

Why to buy our food....

- Healthcare is a big topic today
 - Affordable Care Act
 - New Health Care Bill
 - Medicaid/Medicare
 - Pharmaceutical Companies



- Control what you can control and do not worry about the rest!!

- Preventative Healthcare

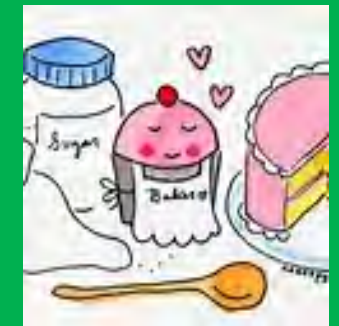


What determines healthy food??

1. Seed - GMO, Treated
2. How the farmer prepares the soil
3. Processing foods
4. Packaging/Preserving
5. How it is prepared to eat



CDC reports the average American has 29 pesticides in them

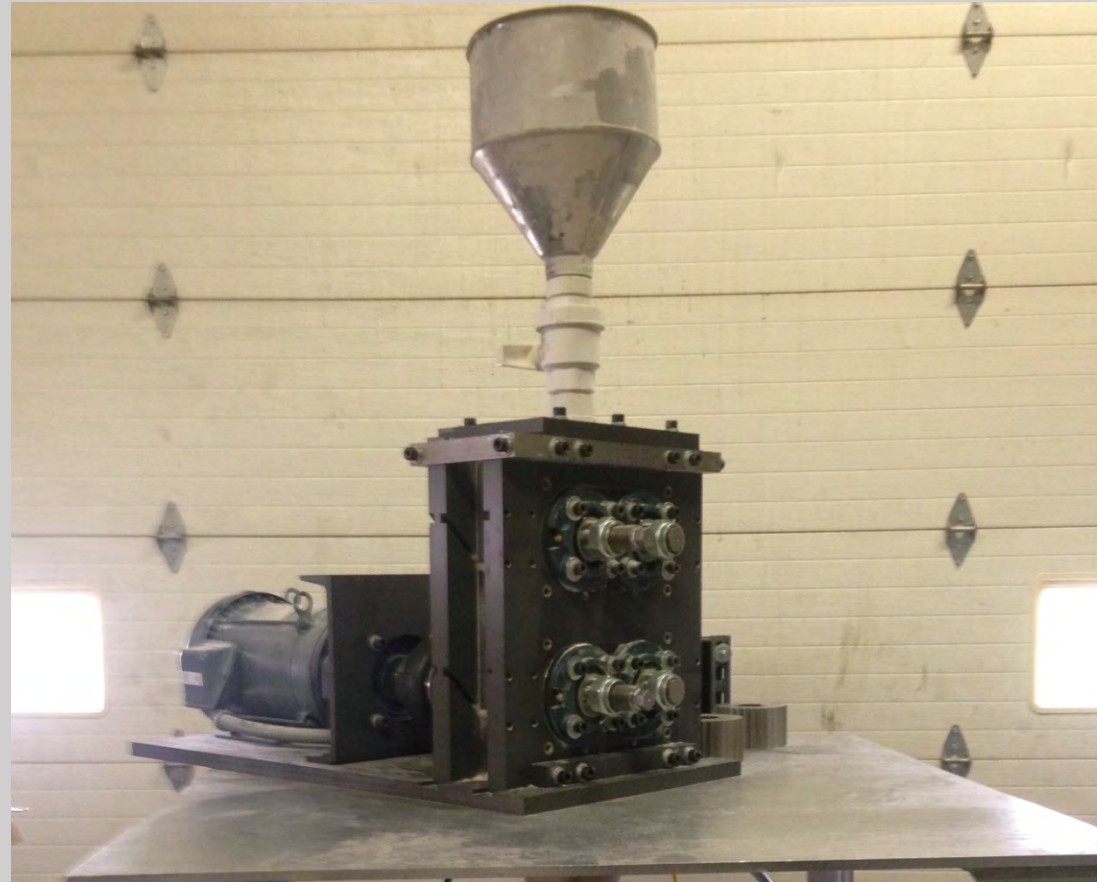


BIHN CRUSHER

Environmentally Friendly

No Metal to Metal Contact

No Heat



No Grain Gets Wasted

No Dust

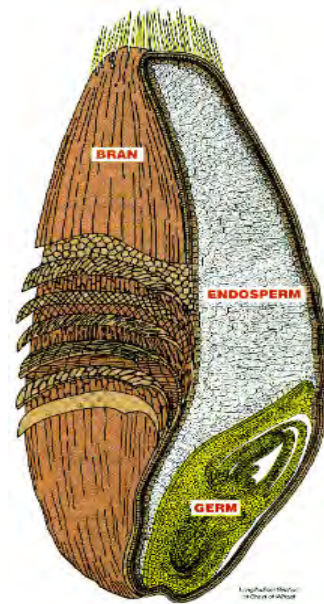
We Sieve Grain After Crushing

DOES NOT DESTROY CELLS

[Click here to watch the Bihn Crusher Crush Wheat](#)

