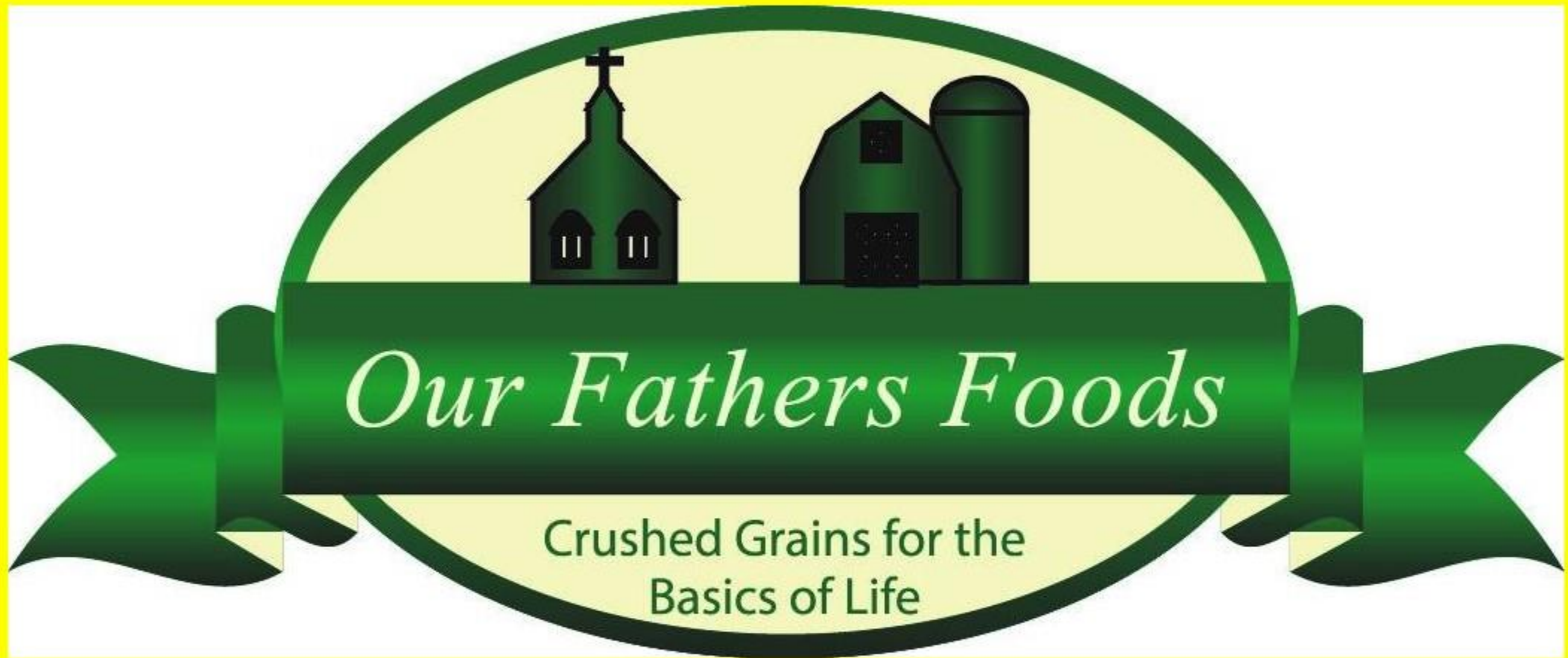


**We not only feed people**



**We NOURISH them**

# Why to buy our food....

- Healthcare is a big topic today
  - Affordable Care Act
  - New Health Care Bill
  - Medicaid/Medicare
  - Pharmaceutical Companies



- Control what you can control and do not worry about the rest!!

- Preventative Healthcare



# What determines healthy food??

1. Seed - GMO, Treated
2. How the farmer prepares the soil
3. Processing foods
4. Packaging/Preserving
5. How it is prepared to eat



CDC reports the average American has 29 pesticides in them



# BIHN CRUSHER



*Environmentally Friendly*

*No Metal to Metal Contact*

*No Heat*

*No Grain Gets Wasted*

*No Dust*

*We Sieve Grain After Crushing*

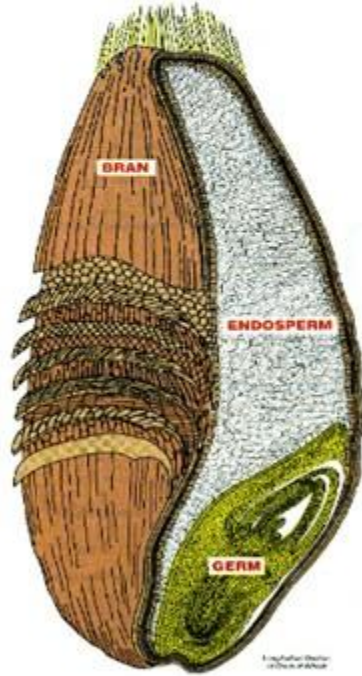
## DOES NOT DESTROY CELLS

<https://www.youtube.com/watch?v=05WNTMnQBJ8>

# INCREMENTAL CRUSHING

- Seed Deconstruction Through Crushing – Overwhelming with Power
- Cells Remain Whole
- No Oxidation of Cells

