

Gently Crushed Whole Cell Wheat



Is There a Difference ??

YES !!

Incrementally and Gently Crushed
to retain. **“ALL Live Nutrition “**

No Added Chemicals

Natural Live Nutrition

Does NOT Destroy Cells

Extended Shelf Life

Replace conventional flour

Great for

Type 2 Diabetics

Gluten Sensitive

Inflammatory Issues

Leaky Gut



The Dietary Fiber and Carbohydrates in our grains are not refined. This improves the qualities of both!! Now we have Complex Carbohydrate and the Dietary Fiber follows!

We have not found a shelf Life yet in our grains.

Three years is what we have tested.

**No chemicals, Enrichment, Preservatives or Heat
No Synthetics are used which causes inflammation in the body**

The body will not attack itself as we do not use synthetics !

- We do not open the cell to oxidation which then causes rancidity.
- We do not need preservatives as does the modern technology
- 100% Complex Carbohydrates and Dietary Fiber - A Diabetics Dream

Good for People with:

Gluten Sensitivities

Diabetes

Inflammatory Issues

Leaky Gut

Check out our website to see the testimonies we have from people with these issues !

www.hissavinggrains.com

Healthy Foods

If you are one of the people looking for healthy foods, We are too!

Here at **His Saving Grains**, we not only feed people without synthetics, we nourish them!!

Many people do not distinguish between those, but we do. We also understand that people eat for two reasons, taste and nourishment. We have both.

His Saving Grains has two patents - one each on the process and machine where we can gently crush grains without destroying cells.

This gives our products two main benefits:

1. 100% Natural and Live Nutrition
2. No chemicals, enrichment, preservative or heat is used.

There is not a better equation for a NON-INFLAMMATORY diet!! MORE NATURAL WHOLE CELL NUTRITION MINUS SYNTHETIC PRESENCE EQUALS BETTER HEALTH!!

- 100% Natural and Live Nutrition
- No heat needed to kill live enzymes
- No chemicals to kill or slow oxidation

The Germ Cell is alive and well in the grains

This is the burst of nutrition for the next plant to start its life!!








Ft. Recovery , Ohio

www.HisSavingGrains.com

email: info@HisSavingGrains.com

Crushed Wheat VS White Flour

| Crushed Wheat | White Flour |
|---|---|
| 1 Protein  | |
| 20 grams per cup | 13 grams per cup |
| 2 Fiber  | |
| 4 grams per cup | 3.4 grams per cup |
| Increased fiber contributes to the feeling of fullness and increases digestive health | |
| 3 Live Food  | |
| <ol style="list-style-type: none"> 1. No cells are destroyed during the crushing process. 2. Unlike white flour crushed wheat does not require additional chemicals or preservatives. 3. Crushed wheat is all natural enzymes, bacteria, and nutrition. | |
| 4 Natural Nutrition  | |
| <ol style="list-style-type: none"> 1. Chemical bleaching agents are used to enhance the color in white flour. 2. Man made vitamin B and Iron are put back into white flour after it has been processed. 3. Crushed wheat has no artificial nutrients added or taken out. | |
| 5 Simple VS Complex Carbohydrates  | |
| <ol style="list-style-type: none"> 1. Crushed wheat is a complex carbohydrate. <ol style="list-style-type: none"> i. Takes longer for the body to break down ii. Broken down into simple sugars & used slowly over time. | <ol style="list-style-type: none"> 2. White flour is a simple carbohydrate. <ol style="list-style-type: none"> i. Easily broken down by the body. ii. Raises blood glucose levels |

The Truth about Dietary Fiber

Fiber is a substance in plants. Dietary fiber is the kind you eat. It's a type of carbohydrate. You may also see it listed on a food label as soluble fiber or insoluble fiber. Both types have important health benefits. Make sure to differentiate between the two as many labels, marketing and health experts do not.

Dietary Fiber is the toothbrush that cleans your digestive system

- Makes colon more efficient at absorbing nutrition
- Helps in cancer prevention, especially colon cancer
- Helps with weight loss
- Helps prevent constipation
- Helps with Cardiovascular Health
- Helps stabilize blood sugar levels
- Helps to lower cholesterol

Processed foods remove much of the dietary fiber in the processing while Gently Crushed Grains keep 100% of the Dietary Fiber in the grains and in its natural form.

Dietary Fiber is not compromised in crushing so it remains whole with ZERO man-made synthetic chemicals. Your body recognizes the nutrition and knows what to do with it.

Around 75% of Americans do not get their recommended daily dietary fiber according to the CDC

Good sources of dietary fiber include

Gently Crushed Grains
Nuts and seeds
Fruit and vegetables

Whole grains, in current food markets, are the best source of Dietary Fiber. Gently Crushed Grains are better and have ZERO man-made synthetic chemicals in them.

Complex versus Simple Carbohydrate

Carbohydrates have been touted as unhealthy for people to eat even though they contain many Trace Minerals and Dietary Fiber which are fundamental for our health.

Carbohydrates are also the primary energy source for our bodies and minds. Carbohydrates have also been grossly miscategorized as there are Simple and Complex Carbohydrates and yet many nutrition labels and marketing ploys simply refer to carbohydrates as one product. There is a huge difference between the two types of Carbohydrates and when you are looking at your health, you will want to differentiate between the two. Your health may be at stake if you do not. Everyone should consume Complex Carbohydrates for health to add Dietary Fiber and Trace Minerals in their diet. Two sources of Trace Minerals are well water and grains, both of which are being limited in our society. Americans are mineral deficient for a reason!!!

Complex Carbohydrate

Dietary Fiber
Trace Minerals
2 or more sugars
Oligosaccharides
Polysaccharides
Contain molecule chains
Digested slower over time
Longer energy over time

Simple Carbohydrate

Processed/Refined
Trace Minerals Removed
2 or less sugars
Monosaccharides
Disaccharides
Contain individual molecule
Digest quickly
Enters the blood stream quickly

Simple Carbohydrates are refined by current processes as the cell inside the grain is destroyed and will oxidize. This means the grain has a limited shelf life. Gently Crushed Grains have the cells undamaged and therefore there is no processing of the grains or shelf life. This means Gently Crushed Grains have 100% Complex Carbohydrates. This means diabetics can enjoy gently crushed grains!!

This is the same for all our Gently Crushed Grains. Wheat is called the "Staff of Life" in the Bible because it has the basic nutrition we need for gut health so that we can digest and use other nutrition we digest. Carbohydrates are not our enemy in their natural state. They become a concern after they are refined. Carbohydrates are needed for our health and well-being, even to be able to digest other foods and nutrition. They are also necessary for Minerals!!