



In the next few minutes you are going to hear the story of nutrient dense foods and how this information can change your life.

**I think you are going to love the story of nutrient dense foods for several reasons.**

1. It is interesting.
2. It will change the way you think about every bite of food you consume for the rest of your life....in a positive way.
3. It will help you become healthier, live longer and have more energy.
4. Increase your happiness and avoid mood swings
5. It will help you reach your weight goals...and much more!

OK, let's get started. The easiest way to explain what nutrient dense food is all about is to first talk about a food that we are all very familiar with, "bread." For now I am only going to talk about 2 varieties....white bread, and whole wheat bread grown on biologically active mineral rich soils. First, let me give you a little history on white bread.

**Do you know why white bread came into existence?**

In the days of our grandparents, farmers grew vegetables, grains, etc. on local farms and the harvest went straight from the fields to their dinner table. This was a time when bread was baked fresh every day with fresh, harvested grains.

As the population grew, farms become bigger and centralized. Distribution channels were set up so that farmers could sell their products to consumers hundreds of miles away. About this time farmers also started replacing natural biological materials with synthetic fertilisers.

But, there was a problem... a very big problem. Farmers began to notice that their nutritious bread was spoiling and growing mouldy before the consumers even had a chance to buy it. The "shelf life" of the nutritious bread they were shipping was very low. They needed to increase the shelf life of their bread products. Enter "White Bread."

White bread is bread made from wheat flour from which the bran and germ have been removed, in contrast to whole wheat bread in which these parts are retained made from whole wheat flour. In addition, the stone grinding wheels were replaced with steel rollers that heat up this white flour which is generally bleached using potassium bromate or chlorine dioxide gas to remove any slight yellow colour and make its baking properties more predictable. Most of the vitamins inherent in wheat are removed along with the germ or destroyed in the bleaching process and preservatives are added for longer shelf life.

**OK, so what does this have to do with the nutrient dense food story?**

Think about the difference today between a one ounce slice of bleached white bread and a one ounce slice of the stone ground organic mineral dense whole wheat bread. Which of these 2 kinds of breads do you think has a higher nutrient density? You guessed it.... and it's not the white bread.

**OK, so now let's take this formula and apply it to all the foods that we eat.**

What we want is to consume as much "nutrient dense" food as possible which means eating food grown on biologically active mineral dense soils with minimum processing. Why? The human body is an extremely complicated machine; it requires a wide variety of nutrients to maintain a constant state of health. But the simple truth is that the average person does not get the nourishment needed to maintain a healthy body free of disease. The reason is that they are consuming processed "nutrient poor" foods grown on biologically dead soils. They are getting calories but they are not getting quality nutrition. The increase of degenerative diseases such as cancer, heart disease and diabetes that we see today are directly correlated to depleted nutrients in the food we eat.

**Farming Secrets says:** *Make it a daily habit to think about the food that you eat.*