No Grinding – Which  
Destroys the  
Grain Cells



- Extended Shelf Life
- No Chemicals, Preservatives or Enrichments
- No Heat Needed
- Natural Nutrition
- Live Nutrition
- Complex Carbohydrate
  
- More Natural Whole Cell Nutrition – Synthetic Presence = Better HEALTH



# Crushed FLAX



## • Benefits of Flax

- One of top plants in Omega 3
- Lowers LDL (bad cholesterol)
- Increases HDL (good cholesterol)
- Vitamins E, B complex
- Minerals – manganese, potassium, calcium, iron, magnesium, selenium, zinc
- Anti-inflammatory
  - Lowers blood pressure
  - Coronary disease
  - Breast, colon and prostate cancers
  - Arthritis

## • Benefits of Crushed Flax

- All Natural nutrition remains in product
- Live food – No heat
- No problems digesting it
- More flavor
- No inert gasses
- No chemicals, preservatives or enrichments
- Does not need to be refrigerated
- Extended shelf life

Flax is used to treat patients in India



# Crushed Flax



## Traditional Milled Flax

Dietary Fiber - 2.8 g/tbsp. – 9.3% DV

Protein - 2 g/tbsp

Manganese - 19.9 ppm

Iron - 51.4 ppm

Most nutrition follows the same trend

We should not worry about total carbs.

1 tbsp Crushed Flax

## Crushed Flax

Dietary Fiber - 4 g/tbsp. – 17% DV

Protein - 3 g/tbsp

Manganese - 29.3 ppm

Iron - 63.2 ppm

Total Carbs - Dietary Fiber = Net Carbs

5 g - 4 g = 1g

# Manganese

- Very important mineral to keep brain functioning normally
- Helps control blood sugar levels and regulates glucose metabolism
- Keeps a healthy nervous system
- Promotes digestion while keeping away constipation and bowel discomfort
- Helps absorb vital vitamins (B and E) and minerals (magnesium)
- Boosts metabolism



# Uses of Crushed Flax





# Crushed Wheat



- Whole Wheat Flour

- Germ cells removed along with
  - Half unsaturated fatty acids
  - Virtually all Vitamin E
  - Half the calcium
  - 70% of phosphorus
  - Many more
- Chemicals created
  - Alloxan – proven to cause cancer in rats
- Chemicals Added
  - Benzoyl peroxide, Potassium Bromate, Aziobicarbonamide, Datem, Calcium Propionate along with many others.
    - These are FDA approved
    - Most of these are linked to cancer, Diabetes, ADHD and other health risks

- Crushed Wheat

- No Chemicals, enrichments or preservatives
- No heat
- Protein
- More Dietary fiber
- Live nutrition
- Natural nutrition
- Complex Carbohydrate
- Extended shelf life
- Able to build your Crushed Wheat with the nutrition you want

# WHEAT GERM

- |                                |   |
|--------------------------------|---|
| ❖ High in Antioxidants         | Vitamin E – Tocopherol                                      |
| ❖ Promotes Regularity          | 1 oz = 4 g of Dietary Fiber                                 |
| ❖ Stabilizes Blood Sugar       | High Fiber – Sugar and cholesterol                          |
| ❖ Improves Heart Health        | Atherosclerosis, 45 studies                                 |
| ❖ Helps with Weight Management | 1 oz = 101 calories   |
| ❖ May Block Cancer Growth      | Avemar – Fermented Wheat Germ is shown to kill cancer cells |