INCREMENTAL CRUSHING

- Seed Deconstruction Through Crushing – Overwhelming with Power
- Cells Remain Whole
- No Oxidation of Cells



- Extended Shelf Life
- No Chemicals, Preservatives or Enrichments
- No Heat Needed
- Natural Nutrition
- Live Nutrition
- Complex Carbohydrate

More Natural Nutrition
No Synthetic Presence
BETTER HEALTH



Crushed FLAX



Benefits of Flax

- One of top plants in Omega 3
- Lowers LDL (bad cholesterol)
- Increases HDL (good cholesterol)
- Vitamins E, B complex
- Minerals – manganese, potassium, calcium, iron, magnesium, selenium, zinc
- Anti-inflammatory
 - Lowers blood pressure
 - Coronary disease
 - Breast, colon and prostate cancers
 - Arthritis

Benefits of Crushed Flax

- All Natural nutrition remains in product
- Live food – No heat
- No problems digesting it
- More flavor
- No inert gasses
- No chemicals, preservatives or enrichments
- Does not need to be refrigerated
- Extended shelf life

Flax is used to treat patients in India



Crushed Flax



Traditional Milled Flax

Dietary Fiber - 2.8 g / Tbsp - 9.3% DV
Protein - 2 g / Tbsp
Manganese - 19.9 ppm
Iron - 51.4 ppm

Crushed Flax

Dietary Fiber - 4 g / Tbsp - 17% DV
Protein - 3 g / Tbsp
Manganese - 29.3 ppm
Iron - 63.2 ppm

Most nutrition follows the same trend

We should not worry about total carbs.

1 Tbsp Crushed Flax is **5 Total Carbs** and **4 gm Dietary Fiber** = **1 Net Carb**

Manganese

- Very important mineral to keep brain functioning normally
- Helps control blood sugar levels and regulates glucose metabolism
- Keeps a healthy nervous system
- Promotes digestion while keeping away constipation and bowel discomfort
- Helps absorb vital vitamins (B and E) and minerals (magnesium)
- Boosts metabolism

Uses of Crushed Flax





Crushed Wheat



Whole Wheat Flour

- Germ cells removed along with
 - Half unsaturated fatty acids
 - Virtually all Vitamin E
 - Half the calcium
 - 70% of phosphorus
 - Many more
- Chemicals created
 - Alloxan – proven to cause cancer in rats
- Chemicals Added
 - Benzoyl peroxide, Potassium Bromate, Aziobicarbonamide, Datem, Calcium Propionate along with many others.
 - These are FDA approved
 - Most of these are linked to cancer, Diabetes, ADHD and other health risks

Crushed Wheat

- No Chemicals, enrichments or preservatives
- No heat
- Protein
- More fiber
- Live nutrition
- Natural nutrition
- Complex Carbohydrate
- Extended shelf life
- Able to build your Crushed Wheat with the nutrition you want

Wheat Germ

❖ High in Antioxidants

❖ Promotes Regularity

❖ Stabilizes Blood Sugar

❖ Improves Heart Health

❖ Helps with Weight Management

❖ May Block Cancer Grow

Vitamin E – Tocopherol

1 oz = 4 g of Dietary Fiber

High Fiber – Sugar and cholesterol

Atherosclerosis, 45 studies

1 oz = 101 calories

Avemar – Fermented Wheat Germ
is shown to kill cancer cells

❖ Dr. Axe

Wheat Bran

Improves Body metabolism

Prevents Type 2 Diabetes

Reduces Chronic Inflammation

Prevents Gallstones

Prevents Breast Cancer

Promotes Women's Gastrointestinal Health

Prevents Childhood Asthma

Protects Against Coronary Diseases

Relieves Postmenopausal Symptoms

Health Benefits of Wheat 



Nutrients* Protein 27% Carbohydrate 24% Calories 17%	Vitamins* Niacin 34% Thiamin 28% Vitamin B6 21%	Minerals* Manganese 151% Selenium 128% Phosphorus 51%
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Dietary Fiber in Crushed Wheat

