

Power of a Whole Grain

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

April 17, 2018 – “scientists decipher wheat genome code” – one whole grain contains 16 billion genetic pairs compared to 3.3 billion in human DNA – link below. For about 500 years humans have been fragmenting something quite wonderful that God made for our health, wellness, and wholeness - **a grain of wheat**. Below are some fascinating specifics. You should have no trouble relating this to present day epidemics of various diseases which reveals the enormity of that 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”.

The **wheat genome** is huge – *five times larger than the human genome!* Check it out at <https://www.sciencedaily.com/releases/2012/11/121128132357.htm>. From the above Peshek quote you can see that as far back as 1932 there was awareness of the *power of a whole grain*. Since then research in the National Library of Medicine shows connections to every physical and mental illness known. Think of the favor you would do 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”. To learn more about God’s plan for the wholeness of human life read other documents free to download from home page www.phpower.org. *Copy and share freely and joyfully.*