

Power of a Whole Grain

by James LeBeau with Robert J. Peshek D.D.S.

For about 500 years we humans have been fragmenting something quite wonderful that God made for our health, wellness, and wholeness - **a whole grain of wheat** (organic and non-GMO of course). This page details some fascinating specifics of that mistake. You should have no trouble relating this to present day epidemics of various diseases, which reveals the enormity of this mistake. Here is a quote from page 119 of NUTRITION FOR A HEALTHY HEART by Robert J. Peshek D.D.S. first published in 1979 while he was serving as president of The International College of Applied Nutrition.

“The presence in the natural vitamin E complex of the estrogen precursor (as reported by Levin et al) appears to be unknown to the Shute group, for Dr. E. V. Shute discusses wheat germ oil as if its only value were its tocopherol content. The other known synergists of the E complex are no less important, the Xanthine (which can spare up to 80% of the tocopherol requirement – Jol. Nutrition,34.571.79 1947), the lipositols which appear to be important in the cholesterol metabolizing effect of the vitamin E (as stressed by the Shutes), the sex hormone precursors, and the phospholipid group (vitamin E2 the nitroglycerin like factor, and the vitamin F2, the “blueprint” protector that restores appetite to children and adults who fail to assimilate their blood reserves of fats and fatty acids factor described in the Annual Review of Biochemistry, 1949, where it was hypothesized as a cancer preventative, and which restores calcium to the tissue fluids so fast that a phonocardiogram showed improved heart action within five minutes where the second sound has been suppressed by reason of such deficiency. (This vitamin was first discovered by Burr in 1932).

This makes six separate complexes within the E complex, each of which is of a multiple nature, the members being still un-numbered, and new relatives popping up periodically”.

From the above Peshek quote you can see that as far back as 1932 there was awareness of the *power of a whole grain* and connections to diseases. Since then research in the National Library of Medicine shows many more connections to every physical and mental illness known. Think of the favor you could be doing for a brother or sister in Christ by simply sharing a copy of this one page. Some might decide to learn more about God’s ways of feeding and healing the body “temple of God” – secrets of mother’s milk and whole grains and a whole lot more! To join others who are already doing such acts of kindness download this page, **A Gospel of Respect**, and other documents from the home page at www.phpower.org. *Copy and share freely and joyfully – join the “12x12” club.*