

### The Truth about Dietary Fiber

Fiber is a substance in plants.  
Dietary fiber is the kind you eat.  
It's a type of carbohydrate.

You may also see it listed on a food label as soluble fiber or insoluble fiber. Both types have important health benefits. Make sure to differentiate between the two as many labels, marketing and health experts do not.

### Dietary Fiber is the toothbrush that cleans your digestive system

- Makes colon more efficient at absorbing nutrition
- Helps in cancer prevention, especially colon cancer
- Helps with weight loss
- Helps prevent constipation
- Helps with Cardiovascular Health
- Helps stabilize blood sugar levels
- Helps to lower cholesterol

Processed foods remove much of the dietary fiber in the processing while Crushed Grains keep 100% of the Dietary Fiber in the grains and in its natural form.

Dietary Fiber is not compromised in crushing so it remains whole with ZERO man-made synthetic chemicals. Your body recognizes the nutrition and knows what to do with it.

Around 75% of Americans do not get their recommended daily dietary fiber according to the CDC

### Good sources of dietary fiber include

Crushed Grains  
Nuts and seeds  
Fruit and vegetables

Whole grains, in current food markets, are the best source of Dietary Fiber. Crushed Grains are better and have ZERO man-made synthetic chemicals in them.



### Complex versus Simple Carbohydrate

Carbohydrates have been touted as unhealthy for people to eat even though they contain many Trace Minerals and Dietary Fiber which are fundamental for our health.

Carbohydrates are also the primary energy source for our bodies and minds. Carbohydrates have also been grossly miscategorized as there are Simple and Complex Carbohydrates and yet many nutrition labels and marketing ploys simply refer to carbohydrates as one product. There is a huge difference between the two types of Carbohydrates and when you are looking at your health, you will want to differentiate between the two. Your health may be at stake if you do not. Everyone should consume Complex Carbohydrates for health to add Dietary Fiber and Trace Minerals in their diet. Two sources of Trace Minerals are well water and grains, both of which are being limited in our society. Americans are mineral deficient for a reason!!!

Simple Carbohydrates are refined by current processes as the cell inside the grain is destroyed and will oxidize. This means the grain has a limited shelf life. Crushed Grains have the cells undamaged and therefore there is no processing of the grains or shelf life. This means Crushed Grains have 100% Complex Carbohydrates. This means diabetics can enjoy crushed grains!! This is the same for all our Crushed Grains. Wheat is called the "Staff of Life" in the Bible because it has the basic nutrition we need for gut health so that we can digest and use other nutrition we digest. Carbohydrates are not our enemy in their natural state. They become a concern after they are refined. Carbohydrates are needed for our health and well-being, even to be able to digest other foods and nutrition. They are also necessary for Minerals!!



