OF: Juicers, Blenders, Dehydrators, Sprouters, Water Purifiers, Organic grains and other health foods and products.

GO NATURAL is making healthy living; affordable, available and practical in your home.



3 Grain Rollers to select from
and 7 Stone Mills to select from



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021 8522 744 • info@gonatural.co.za • www.gonatural.co.za