



7 REASONS FOR OWNING A STONE MILL

By Johan Jacobs - July 2021

Your **STONE MILL** – Your **STAPLE FOOD** solution.

Background – Staple food is something that is most regularly used as food, this means if we use it daily, we should ensure that it is less tampered with. Sadly, my research proves, that it is the most refined, nutrient sterile, and toxic food on the shelves.

1. It is **BIBLICAL** – Deuteronomy 24: 6
Listen to what the WORD of God is saying regarding owning a home stone mill.
“No one shall take a hand mill or an upper millstone [used to grind grain into bread] as security [for a debt], for he would be taking a [person’s] life in pledge.” The Amplified Bible. The WORD regards a stone mill as a critical life-giving and essential item for every household. But why and how does this make sense in our modern dispensation where you can buy ready milled flour around almost every corner?

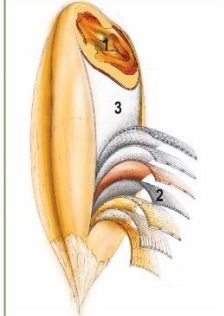


2. It will ensure **FRESHNESS**
How do we define freshness in grain-related foods? The following common-sense principles to be discussed are non-existent in our societies, we are just blindly following all the marketing propaganda. One need truth for a **PARADIGM** shift and a fresh perception of reality.
Hunt and eat should be our motto. Use living ingredients for all your grain/flour-related foods. Grain seeds are living - sleeping plants filled with all the full spectrum of naturally occurring nutrients (as seen on the dissecting grain presentation) to create a healthy seedling, a new plant. My nickname for grain is “Sleeping Beauties” as they are alive and filled with many nutrients as our predecessors have used and benefitted as a staple for millennia. The seed is hermetically sealed and can sleep for many years, and it will still be alive and filled with the bulk of the nutrients it contained at the time it was harvested. However, give the wheat seed water in the right environment and it will wake, and it will start to sprout and grow and ultimately reproduce. Take note, once you mill any grain kernel, you are killing (hunting) the seed. This process is ferocious as the seed was alive, but a split second later it is now dead and in millions of pieces as flour and it is now in a state of decay due to our oxygen-rich atmosphere amongst other variables. Secondly, the once living and whole-grain seed is now literally into millions of



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pieces which exponentially increases the surface area of the fragile and reactive inner parts in the magnitude of thousands. Within less than a week most of the essential oils, amino acids (protein), vitamins, enzymes, and antioxidants due to oxygen exposure will oxidise, which renders the oils and some other parts in a rancid and oxidized state which makes the flour, bitter, inflammatory, and also carcinogenic. But how do they supply us flour that can last for even years? This brings me to the next reason for having my own mill.



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

3. It will help you not to be **Tricked and Cheated**

For better understanding, again look at the grain picture, with the modern roll milling process they can separate all three parts and for the sake of shelf life the germ and bran are taken off and the endosperm gets milled further to produce white flour. Modern refined food (bread, pizza pasta, buns, rusks, etc.) derived especially from wheat and maize is highly refined. The end product ends up having energy carrying capacity but limited nourishing capacity as approximately 90% of the naturally occurring nutrients have been removed for the sake of shelf-life. Every time you are tricked to eat these foods you are unnecessarily 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, diabetes, and much more high blood sugar-related diseases.

4. It will help you not to be slowly **Poisoned**.

Our commercial bread for instance contains possibly the following 4 chemical compounds.

- Herbicide contaminants, i.e., Glyphosate in Roundup to control the weed.
- Pesticides, for controlling pests and insects.
- Fumigation toxins for long-term storage in the silos.
- Preservative, Calcium Propionate to prevent mould for enhancing shelf life to nearly ten days.

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/hunt yourself.

5. An explosion of TASTE

Freshly milled unspoiled flour contains all the aromatic elements which give all grain foods an ultra-delicious taste, one can never go back to buying old and refined flour.

6. Re-Skill your society

With your stone mill and our book, you will be empowered to help yourself and your most precious offspring to make homemade traditional Sourdough bread, pizza, pasta, cake, etc. Even cake becomes nourishing food.

7. A home Stone Mill makes you Self Reliant in troubled times



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Our book Go Natural contains more than 30 recipes that require a stone mill to make fresh flour for a big variety of foods. One key recipe in our book is how to store grain for decades and the grain will still be alive, fresh, and good. In the prophetic, challenging end-days we are currently living in, having a home stone mill will help to secure your staple food logistics if you have stored up a decent supply of living sleeping beauties (grains).

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

God Bless

Johan

