

Health Food – Crushed Wheat?

Wheat has been called “The Staff of Life.” When not ruined by incorrect milling techniques, it both carries nearly every key vitamin and mineral you need for good health. It has sufficient correct fiber in its bran to keep your colon and blood clean of toxins or natural poisons. Enriched white organic bread is a skeleton food where the wheat germ is removed where most of the nutrition is located. Also, the bran is removed which is the essential fiber to keep the body clean of toxins (natural poisons) which weaken the body and make it susceptible to disease like cancer and heart attack. Cancer and heart attacks were rare in America until Americans went to highly processed foods and no longer had natural foods and natural fiber like early Americans did. Americans used to have much more stamina for physical work on the farms when they ate bread fresh baked from the flour milled from wheat by old stone grinding mills. What is called “whole wheat” bread on the market is basically enriched white flour colored with caramel color and sprinkled with a few particles of bran. Milling all the wheat and using it as a flour to make your bread from will give you an excellent whole wheat bread that is good for you for about 4 days until it oxidizes in the air and loses its flavor and nutrition. The bread goes automatically stale and rancid after 4 days because the wheat germ exposed to air only lasts so long before it grows rancid. Crushed wheat does not expose the germ to air (oxygen) and thereby does not expose the gluten. As a result, a local, high energy, gluten free grain is essential for our time.

The Vatican which has one of the best intelligence services in the world and knew all about this process and test results from a major university in America showing this to be the greatest food product to the health of mankind invented in human history-according to the university tests. Also, the university tests indicated that eventually due to the incorrect American diet in violation of the laws of nature that the American race should at some future point go biologically sterile. This food product was the only proven antidote to the eventual sterilization of the American people through unwise, unnatural diet which would happen because the American people did not understand correct natural diet close to nature and its required laws. Pope Pius XII endorsed this food process in words to the effect that it was potentially the greatest news for mankind since the coming of Christ because it could potentially solve the twin problems of starvation and malnutrition in the world.

Primitive societies having high fiber diets often have no cancer. The right natural fiber removes from the blood and body the toxins that normally create genetic damage which we call cancer. Also, a body that is sufficiently healthy has a natural immunity against cancer cells. Cancer is running riot in America because the U.S. government has thought itself smarter than God and trashed good natural diet by unsound national food policies of Wash. D.C. The university tests predicted the U.S. would ultimately go biologically sterile as a race because of the follies practiced in the American diet. By this trick of good taste, God drives mankind to the right food given by God for the health of mankind.

**Dan/Nancy Kremer (E.A.T. Food for Life Farm) will have this crushed wheat available as two products
Crushed Wheat porridge - \$3/lb and Crushed Wheat (flour) - \$3/lb. It comes in both 1 and 3 lb. packs.
The porridge is for more breakfast while the flour is for bread, pizza crusts, etc.**

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