Flour - .85 g/1/4 cup

Crushed Wheat #1 – 1.0 g/1/4 cup

Crushed Wheat #2 – 6.3 g/1/4 cup

Crushed Wheat #3 – 21.9 g/1/4 cup

Crushed Wheat #4 – 20.8 g/1/4 cup

RDA – Over 40 years old – Women -25 g

Men – 38 g

Whole Grains are 2nd best source of Dietary Fiber – Crushed Grains even better

High intakes of dietary fiber appear to significantly lower risk for developing

- Diabetes
- Coronary Heart Disease
- Stroke
- Hypertension
- Obesity
- Certain gastrointestinal diseases
- Blood pressure
- Serum cholesterol levels

Countries That Have Banned One or More Parts of Modern Flour

- European Union, Argentina, Brazil, Canada, Nigeria, South Korea, Peru, Australia, United Kingdom and some other countries. It was banned in Sri Lanka in 2001, China in 2005, and India on 20 June 2016.
- In Singapore the penalty for using Potassium Bromate is 15 years in prison and \$500,000 fine
- It was banned in Japan but they claim to have found a better way around it so in the last year they are now starting to use their method



The Gluten Issue

How to Bake

by Paula Figoni

The Formation and Development of Gluten

Flour itself does not contain gluten. Instead, flour contains two proteins (glutenin and gliadin) that form gluten when water is added. Besides water, gluten requires mixing to form a strong, continuous network.

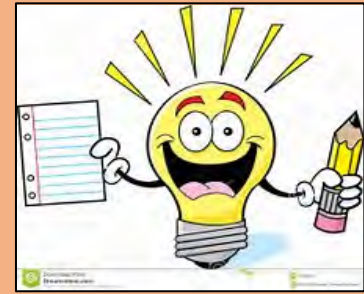
Gluten is a dynamic system, constantly changing as it is handled, but overall, it becomes strong and stretchy as it is mixed. Glutenin is thought to provide most of

the strength, also called *tenacity*, to gluten, while gliadin provides its stretchiness, or *extensibility*. Glutenin also provides *elasticity* to gluten; that is, its ability to bounce back once it is stretched or pressed.

Although glutenin and gliadin molecules cannot be seen, changes to gluten are reflected by what is seen in the bakeshop. That is, batters and doughs become



My Thoughts on Gluten



- Gluten has been around for 5000 years. Why has it only been a problem in the last 20 years?
- There are studies documented that say Gluten is not the enemy.
- If the toxins and chemicals we know are unhealthy and lead to several health ailments, would it not make sense this is also the problem with Gluten symptoms?



Crushed Oats

- Ingredient List – We have same ingredient list as store bought oats – OATS
- Rolled oats are heated up to prevent destroyed cells from going rancid
 - This process kills enzymes and nutrition in oats
- We do not destroy cells in the oats, therefore no heat is needed
 - 100% natural nutrition in crushed oats
 - No chemicals, preservatives or enrichments



Websites to Help Educate Yourself

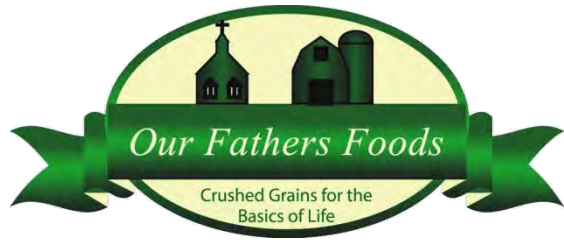
- [Heathy Foods for Healthy Lives Presentation](#)
- [Bihn Crusher Crushing Wheat](#)
- [Healthy Grain Crushing Website](#)
- [Cancer Fighting Benefits of Flaxseed](#)
- [FIVE Bread Ingredients You Absolutely Should Avoid](#)
- [How and Why is Flour Bleached](#)
- [A Possible Carcinogen Is Still Lurking in America's Bread](#)
- [Scientists Who Found Evidence for Gluten Sensitivity Have Now Shown It Doesn't Exist](#)
- [FDA Warns About Lupin Allergy Gluten Free Foods](#)

Additional Reference

- [The Little Known Secrets about Bleached Flour](#)
- [When You See What's in These Popular Fast Food Buns You'll Run](#)
- [10 Banned Foods Americans Should Stop Eating](#)
- [Are You Eating This Ingredient Banned All Over the World?](#)
- [Wheat Germ: Benefits for the Gut, Heart & More](#)
- [Wheat Bran Nutrition Information](#)
- [Organic Facts](#)

Contact Information

- www.healthygraincrushing.com
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