

**“Nourish Your
Body, Naturally:**

**The Truth About...
Fresh Milled Grains
vs.
Crushed Grains**

Learn why traditional milling strips nutrients and how *His Saving Grains* keeps them intact!



Our grain products are crafted from whole, naturally-sourced grains that are gently processed to preserve live enzymes and essential nutrients, delivering a delicious, non-inflammatory boost daily nutrition for people and animals.

We invite you to try our full range of grain products and experience the wholesome benefits of naturally nutrient-rich ingredients.

Food Products

Wheat
Corn
Rolled Oats
Flax
Sunflower
Buckwheat
Quinoa
Noodles
Coffee

Animal Feed

Chicken layer
Chicken Broiler
Turkey
Goats
Horse
Beef Cattle
Dairy Cattle
Colt
Pig
Deer

By keeping the grains as close to their natural state as possible, our products deliver a more nutrient-dense, balanced, and health-promoting option for your daily diet.



Ft. Recovery , Ohio
email: info@HisSavingGrains.com
www.HisSavingGrains.com

Refining food strips away vital nutrients, effectively turning white flour into a form of sugar. Essential losses include half of the beneficial unsaturated fats, nearly all of the vitamin E, 50% of calcium, 70% of phosphorus, 80% of iron, 98% of magnesium, and up to 80% of the B vitamins—plus many other nutrients.

At His Saving Grains, we share your passion for healthy, truly nourishing foods. We don't just feed you— we nourish you with natural, live nutrition. Our patented process and machinery gently crush grains, preserving their vital living cells for maximum flavor and benefits. Enjoy the perfect balance of taste and nourishment without any synthetics, chemicals, enrichment, preservatives, or heat.

Experience 100% natural whole cell nutrition that supports a non-inflammatory diet and promotes better health—where every grain bursts with the life force of a germ cell, ready to kickstart new growth.



Buying Healthy Whole Cell Gently Crushed Grains vs Other Grinding Methods

Preserving Freshness from other methods of grinding:

- Use within 3 days for maximum nutrition.
- Refrigerate or freeze in an airtight container to slow oxidation.
- Store in a dark, cool place to protect against heat and light exposure.

His Saving Grains Gently Crushed Grains

- No cells are destroyed
- No need for traditional or any additional processing or enrichment
- All the natural nutrition is still in each cell and germ cell.
- Shelf Life is longer since cells are unbroken

Faith, health, and whole grains, reclaiming the way God intended them to be.

What Happens to Freshly Milled Flour?

The moment wheat is milled, it begins losing its nutritional value due to exposure to oxygen, light, and moisture. The speed of nutrient degradation depends on storage conditions, but significant losses occur within just days. Here's a breakdown of what happens over time:

Day 0 (Immediately After Milling):

- **Vitamins:** Freshly milled flour contains its full spectrum of B vitamins and vitamin E.
- **Minerals:** The mineral content remains intact, as minerals are stable and resistant to degradation.
- **Lipids (Fats):** Natural oils from the germ are fresh and unoxidized.
- **Enzymes:** Enzymatic activity is at its highest, which can enhance baking properties.

Day 1-2:

- **Vitamins:** Oxygen and light begin degrading sensitive vitamins, especially vitamin E and B vitamins.
- **Lipids:** Unsaturated fatty acids in the germ start oxidizing, leading to the formation of free radicals.
- **Enzymes:** Enzymatic activity may subtly alter flour properties, affecting gluten development.

Day 3-7:

- **Vitamins:** Up to 50% of vitamin E and B vitamins may be lost within 72 hours.
- **Lipids:** Oxidation progresses, causing the flour to develop off-flavors and odors.
- **Enzymes:** Continued enzymatic changes can impact dough consistency.

Day 8-14:

- **Vitamins:** Further degradation occurs, leading to substantial nutrient loss.
- **Lipids:** Rancidity becomes noticeable, making the flour less palatable.
- **Enzymes:** Enzymatic activity slows as nutrients diminish.

Day 15 and Beyond:

- **Vitamins:** Most sensitive vitamins are depleted.
- **Lipids:** The flour develops a strong rancid smell and taste, making it unsuitable for use.
- **Enzymes:** Flour loses its baking properties, affecting dough rise and texture.

Which Method is Best for Nutrition?

Grinding Method	Nutrient Retention	Heat Generation	Texture	Shelf Life
Stone Grinding	Moderate (if whole grain is milled)	Low	Coarse to fine	Short (weeks)
Steel Roller Milling	Low (Bran & germ removed)	Moderate	Very fine	Moderate
Hammer Milling	Moderate (if whole grain is milled)	Moderate	Fine	Moderate
Impact Milling	Moderate	High	Ultra-fine	Moderate
Burr Milling	Moderate (if whole grain is milled)	Low	Variable	Short
Wet Milling	Moderate	Low	Varies	Moderate
His Saving Grains	High (Live Nutrition retained)	Minimal	Coarse to fine	Long (6 years and counting)

Our Products contain No chemicals, Enrichment, Preservatives or Heat and use no synthetics that trigger inflammation.