

WHEAT A WONDERFUL GRAIN WITH WE HAVE CONVERTED INTO DEADLY POISON

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Wheat, and other grains discovered by man and their propagation by the invention of cultivation provided food full of nutrients. It has helped in the population growth during the past 7000 years, but, let us examine about the situation in the world at this time. Throughout the history of the world, wheat has proved to be one of the nature's most perfect food, full of vitamins, minerals, fibers (lignin) and many trace elements. The wheat germ is rich in "B" vitamins and also a very valuable "E" vitamin, that is especially helpful in building up the same cells that are weak and susceptible to cancer. The wheat bran is an ideal source of fibre or lignin that acts as a spon in the colon (large intestine). It absorbs and carries off colon poisons and deposits. White flour to day available from the flour mills does not contain the bran, or any wheat germ, because the bran is dark and heavy, therefore breads and pastries will firstly not fluff up, like we are used to having them and secondly will not look whitish and therefore suppose clean. The germ is never utilised because it is delicate and the valuable oils will go rancid and spoil at room temperature within about 72 hours after milling. It takes more than 72 hours for flour to reach stores and by that time germ is destroyed and flour started getting rancid.

So white flour and related processed products as available to consumer contain no germ or bran, but instead only the inside white part of the grain (endo Sperm) which is almost all starch and calories from it is available to the consumer. The germ and bran is either thrown away or used as feed for cows, buffaloes, goat, horses or other livestock. If germ remains in flour it deteriorates within 72 hours and spoils the flour. The flour from the mill is to be stored for weeks, even if it had germ it would be rancid and harmful to health. Thus gone are the good old days when every house-hold in villages had a stone flour mill operated by women folk early in the morning for hours, even before Mullas and cocks awoke up people by their respective calls.

What about flour available on the shops.

What we really get a product, which has wheat flour less the germ and most of the bran. It is not a complete food any more cursed be diesel engines which during past 60 years, in the guise of removing drugery of flour grinding by women, spread poison in the rural areas of Sindh and South Asia.

Much has been said in the past few years regarding diet and health. There is a direct connection between heath and what we eat. Most heart ailments can

be traced to diet related problems and so are troubles with kidneys and gall stones, ulcers, high blood pressure, diabetes, hypoglycaemia, obesity, tooth decay, constipation, haemorrhoids, many types of cancer, myopia, fatigue and low resistance to the cold and flu. Actually diet plays an important part in all the functions of the body and mind, and yet so many of us in big towns feed ourselves with food unworthy for good health. Most of the time we do so without knowing it, but those who know it do no care. I do not eat wheat. I can not eat it. My stomach is sensitive to it called 'gluten' sensitivity. It is a rare condition. I eat rice. I was advised by Dr. Sir Francis Avery Jones that I could eat rice instead of wheat not polished rice. Rice should be eaten with its bran. I accept medical advice and practice it religiously.

Would it not be worth while for all of us to examine what we are eating and if necessary make some changes to our eating habit and diet if we can afford it. It is much easier to retain the health we have, than to try to "Buy it Back" after we have lost it. Without health we can not enjoy our families or the treasures of this world, that we may have accumulated. It is certain that we can not come back to this earth of ours again still get compensated, if we maintain a good health by spending less, but living wisely.

Something about cancer.

Cancer is a disease that takes many forms and symptoms. It can attack anyone, at any time, and generally is fatal. In order to avoid the ever present fear of the dreaded cancer, a little knowledge can go a long way. Cancer is a disease of "sick" cells that become unable to cope with the chemistry in the body resulting in unnatural and uncontrolled cell growth. It is not necessarily a disease of old age.

Let's discuss the cause of a typical case of cancer. The colon (larger intestine) is the waste basket for nearly all body organs. The lungs, liver, pancreas, gall bladders, and kidney to name a few, are all connected in some way to the colon, through "bile ducts" (small drain tubes) to dispose of their toxic and poisonous wastes.

Highly refined foods-indulging sugar or white flour (or foods made from them) have a tendency during digestion to leave a gummy film on the inside wall of the colon. In time this gummy material hardens, preventing the colon from expelling wastes properly. If the condition is allowed to go soon the colon can plug up and form pockets of waste material and slime. This not only causes stress on the colon, but also backs up poisons in all parts of the body, resulting in the possible toxic poison of one or more organs. The cells of the organ then are weakened and become sick in their own wastes, making them susceptible to many complications including cancer. To add to this problem most of us eat meat regularly which generally is high in toxic poisons as is most food prepared with preservatives or chemicals that can overburden the already the sick organ. The poisons that can not escape can

have many tragic effects; among them “could be cancer” is important one. Common sense leads to the believe to this evidence.

