

Daily Bread-A Basic Source of Life

Whole-grain bread is one of the “fiber-rich foods that is essential to physical health. Its function of preventing diseases is well documented.

The rapid deterioration

of milled wheat motivates us to seek daily bread. Grain begins to deteriorate as soon as its protective hull is cracked.

Wheat germ oil becomes rancid

Bacteria and mold grow rapidly in the rich flour of whole wheat.

The wheat vitamins are oxidized.

Whole wheat bread is one of the few foods which has an entire complement of B vitamins and is rich in vitamin E. However, breaking the protective layer of bran which surrounds a kernel of wheat exposes these vitamins and minerals to oxygen.

Wheat grain loses its elasticity when large amounts are processed

. Grain bread loses its nutrition potential when bakers shorten the rising process. Without the chemical interactions which take place as bread rises slowly, minerals remain locked in the flour in a form which our bodies cannot digest and use. Whole wheat bread which rises slowly is substantially higher in potassium, magnesium, zinc, and vitamins B-6, B-12 and pantothenic acid. Pantothenic acid is a B vitamin which has been demonstrated to slow the effects of aging. It is 25 times more concentrated in whole wheat bread than it is white enriched bread. Almost all of the amino acids which are essential for life are contained in various grains. Thus, wheat germ is known as a “complete protein”

Bread begins to grow stale after it is baked.

Decreases the risk of diseases

- Daily bread almost eliminates the danger of appendicitis
- Daily bread removes the cause of diverticular disease
- Daily bread avoids the complication which results in Hiatal Hernia
- Daily bread prevents hemorrhoids and is the best treatment for them
- Daily Bread reduces the risk of developing varicose veins
- Daily bread decreases the danger of heart disease
- Daily bread reduces the occurrence of diabetes
- Daily bread eliminates large bowel cancer
- Daily bread prevents gallstones
- An increase of Daily bread decreases obesity
- The fiber in daily bread greatly reduces constipation– a major cause of “Western diseases”