

WHEAT THE KING OF GRAINS



By Johan Jacobs

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For millennia wheat was a universal staple for millions if not billions of people with no ill health, allergic or any side effects. However, lately in our modern dispensation wheat has become a curse food for the following four main reasons:

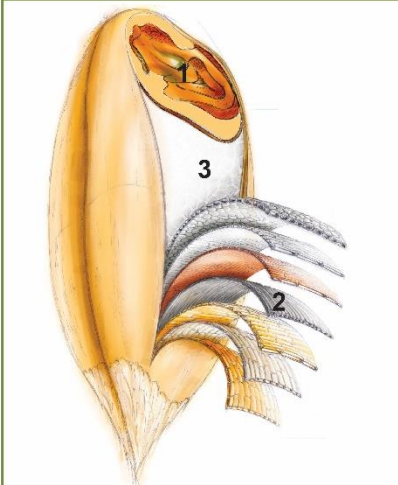
REASON

1. As more and more people are so allergic to it.
2. It causes people to develop constipation.
3. It causes high blood sugar diseases like overweight, diabetes, and obesity.
4. It causes nutritional injuries like tooth decay, osteoporosis, and many more “dis-eases” and injuries as exposed by the studies of Dr Weston A Price, documented in his monumental book Nutrition and Physical Degeneration. 14 Different people groups presented the same results in his global study.

RATIONALE

1. Chemical laden, preservatives, and production chemicals.
2. Refined, white wheat flour contains no fiber and enzymes that aid digestion. White flour literally makes cement in the gut.
3. Refined white flour products contain mainly empty carbohydrates, which get rapidly digested and then spike the blood with unnatural high blood sugar levels.
4. Refined white flour products contain mainly empty carbohydrates, less than 90% of nutrients contained in the original whole wheat seed. Sadly, all the vitamins, bio-available minerals, protein, enzymes, antioxidants, essential fatty acids, and more are removed in the modern roll milling process.

THE ANATOMY OF A WHEAT SEED and How Refined Wheat Flour has been produced since the late 1800's.

|  | 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% | 20% | 10% | |
| | Full grain kernel | Germ removed | Germ & Bran removed | |

We are all made accustomed to this white flour substrate, as it has been normalized since pre-birth since the late 1800s and that is what we have all grown up with, our new normal. I hope by now you can see that we are all born and raised in this broken world, a sea of deception, that left us with a lack of knowledge and with no discernment. We've been made and conditioned to be fully accustomed to modern deceptive food-like substrates that continually cause havoc in our bodies, the evidence can be seen in all the health statistics.

THE TRUTH regarding clean, real, whole, and fresh wheat ACCORDING TO UNIVERSITY LITERATURE.

This three-book encyclopedia contains all the foods (fruits, vegetables, grains, seeds, nuts, etc.) on this planet with a detailed breakdown of nutrients of each specific food type.

In volume no 2, look what it has to say regarding wheat:

1. The heading – “WHEAT the KING of GRAINS”, page 306
2. “Refined Westerners (me and you) have forgotten that ancient slaves were capable of building the great pyramids on a diet of WHEAT and vegetables”, p307
3. “Of all grains, wheat’s composition is the most complete and balanced.”, p308
ENCYCLOPEDIA of FOODS and their HEALING POWER, p306 - 308, George D. Pamplona-Roger, M.D.

Yes, you’ve read it right of all grains, wheat is the most balanced, not spelt or rye, but wheat, the king of grains.

OUR OBSERVATION:

We have been selling tons of living wheat for the last 19 years since we started this GO NATURAL movement of fresh milling and processing and we do not see any wheat or gluten intolerances anymore amongst our customers, even if you were diagnosed by a professional. Humans are not allergic to real food. Remember, white flour is not a food, you can't compare it with whole, clean, and fresh wheat products, as it contains less than 90% of what should have been in it, plus, it is a chemical-laden substrate, a cursed food that should be banned, not fit for consumption, only to be enjoyed at your own risk.

Familiarize yourself with all these profound testimonies <https://thestonemill.co.za/category/testimonies/> . There are hundreds more that are not documented.

THE SOLUTION

A stone mill for every house!!!

As far as 200 years ago most households had a manual stone mill of sorts, and all these modern “dis-eases” were absent, our societies had vitality, endurance, and strength.

Our book *GO NATURAL Wisdom for Healthy Living* contains more than 30 recipes and skills to help re-educate the broken society that has been robbed of skills as they are lining in queues in super stores to conveniently buy nutrient-sterile ready-made food like substrates (white bread, pizza, pasta, etc.) that will curse and injure their most valuable asset, their earthly vessel, their body. Turning people into patients.

I urge and invite you to step out of this matrix and prioritize and invest in your health, get our book, and invest in a home stone mill, your STAPLE FOOD solution.

BENEFITS

- All the mentioned foods taste double as good.
- It keeps people full for longer, as all the nutrients are there.
- People eat less, these whole foods are so nourishing and filling.
- People eat less to be satisfied and as a result, they lose weight while gaining vitality.
- Digestive issues disappear and never return.
- Allergies also vanish, and the skin clears up.
- Many more...

Enjoy the journey 😊

Johan

NATURAL HEALING is programmed in your genes!

Familiarize yourself with what is possible once you remove all the ROOT CAUSES that cause “dis-ease”.
For more natural recovery TESTIMONIES, you are welcome to visit <https://gonatural.co.za>.