Dr. Axe

# WHEAT BRAN

**Improves Body metabolism**

**Prevents Type 2 Diabetes**

**Reduces Chronic Inflammation**

**Prevents Gallstones**

**Prevents Breast Cancer**

**Promotes Women's Gastrointestinal Health**

**Prevents Childhood Asthma**

**Protects Against Coronary Diseases**

**Relieves Postmenopausal Symptoms**

## Health Benefits of Wheat

Organic  Facts



**Nutrients\***  
Protein 27%  
Carbohydrate 24%  
Calories 17%

**Vitamins\***  
Niacin 34%  
Thiamin 28%  
Vitamin B6 21%

**Minerals\***  
Manganese 151%  
Selenium 128%  
Phosphorus 51%

# Dietary Fiber in Crushed Wheat

Flour - .85 g/1/4 cup

Crushed Wheat #1 – 1.0 g/1/4 cup

Crushed Wheat #2 – 6.3 g/1/4 cup

Crushed Wheat #3 – 21.9 g/1/4 cup

Crushed Wheat #4 – 20.8 g/1/4 cup

RDA – Over 40 years old – Women -25 g

Men – 38 g

Whole Grains are 2<sup>nd</sup> best source of Dietary Fiber – Crushed Grains even better

High intakes of dietary fiber appear to significantly lower risk for developing

- Diabetes
- Coronary Heart Disease
- Stroke
- Hypertension
- Obesity
- Certain gastrointestinal diseases
- Blood pressure
- Serum cholesterol levels

# Countries that have banned one or more parts of modern Flour

- European Union, Argentina, Brazil, Canada, Nigeria, South Korea, Peru, Australia, United Kingdom and some other countries. It was banned in Sri Lanka in 2001, China in 2005, and India on 20 June 2016.
- In Singapore the penalty for using Potassium Bromate is 15 years in prison and \$500,000 fine
- It was banned in Japan but they claim to have found a better way around it so in the last year they are now starting to use their method



# The Gluten Issue

*How to Bake*

by Paula Figoni

## **the Formation and Development of Gluten**

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Flour itself does not contain gluten. Instead, flour contains two proteins (glutenin and gliadin) that form gluten when water is added. Besides water, gluten requires mixing to form a strong, continuous network.

Gluten is a dynamic system, constantly changing as it is handled, but overall, it becomes strong and stretchy as it is mixed. Glutenin is thought to provide most of

the strength, also called *tenacity*, to gluten, while gliadin provides its stretchiness, or *extensibility*. Glutenin also provides *elasticity* to gluten; that is, its ability to bounce back once it is stretched or pressed.

Although glutenin and gliadin molecules cannot be seen, changes to gluten are reflected by what is seen in the bakeshop. That is, batters and doughs become



# My thoughts on Gluten



- Gluten has been around for 5000 years, Why has it only been a problem in the last 20 years?
- There are studies documented that say Gluten is not the enemy.
- If the toxins and chemicals we know are unhealthy and lead to several health ailments, would it not make sense this is also the problem with Gluten symptoms?





# Crushed Oats

- Ingredient List – We have same ingredient list as store bought oats – OATS
- Rolled oats are heated up to prevent destroyed cells from going rancid
  - This process kills enzymes and nutrition in oats
- We do not destroy cells in the oats therefore no heat is needed
  - 100% natural nutrition in crushed oats
  - No chemicals, preservatives, or enrichments



# Additional Websites to help educate yourself

- [https://www.youtube.com/watch?v=q0\\_HmbEMLgY](https://www.youtube.com/watch?v=q0_HmbEMLgY)
- <https://www.youtube.com/watch?v=05WNTMnQBJ8>
- <https://www.healthygraincrushing.com>
  
- <https://thetruthaboutcancer.com/cancer-fighting-benefits-of-flaxseed/>
- <http://www.fooducate.com/app#!page=post&id=57A345C5-12E9-AC6F-40C8-A9A27BDD8754>
- <http://www.eatingrealfood.com/articles/how-and-why-is-flour-bleached/>
- <http://www.takepart.com/article/2015/10/15/possible-carcinogen-bread>
- <http://www.sciencealert.com/scientists-who-found-evidence-for-gluten-sensitivity-have-now-shown-it-doesn-t-exist>
- <http://www.prevention.com/food/healthy-eating-tips/fda-warns-about-lupin-allergy-gluten-free-foods>

# Additional Websites II

- <https://authoritynutrition.com/why-refined-carbs-are-bad/>
- <http://articles.mercola.com/sites/articles/archive/2009/03/26/The-Little-Known-Secrets-about-Bleached-Flour.aspx>
- <https://foodbabe.com/2016/01/27/when-you-see-whats-in-these-popular-fast-food-buns-youll-run/>
- <https://foodrevolution.org/blog/10-banned-foods-americans-stop-eating/>
- <https://foodbabe.com/2013/09/23/are-you-eating-this-ingredient-banned-all-over-the-world/>
- <https://draxe.com/wheat-germ/>

## Additional Websites III

- <https://www.livestrong.com/article/41495-wheat-bran-nutrition-information/>
- <https://www.organicfacts.net/>

# Contact Information

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