As a rule, once you realise you have cancer, generally you have already had the condition for some time, may be even years. You can not hope to correct a condition that has been breeding over a long period of time, with a bottle of vitamins and a sack of wheat. Remember wheat is a food, not a cure, and vitamins are food strenghteners. Wheat will build, strengthen and cleanse the body, and reverse the declining health pattern. Time is needed however for this process to take place. A permanent commitment is a must to have a lasting change in health. If cancer is seriously advanced, there may not be enough time for the reversing process to cleanse and strengthen the body enough to overtake and halve the cancer growth.

Under some conditions a special body cleansing program can dramatically decrease the cleansing time.

A few cases of cure of early cancer.

A few cases of cancer have been reported from USA where some men had started developing an early cancer of colon. In one case doctors gave the patient five years to live. This patient decided that the poisons pouring into colon have to be washed out and he new that vitamin “E” which comes from wheat-germ oil and wheat-bran if not ground to very fine powder could help him. He therefore went after the development of a device working on the principles of old mill stone, which every house in the South-Asia possessed only about 40 years back. This did trick the man has survived more than 20 years. What the stone mill did, was to grind the wheat grain not to fine powder but to rough flour and the bran which is ingredient left to absorb cancer producing poisons. Disease of the colon is very common in Pakistan, and unless proper care is taken many of would die of the cancer of the colon.

Modern technology versus the stone mill technology.

The stone mill which seem to have been invented after the invention of wheel between 1700-1000 BC, consists of two milling stones, the lower one fixed on a large earthen or wooden pot or even at times on the ground and the upper stone which was turning at slow speed. The spacing between the stones was adjusted by means of a simple lifting device. Grain was fed at the centre of the top stone and it came out from the sides due to centrifugal action. The upper stone will moved around with a handle, by ladies of the house-hold. The speed was slow, flour was rough but bran was not destroyed. Only enough grain was milled each day to be consumed within next 15 hours. The wheat germ oil which forms natural vitamin “E” was fresh and not destroyed. The slow movement of grinding stone did not raise the temperature of the flour and therefore it did not burn vitamins or turn the bran into fine powder and thus making it incapable of absorbing moisture.

The bran was left in form of small flakes which absorb moisture. The people of Sindh knew its value and were opposed to removal of bran in sieves. The bread with bran present did not look very white and very fine but surprisingly it was easy to eat and even after it had been kept for a few hours it could be chewed easily unlike bread from fine flour. In case they sought very fine flour for spaghetti, sweetmeats and etc., bran was sieved out, and the flour left over, was passed through the grinding stone a second or third time and the fine flour so produced was used for the purpose. The people in the village knew that it was mostly starch and not as energy giving as rough flour. In my child-hood days I had clearly learnt about the difference.

Modern flour mills.

Between the two world wars, the European technology of the flour mills was introduced in the South-Asia. It was operated by a diesel engine. The flour mills has two types one the stone type and other of metallic burr type; both used one general principle: - grinding of grain with use of pressure between two stones crushing and pulverising it as it was fed between two milling usufructs. Pressure resulted in high output as well as use of high speeds which increased output further. Consequences were very high temperatures. I believe that temperatures inside the grinding burr areas must be of the order of 180°F, as there is a loss of as much as 2 ½ % in the weight, caused by evaporation of moisture from the grain. When flour comes out it is hot, difficult to touch most probably at a temperature not less than 150°F. Flour produced is extremely fine and in the process vitamins are destroyed, bran no longer is in form of flakes but in form of fine powder, which is incapable of absorbing moisture. Vitamin "E" must be also partially destroyed and damaged. When I used to eat wheat, could tell the difference between the two types of wheat's. The flour produced at home was more tasty and not heavy on the stomach as the other types, which was difficult to digest. The latest type of mills in Pakistan are stone or burr type. Whether they are stone or metallic burr makes no difference, as both produce excessive friction and heat, as compared to slow turning low speed and low pressure old age manual mill-stone rural areas. At high temperatures, chemical reactions take place more easily and at faster rates, destroying delicate ingredients. Bran which is fibre once ground to fine powder loses its effectiveness as moisture absorbing fibre. I am firmly of the opinion that if bran becomes easily available it may be consumed with each meal in crude form as it has three times the capacity to absorb moisture than the fine bran.

The mechanical flour mill finally appeared near our village in 1933 and women really fought to freedom by sending their men to the mill, with wheat to have it ground to flour. Some men considered the mill flour as superior and bread from it more tasty as well as better in appearance, but sufficient percentage complained of stomach pains. Those who suffered from no pain, considered others as backward, ill-disposed to new machinery and

development and even tried to convince them-selves that these people has no regard for drudgery of female-folk and opposed milled flour, to save money on grinding. The process was irreversible. Women refused to grind wheat and rice to flour, but used the same stone for grinding pulses and spices only occasionally.

There is need for small operated by fractional kilowatt motors to grind wheat and other grains at slow speed and low temperatures. It can be a proper attachment to Kenwood chief type kitchen set.