

MODERN WHEAT KILLS!



**ANCIENT WHEAT
NOURISHES**

A HeavenlyManna.net article

Modern Whole Grain Wheat: A Monstrous food?

Modern "wheat" is sometimes referred to as a "frankenfood." Why? The term alludes to Dr. Frankenstein who, in his attempt to create a man, ended up creating a monster. Just like the doctor's creation of a "man" was really a monster, the same could be said of the creation of modern wheat, including the so-called healthy whole wheat, also known as durum semolina.

Modern wheat is a hybridized grain whose genetic make-up was interfered with by man who wanted to speed up wheat production to raise his profits. His interference with the genetic make-up of heirloom grains ended up causing many people to suffer diseases and ailments such as Celiac disease, irritable bowel syndrome, diabetes and a host of other health problems, including some forms of cancer such as colon cancer. Sadly, the vast majority of foods are prepared with dangerous modern wheat. Those foods include pasta, bread, doughnuts, cookies, crackers, cakes, pies, pancakes, biscuits; and the list could continue.

Fortunately, you can still purchase and grow heirloom varieties of wheat. "Heirloom" refers to the all-natural genetic make-up of plants that were provided by the

Creator. Request them in your local health foods stores and in the health foods sections of grocery stores. Every request makes a difference. The more heirloom varieties of wheat are requested, the more we support farmers who want to organically grow these nutritious foods that nourished ancient peoples around the world.

Have You Heard of Spelt, Kamut, Einkorn and Emmer Wheat?

Spelt, kamut, einkorn and emmer wheat are just a few of the heirloom varieties God provided for man's nourishment. Let's learn just a little about these fascinating grains to get started cooking with them.

Kamut wheat contains more than double the nutrients found in modern wheat, which again, is a genetically modified and harmful "food." What is more is that kamut wheat does not have an unnatural gluten as does modern wheat whose modified gluten can permanently damage the intestinal walls of those who consume it. Kamut wheat is usually available in well-stocked health foods stores and in the health foods department of some grocery stores.

Kamut recipes can be found on the internet. People who want to try kamut wheat, however, can start with

something as simple as kamut pancakes. Kamut wheat is a much lighter and fluffier grain than tainted modern wheat, which allows you to use it to make wonderfully delicious pancakes. It also has a naturally sweet flavor. And pancakes can be made simply by adding a little baking powder and a pinch of salt to however much kamut wheat flour you need to make the number of pancakes you want. Select an aluminum-free baking powder for healthier pancakes. Just fry the batter like you would fry pancake batter made with harmful modern wheat. And top them with a natural syrup such as 100% maple syrup, and preserves. All natural raw honey and / or sorghum with all natural preserves also provide delicious flavor. This is like having an ancient breakfast! While cakes can be baked with kamut, a wheat such as spelt is our recommendation when it comes to cakes.

The Old Testament biblical scripture of Ezekiel 4:9 says, "Take thou also unto thee wheat and barley, and beans, and lentils, and millet, and fitches, and put them in one vessel, and make thee bread thereof."

This scripture is an actual recipe for sprouted whole grain bread that can still be made today! Some believe it has even been marketed under the name of "Ezekiel Bread", which is sold in modern grocery stores.

However, it is best to make this bread at home to ensure that the wheat is not the genetically modified Frankenfood being sold today. Obviously, the bread, in keeping with how bread was made in history, is whole grain...whole heirloom grain.

Kamut wheat is believed to have been a staple in ancient Egypt, and is sometimes pronounced 'kah-moo', with a silent "t". Cooks who are very much interested in ancient diets might fancy the idea of consuming a food that King Tutankhamen enjoyed.

Spelt: A Popular Choice for Cooks

Another ancient variety of wheat believed to have been extensively cultivated in Mesopotamia is known as "spelt". Again, it's much lighter than modern wheat, is considerably richer in nutrients, and usually tolerated very well by those with wheat allergies. Remember that most wheat allergies are not allergies at all, but rather the body's response to what it does not really know how to process. Only whole foods made by the Creator are to be consumed for good health. However much scientists may have discovered about the body, they are not the creators of man. Is it not logical to believe that only the Creator knows how to nourish His creatures? Yes, it is. Spelt may be found in health food stores or health foods

sections of the average grocery store.

