

WHITE BREAD AND PROCESSED FOODS

POISONS ARE HARAAM – WHITE BREAD AND PROCESSED FOODS CAUSE CANCER AND DESTROY THE BODY

The Truth About Refined, Flours

It is a “well-known and tragic fact that in the formulation of the great majority of today’s processed foods, the primary considerations of the manufacturer are taste, mouth-feel, appearance, shelf life and profit. Sadly, the all-important considerations, these being the nutritional value of the product, and the effect that the product will have upon the health of the consumer, are not always given the attention that they deserve.

This oversight has resulted in the proliferation of very attractive, very tasty, very long-lasting food products that have as their main ingredients, refined sugar, highly refined grains, and highly refined hydrogenated fats. Whatever else is included will usually amount to little more than a wonderful combination of chemicals that are used to preserve the products to enhance the flavour, to improve the colour, and or to modify the texture.

If such foods were used only on rare occasions, the situation would not be as serious as it is, but the sad fact is that the majority of families are now using such foods as their primary source of nourishment - with devastating results. As the remainder of this leaflet should convincingly prove to you, this is one major reason why so many people complain of lack of energy, why so many are constipated, and why so many are plagued by ever-recurring illnesses.

The wheat grain consists of five main components:

- **the germ**, or embryo from which a new plant develops, rich in protein, vitamins and minerals:
- **the endosperm**, the starchy interior;
- **the aleurone layer**, a thin layer rich in protein, vitamins and phytic acid;
- **the bran**, a rich source of protein and fibre;
- **the husk**, the external fibrous part;

What is most tragic, however, is that when wheat is refined, the outer layers of the grain are removed along with most of the nutritive elements that are so essential to the maintenance of life. This leaves a refined end product that is, at best, hopelessly deficient in nutritional value and sadly lacking in essential fibre.

In the refining process, the germ of the wheat is also removed. The following is a list of the many vital elements that are found in this little power-house of natural goodness. These include: vitamin A, vitamin E, vitamin C, niacin, riboflavin, thiamine, inositol, folic acid, folinic acid, biotin, vitamin B6, vitamin B12, choline, para amino benzoic acid, pantothenic acid, alpha-lipoic acid, calcium, phosphorous, magnesium, sodium, potassium, iron, copper, manganese, cobalt, molybdenum, and zinc.

Obviously, therefore, when we use refined foods, as in the case of refined white flour products, we are using food that has been deprived of much that is essential to the body's energy needs and to the maintenance of good health. We certainly cannot deny that the process of refining has distinct advantages for both the manufacturer and the retailer in that, once refined, the product will have a longer shelf life but, as far as the consumer is concerned he now has to make use of a food that is seriously lacking in vitamins, minerals, trace elements, bran, fibre, and natural oils - and he will surely suffer as a result. Refined foods now make up the bulk of our diet, with white flour, white sugar, white rice, processed oil and margarine being the main culprits. Is it any wonder, therefore, that our immune systems can no longer counteract infection? Is it any wonder that so many people suffer from nutritional deficiencies?

Food refining is good for the food business - but it is also good for the vitamin business. There certainly is no mystery as to why so many people are desperately turning to nutritional supplements. Yet, surely, is it not more beneficial, wiser, and far more economical, first to do all

in our power to obtain our nutrition from organic, unrefined foods rather than rely solely on expensive, inorganic tablets and/or tonics?

'Why spend money on what is not bread and your labour on what does not satisfy?' - Thinking people the world over are asking this very question and, on the evidence of science and simple logic, they are turning their backs on refined foods. These people have realised and accepted that life simply cannot be sustained on a diet that is high in fat, high in sodium, high in sugar, high in preservatives, highly acid-forming, highly refined, and low in all of the vital nutrients that are so essential to the functioning of the living organism. Nobody ever questions the fact that we must feed our horses balanced rations, that we must correctly fertilise our plants, and that we must give the correct octane fuel to our motor cars. Yet, strangely, so many people seem to have extreme difficulty in understanding that our bodies have the same uncompromising energy requirements as do horses, plants and motor vehicles.

None of us would dream of running our cars on the wrong fuel, yet, by using a diet that is high in refined foods, we are attempting to run our lives on what we might term 'wrong fuel' - with costly, painful and often tragic consequences which follow.

Panna mills produces a range of unrefined whole-wheat Stoneground flours. Previously these flours were only available from selected health shops at prices that are unaffordable to the general consumer for everyday use. Panna's Wheat Flour and Panna's Roti Flour are two unrefined whole-wheat flours that are inexpensive and full of natural goodness. All flours are manufactured using the highest grades of local wheat.

Source: Neville Mandy – Disease Free (The Natural Health Foundation)

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