

Grinding Your Own Grains for Health's Sake...

Whole grain is a good dietary source of many valuable nutrients and fibre. The whole grain contains proteins, essential fatty acids, B-complex vitamins and vitamin E.

The outside layer of the grain, the husk, is abundant in fibrin (fibre) and minerals. Insoluble fibre passes through the body undigested, cleaning the digestive tract by sweeping harmful substances out of the body. This function may be a significant factor in preventing heart disease and cancer. The soluble fibre present in grains slows digestion and allows optimal absorption of nutrients, such as natural oils and carbohydrates. Soluble fibre in the digestive system help to sustain energy, control glucose and insulin, reduce absorption of fat and bile and contribute to the health of the lower intestine.

The cereal germ is full of highly unsaturated fatty acids and vitamin E. Vitamin E, once inside the body, acts as an antioxidant disabling free radicals. It also protects red and white blood cells, which means it is an important participant in your immune system.

Unfortunately, the oils in ground flours and cereals are very volatile and begin to oxidize and turn rancid almost as soon as the grain is ground. Rancid oils contain free radicals which result in aging, heart disease and other degenerative diseases. Free radicals are also formed when grains are milled at high temperatures. This commonly occurs with metal-grinding mechanisms resulting in the break down of fat molecules in the grain.

Stone grain mills have been designed to help preserve the availability of the grain's nutrients for your body. By using LOW TEMPERATURE stone-grinding, cereals are ground UNDER the critical temperature of 41°C (106°F) and fine pastry flour under 65°C (149°F). Using the grain immediately after milling also helps to minimize oxidation of the extremely perishable oils.

Use any one of our stone-grinding mills and experience the distinctive, wonderful flavour and aroma found in freshly ground grains and know you are receiving the optimal nutritional value from your flours and cereals.