Spelt can be used in every recipe that calls for all-purpose flour or whole "wheat". But keep in mind that it is more water-soluble. Therefore, you will need to use approximately one fourth cup more water / liquid. Spelt makes wonderful cakes, cookies, pie crusts, pasta, doughnuts, bread, dumplings, pizza crust, and even bread for Communion (the Lord's Supper). How beautiful to consume at Communion a form of wheat that the Creator made and intended for you to consume!

Emmer and Einkorn

Emmer wheat is still grown in remote areas of Turkey and Syria. Little is known about emmer wheat, and it can be difficult to locate. However, make your requests known to your local health foods stores to help to bring this wonderful wheat back.

Einkorn is believed to have been a staple in ancient Germany, or among Germanic tribes of Europe. It is at least one of the varieties of wheat the ice man would have eaten. To eat and consume it in these modern times is a delight for cooks who enjoy preparing dishes with ancient whole foods.

Heirloom wheat and other ancient grains have been around since antiquity, and they nourished the people of ancient days who often lived well past one hundred years even after the Great Deluge. Abraham lived to be 175. His wife, Sarah, live to be 127. And they are just two in a long list of people who enjoyed longevity. Of course, they were not ravished by man-made chemicals and the dangerous waves of WiFi, and EMF (electromagnetic fields). However, returning to all-natural foods is one very important step in maintaining and improving your health.

What Motivated Man's "Creation" of Modern Wheat?

Spelt, an ancient grain that was once grown in the United States--like many of the other real grains--takes a little longer to grow. And it is more difficult to process due to its extremely tough outer shell. Therefore, man, in his impatience and greed for riches, decided he would make his own wheat...customized to his specifications. While man embraced a grain with a protective covering much less tougher than that of real grains, he ended up throwing away the built-in protection against pests. The tough outer shell of the true grains from antiquity served to guard against pests. When this protection was removed through genetic modification, the use of

carcinogenic (cancer-causing) pesticides increased, demonstrating that one instance of interference with heirloom foods only leads to a multitude of problems. The tough outer shell also served to preserve the nutrients inside the grain for extremely long periods of time. It's estimated that real grains stored in simple granaries can be kept fresh for approximately two hundred years. However, that time may be considerably longer considering what happened when whole grain heirloom wheat found in king Tutankhamen's tomb was removed. That wheat from the king's tomb was planted, and it sprouted! This is documented by archaeologists, and means that wheat more than three thousand years old germinated!

All the Difference in the World between Heirloom Wheat and Man's Genetically Modified "Wheat"

When the scripture of Ezekiel 4:9 speaks of wheat as an ingredient to use in the making of bread, it is speaking of the whole grain wheat that God created, not man's botched "wheat". All heirloom wheat varieties are so much richer in vitamins, minerals and protein. This makes sense when considering the root system of heirloom grains, which is strong and deep compared to the root system of modern "wheat", which is shallow,

and relies on chemical fertilizers. The Lord's wheat is perfect in nutrition, requires no need for pesticides, is tough enough to survive hundreds of years of storage, has a gluten that doesn't damage the body, has a flavor that is revered among great chefs, is hearty enough to grow in poor soil; and even grows wild to supply food for the nomads.

Change in anything major is often slow and worrisome, but not impossible. Ultimately, it is the consumers who fill the pockets of those who produce tainted, altered, dangerous, and freakish foods. Grocers and restaurant owners are now being compelled to hear the demands of informed consumers who want and need to return to the wholesome, life-giving foods that God gave in abundance. Every request to the managers of grocery stores for the availability--at fair prices--of real grains, counts. Every refusal to support the production of modern wheat counts. Every voice can make a difference. And every action can influence someone else. So, is wheat healthy or not? Man's modern wheat is not healthy. God's whole grain wheat is most healthy...and delicious.

If you'd like recipes to cook with heirloom wheat, please visit HeavenlyManna.net, and search with either of the following keywords: "spelt" or "kamut."

If you'd like to share a healthy recipe using one of these wheat varieties, please contact us via our conversation thread at HeavenlyManna.net

Drabbles by HeavenlyManna.net Authors:



You're Not Part of the Family

Helen and her daughter, members of a family of three, busied themselves with household tasks that sunny day when they were startled by the sound of walking upstairs.

“That you, Nick?” Helen yelled, knowing there should be no response.

Indeed there was none.

“Look mamma, There goes Nick,” her daughter said, pointing out the window.

Mother and daughter stared at each other, frozen in fear—a fear that was broken when the footsteps headed downstairs.

