



# Why Mill YOUR OWN WHEAT?

It all starts with a simple wheat berry!



REAL FOOD. REAL NUTRITION. REAL DIFFERENCE.

Freshly milled flour contains all parts of the wheat kernel—just as nature intended. It nourishes your body, supports your health, and tastes amazing!

## THE 3 POWERFUL PARTS OF A WHEAT KERNEL

### 1 BRAN

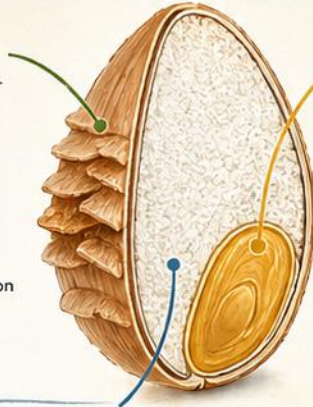
The outer protective layer.

What it has:

- ✓ Dietary Fiber
- ✓ B Vitamins
- ✓ Minerals
- ✓ Antioxidants

What it does for you:

- Supports healthy digestion
- Feeds good gut bacteria
- Helps you feel full longer
- Helps regulate blood sugar



### 2 GERM

The nutrient-rich core.

What it has:

- ✓ Healthy Fats
- ✓ Vitamin E
- ✓ B Vitamins
- ✓ Minerals
- ✓ Phytonutrients

What it does for you:

- Supports brain function
- Aids in cell growth & repair
- Supports hormones
- Provides long-lasting fuel

### 3 ENDOSPERM

The energy source.

What it has:

- ✓ Complex Carbohydrates (Starch)
- ✓ Protein

What it does for you:

- Provides energy for your body and brain
- Helps you move, think and play!

## WHY ALL 3 MATTER TOGETHER

When you eat the **WHOLE GRAIN**, you get steady energy, better digestion, and complete nutrition.

**IT'S GREATER TOGETHER!**

**WHOLE GRAIN**  
(Fresh Milled)



- All 3 parts intact
- More nutrients
- More fiber
- Healthy fats
- Steady energy

**REFINED FLOUR**  
(Processed)



- Parts removed
- Fewer nutrients
- Less fiber
- No healthy fats
- Spikes & crashes

## WHY FRESH MILLED FLOUR IS BETTER



### BETTER DIGESTION

The natural fiber in bran keeps things moving and supports a healthy gut.



### STEADY ENERGY

The combination of fiber, healthy fats, and complex carbs gives you long-lasting energy without the crash.



### HIGHER NUTRITION

More vitamins, minerals, enzymes and antioxidants your body can actually use.



### NO ADDITIVES OR CHEMICALS

Store-bought flour can contain bleach, preservatives, and synthetic additives. Fresh milled flour is pure and natural.



### BETTER TASTE

The natural oils in the germ give flour a richer, nuttier flavor.

## HOW IT AFFECTS YOUR BODY THE DIFFERENCE YOU CAN FEEL!



**Better Focus**

Stable blood sugar helps your brain work better.

**Stronger Body**

More nutrients help your body grow, heal and stay strong.



**Happier Tummy**

Fiber feeds good bacteria and helps prevent constipation.



**Healthier You!**

Nourishing food leads to a healthier, happier life.

GOOD FOOD TODAY = BETTER HEALTH TOMORROW

## WHAT HAPPENS TO STORE-BOUGHT FLOUR?

To make flour white, fine and shelf-stable, the grain goes through a process called refining.



**GRAIN IS CLEANED**

**BRAN & GERM ARE REMOVED**

**BLEACHED & ENRICHED**

**STRIPPED OF NUTRIENTS**

### WHAT GETS LOST?

- ✗ Fiber
- ✗ Healthy fats
- ✗ B vitamins
- ✗ Minerals
- ✗ Enzymes
- ✗ Natural flavor

Refined flour may look fine, but it's missing the very parts that nourish your body!



THINK OF IT LIKE THIS... FUEL YOUR BODY, NOT JUST FILL IT.

**REFINED FLOUR**  
(Like Junk Food)



Quick burn  
High & Low  
Energy Crash

VS.

**FRESH MILLED FLOUR**  
(Like Whole Food)



Slow burn  
Steady Energy  
Lasting Fullness

## IT'S EASY TO GET STARTED!

- 1 Buy whole wheat berries. (Hard red, soft white, einkorn, etc.)
- 2 Mill what you need. Just enough for a few days.
- 3 Use it fresh. For best nutrition and flavor.



Simple. Natural. Life-Giving.

## HOW FRESH SHOULD IT BE?

The fresher, the better!

- 🕒 Best nutrition within 24-72 hours
- 👉 Natural oils in the germ are fresh and full of life
- 👇 Over time, oils can go rancid and nutrients decline
- 💖 Mill fresh, eat fresh, FEEL your best!



Feed your family well. Live well. Pass it on.

BLESSEDHOMESCHOOLDAD.COM

