



Crushed Wheat vs Processed Flour

There has been a lot of talk and discovery of how bad processed white flour is nutritionally lately an even more on the bleaching aspect of white flour. There has been enough concern about it that the Atkins Diet and many other non-carb diets have evolved and become much more influential in our society. The evil components for many is the carbohydrate and gluten!! I would like to compare Processed Flour and Crushed Wheat

Processed Flour

It's generally understood that refining food destroys nutrients. With the most nutritious part of the grain removed, white flour essentially becomes a form of sugar. Consider what gets lost in the refining process:

Half of the beneficial unsaturated fatty acids

Virtually all of the vitamin E

Fifty percent of the calcium

Seventy percent of the phosphorus

Eighty percent of the iron

Ninety eight percent of the magnesium

Fifty to 80 percent of the B vitamins

And many more nutrients are destroyed -- simply too many to list.

[The Little-Known Secrets About Bleached Flour](#)

Why Bleaching Makes White Flour Even Worse

It has been shown that alloxan is a byproduct of the flour bleaching process, the process they use to make flour look so "clean" and -- well, white. No, they are technically not adding alloxan to the flour -- although you will read this bit of misinformation on the Internet. But, they are doing chemical treatments to the grain that result in the formation of alloxan in the flour. With so little food value already in a piece of white bread, now there is potentially a chemical poison lurking in there as well.

So what is so bad about alloxan?

Alloxan, or $C_4H_2O_4N_2$, is a product of the decomposition of uric acid. It is a poison that is used to produce diabetes in healthy experimental animals (primarily rats and mice), so that researchers can then study diabetes "treatments" in the lab. Alloxan causes diabetes because it spins up enormous

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amounts of free radicals in pancreatic beta cells, thus destroying them.

Beta cells are the primary cell type in areas of your pancreas called islets of Langerhans, and they produce insulin; so if those are destroyed, you get diabetes.

There is no other commercial application for alloxan -- it is used exclusively in the medical research industry because it is so highly toxic.

Given the raging epidemic of diabetes and other chronic diseases in this country, can you afford to be complacent about a toxin such as this in your bread, even if it is present in small amounts?

*Following is summary of a must-read article.
Please – Please look this one up and read!!*

Health risks surrounding bleached flour are unclear. Though other nations have prohibited the use of peroxides, American manufacturers are still allowed to use them under current Food and Drug Administration policy.

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Taste-wise, many people are able to detect a difference between chemically-treated flour and naturally aged flour. This unsettling taste may be compounded by the use of aluminum in cheap baking powder. In my opinion, the taste of unbleached, unbromated flour in a well-baked artisan bread is worlds better than chemical flour.

How and Why is Flour Bleached?

Crushed Wheat

- Patented Machine
- Patented Process
- You will not find this product anywhere but here with us
- No cells are destroyed
- No need for traditional or any processing
- All the natural nutrition is still in each cell and germ cell

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- Because the cells are unbroken, the shelf life is much longer
- No chemicals needed to extend the life of the product
- Have different micron sizes with different nutritional values in each size
- This is a build-your-flour process now with choosing the nutritional value/texture of your flour in whatever you decide to bake

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