

**SPELT FLOUR INFORMATION:
Wholemeal and White.**



Were you aware of the following facts about Spelt Flour?

Spelt (*Triticum Spelta*) is one of the original grains known to man. Spelt is by nature a whole food, unlike wheat, where vital nutritional bran and germ are usually removed during milling, the SPELT Kernel carries all the vital nutritional components through to the miller, the baker and to you. Due to SPELT's high water solubility, the grain's substances can, like liquid nitrogen, be absorbed quickly into the body. The nutrients are made available to the entire organism with minimum of digestive work. The body cells are then nourished, strengthened, and prepared for their optimal performance while the organism is flooded with vitamins and vital substances. SPELT is the best fibre resource and has large amount of B-17 (Anti-carcinoma). SPELT is high in dietary fibre and polyunsaturated fats. SPELT is appreciated as much for its hearty flavour as for its healing qualities. At a major clinic in Knostanz, Germany, SPELT has been used as an adjunct in the treatment of many disorders, especially chronic infections like herpes and AIDS, and nerve and bone disorders like Parkinson's and Alzheimer's disease, arthritis, cancer and antibiotic side effects. When teamed with Sour Dough (natural yeast) it is among the easiest breads to digest.

SPELT COMPARED TO WHEAT:

In contrast to wheat the vital substances of SPELT are found in the inner kernel of the grain. In wheat the vital substances are found in the shell and germ bud which are usually removed in the milling process. SPELT therefore provides more of the essential elements needed by the body. SPELT contains more protein, amino acids, B vitamins and minerals than does its distant cousin, hybridised wheat. SPELT is suitable for all blood types and is recommended by naturopaths ("Eating for your blood group")

Wheat allergies:

As the genetic makeup of SPELT is different from wheat, it is a grain that many people who are sensitive to wheat can tolerate even though it contains gluten. ***SPELT is not gluten free, so consult your healthcare professional first.***