

# Why flour is more deadly than sugar



My fellow Kansan's may send me packing for the following observation, after all we are the wheat state.



Water

+



Flour

=



When I was a child there was no Elmer's or Crazy glue we used plain old flour and water. Each school year we were required to bring a 5 lb. bag of flour to make our own paste.

**As Dr. Andrew Weil says -- flour is NOT whole grain, no matter what the package says, it is simply pulverized STARCH.**

Each time we eat pasta, breads or cereals we are eating paste and I don't think that is good for our blood vessels, our heart, liver or immune system. They should not be classified as *food*. They are simply fillers we invented thousands of years ago to keep people from starving but, provide NO nutritional value at all. That is why

bread and cereals have had to be **fortified** all these years. Processing whole grains removes all the nutrition so it has to be put back. What a waste and how awful to watch our waistlines continue to expand into obesity and oblivion.

An example of WHOLE grain is steel cut or Irish Oats. These nubbins are EXACTLY as they were when removed from the stalk of oats. The nutrition and fiber are completely intact and GOOD for you. Cook them in Skim milk instead of water. They are delicious and you don't need sugar, as the milk is quite sweet. Milk has natural sugars but only become apparent when the fat is removed.



## What Triggers Your Cravings?

- You're too frazzled for breakfast
- You skipped lunch and want drive-thru food
- You're in a midday energy slump
- Dinner will be late and you want food now
- You're snacking instead of sleeping

**The answer: a hand full of raw organic nuts will keep the munchies away!**

## Did you know????

Blackberries are a natural laxative? Just 4-5 berries for an adult should bring results. For children adjust according to age. For those who don't like blackberries simply add 1/4 teaspoon of organic sugar or a squirt of local honey and a little cream to sweeten them up.

