



The Wheat Demo Vial Display Kit

1. **Whole Wheat:** nature's storehouse of 44 vitamins and minerals plus bran "locked in." Wheat requires planting or milling to unlock its magnificent nutritive and therapeutic qualities. The body recognizes whole wheat as a complex carb, and therefore doesn't affect the glycemic index.
2. **Bran:** Essential to good health. Bran permits the body to rapidly eliminate wastes and toxins that result from the digestive process. Wastes and toxins are believed to be the cause of many health problems and disease. In addition, the world's consumption of highly processed foods, (consisting mainly of white flour, fats and sugars, without bran), is definitely the cause of obesity, diabetes, heart and circulation problems.
3. **Middlings:** the highly nutritious outside layer directly under the bran. This part of the wheat kernel, which contains a high percentage of minerals and vitamins, is removed and sold to ranchers and farmers as livestock feed.
4. **Wheat Germ:** This important source of vitamins and minerals is also removed and sold separately as a food or food supplement.
5. **Wheat Germ Oil:** The wheat germ oil is rich in vitamins also, but it is removed along with the wheat germ to insure longer shelf life. Oils exposed to air oxidize and rapidly turn rancid, giving a bitter taste to foods that become harder to digest. Rancid oils have also been shown to be carcinogens. Wheat germ oil is widely used in cosmetics because of its high percentage of Vitamin E. Contains 22 amino acids
6. **White Flour:** The result of commercial milling process is white flour. Almost entirely devoid of Nutritional value. It is tasteless (flour and water make paste) and is usually flavored with sugars, Fats and salt. White flour, which is without bran, cannot be easily digested and is at the root of Many of today's diseases, obesity, constipation, diabetes, hypoglycemia, hypertension, heart disease, etc. "Enrichment", which is required by government regulations, consists of only Restoring artificially small amounts of thiamin, niacin, B1, B2, folic acid, and iron.