“Thank God missionary Ironside has come and prayed, huh mamma?”

“Yes, honey,” Helen sheepishly replied, her eyes fixed on the setting sun.”

Question to Ponder:

Should Helen and her daughter have trusted missionary Ironside's prayer to keep them safe instead of seeking ghost hunting services?

Recommended reading: God's Word on Ghost Hunting and Busting – published at **HeavenlyManna.net**

Help me with my unruly teenager!



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The Beauty of Staying Together

Vanessa Winters

Calvina, the young battered wife of Duane, is in desperate need of a new start in life. Will her jealous husband, the mad man with whom she had been unequally yoked, prove too much to ever hope for a chance of staying together? A chance to fix her troubled marriage? Read chapter one for free at **HeavenlyManna.net**

**Lost
Romance
Found**



Vanessa Winters

At forty-four, Debra Neville had never been married. It wasn't that a man had not asked for her hand in marriage, but two women had ordered the working of black magic evil against her life. And it seemed that Debra was, and would remain, an old maid under the dark power of a curse. This inspirational Christian work of fiction is inspired by a true story. As all hope was not lost for Debra, it is not lost for you either.

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True Paranormal Stories: Does the Christian Bible explain the fifth dimension?

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Double Portion of Elijah's Spirit: Soul Transfer in the Bible?



In the second chapter of 2 Kings, Elisha receives a double portion of Elijah's spirit after Elijah is taken up to heaven. Is this biblical support for soul transfer? No it is not. But, how do we explain what took place? Get your answers in this eye-opening, impacting Bible study available at

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We speak Spanish at HeavenlyManna.net
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What exactly is the blasphemy of the Holy Ghost?

Can Christians be cursed through witchcraft?

Satan, Lucifer, the devil: Are they one and the same?

What does the Bible reveal about reincarnation?

What is the true meaning of 666?

What exactly is the mark of the beast?

What does the Bible say about near death experiences?

What does the Bible say about being an empath?

What does the Bible reveal about extraterrestrials?

What does the Bible warn about wisdom from angels?

What does the Bible say about ghost hunting?

Did Samson commit suicide? Was he lost?

Are there demons of suicide?

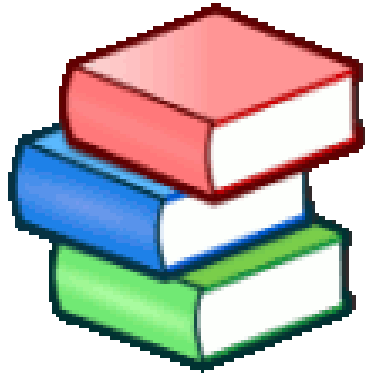
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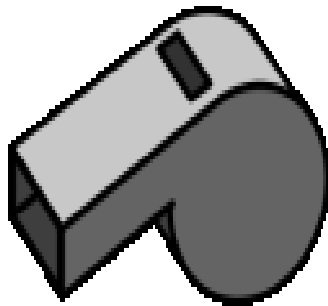
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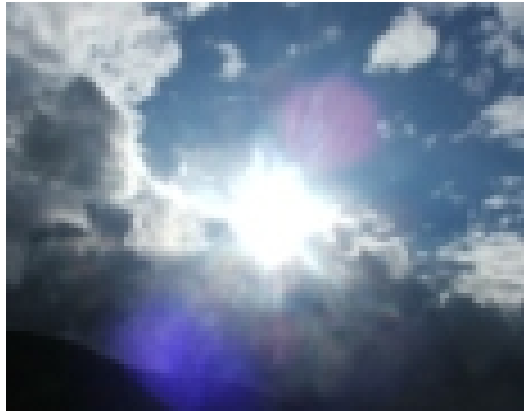


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Christian Help for Survivors of Ritualistic Child Abuse and Hardcore Satanism



There is an alarming number of victims of hardcore satanism in the world today, and that number is growing. Sadly, far too few Christians are able to even begin to offer Christian help for survivors of ritualistic child abuse, which always takes place in this very dark underworld. Enslaving children in child prostitution rings is just one of numerous examples Mr. Kerth Barker, author of *Angelic Defenders and Demonic Abusers*, reveals in his moving and shocking autobiography. Learn what the Word of God reveals in the Old Testament as well as in the New Testament through the words of the Lord Jesus Christ, the only true healer of the mind, body, and soul.

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