

FLOWERS, NOT FLOUR



Cooked and processed grain products, be they organic whole grain or denatured, contribute to poor health. It was once said that the difference between white flour products and whole grain flour products were the dead brown particles amongst the non-nutritious powder. The health industry has convinced the populace that there is great gain in consuming whole grain products, when, in fact, any cooked food carries with it many dimensions of concern. Over the last decade, studies have exposed the carcinogenic effect of high heat applied to grain products. A chemical reaction is created in which the carbohydrate literally mutates into acrylamide. In addition to this disastrous outcome, all flour products (breads, pretzels,

bakery goods, crackers, pasta, couscous, etc.) break down into sugar, saturating the bloodstream with disease-causing chemistry. Our universal addiction to sugar makes it difficult to squelch the desire for and consumption of these familiar and tasty treats. In the encyclopedia, next to comfort foods, there should be a picture of flour products. As a child, it is likely that your first intimacy with powdered grain was in the process of making plaster of Paris. After drying, the rock-hard sculptures that you molded stood in place and probably remained so unless they ended up in the garbage. Your intestines do not welcome such problematic ingestibles. It is your sick sense of need for emotional pacification that leads you to literal-

ly "eat glue." Diseases that are multiplying like rabbits, such as Celiac disease and wheat allergies, are yet another good reason to avoid these catastrophic culprits. When wise, one determines that it is best to soak grains, renewing their life and converting them back to the highly nutritive, excessively digestible and energy-filled plants from which they were spawned. Sprouted grains are in direct opposition to cooked and floured grains and should be a part of every serious health-seeker's menu. When germinating these delicacies, allergy concerns and their accompanying symptoms are most often eradicated. From this time on consider live grains to be a filling friend that favors health and fulfill the comfort zone.