Ft. Recovery , Ohio

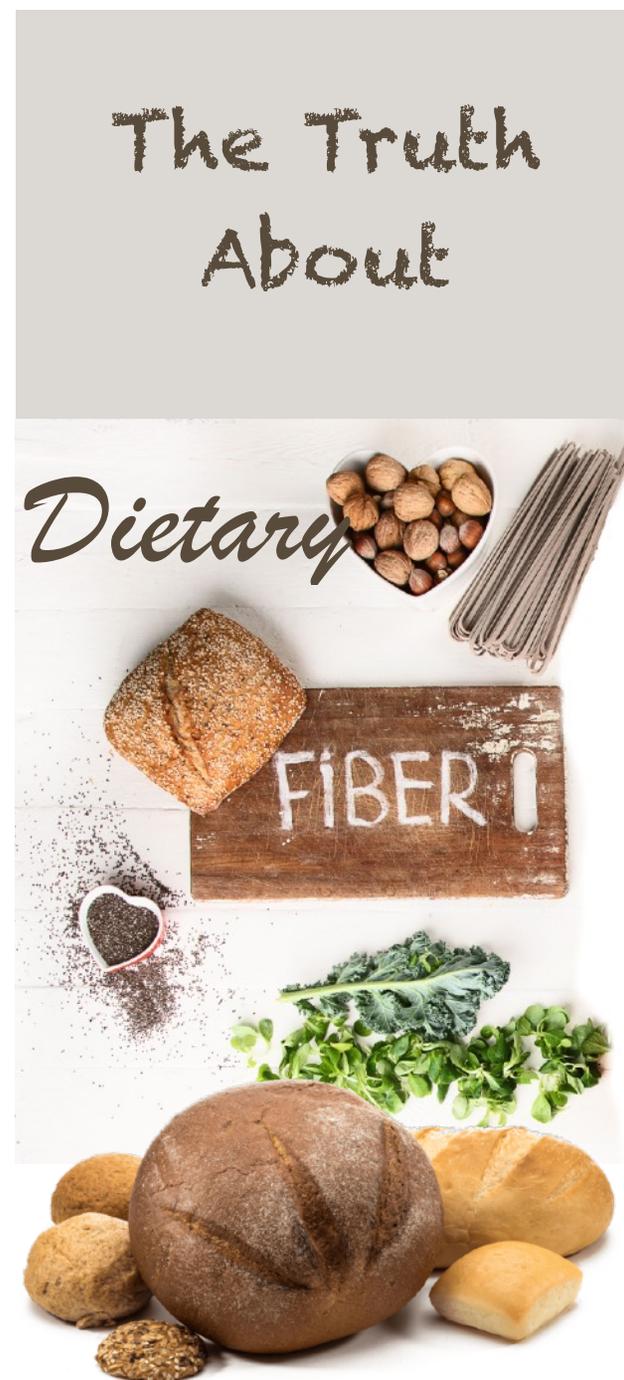
**Chris Bihn**

**419-790-8868**

**email: [chris@hissavinggrains.com](mailto:chris@hissavinggrains.com)**

**Visit our website:**

**[www.hissavinggrains.com](http://www.hissavinggrains.com)**



# Testimonies

## **Got Rid of White Flour in Diet. Replaced with Crushed Wheat.**

I have replaced all my flour and oats with all your products. And I just love it!! I've been on this journey of not eating flour and sugar for so long and I just started eating the bread and pizza crust that your daughter-in-law makes and I feel better and even lost a few lbs. I've also made apple crisp and gravy and other things with your product and they are all great! Nobody feels bloated or guilty. It's wonderful!! Thank you - Jennifer Bechtol

## **Diabetes**

I am a diabetic and my problem is I love bread. With this I am able to satisfy by taste buds without all the simple carbs, flour, and sugar. I definitely want the cookie recipe for your sample you gave out at Wayne Street Market. They were an excellent way for me to enjoy a sweet craving! I have been telling people how happy I am with this and many have asked where they can buy a loaf. - Mindy Staugler Hunt

## **Digestion Issues**

I want to thank you for introducing your products to this area!! I gave up eating store bought breads because of digestion issues. I heard about your products, read your handouts, and am so impressed with the nutritional value in each product! You have created grains that are healthy to enjoy and also nourish our bodies with much needed nutrients. I think this is genius! My family can enjoy baked goods again without guilt and that our bodies can digest. I also like your crushed flax and crushed oats. Thanks you Bin Family - Michelle Heckman

## **Gluten Intolerance**

After discovering my son and I were both sensitive to gluten, I tried a multitude of different flours such as almond flour, corn flour, and coconut flour. None of them were able to be used in our old recipes, and it still made products that were subpar. Fortunately, we discovered Bihn's Crushed Wheat and we couldn't be happier! Everything is used a 1 to 1 ratio in all of our old tried and true recipes. Now we make everything in the house from it including bread, noodles, taco shells, hamburger buns, pancakes & so much more. I feel like my whole family is eating healthier because of it and not one feels like they are missing out on great food. We are so thankful for this wonderful products! - Chelsea Albers

## **Allergic to Gluten**

Hello! I have been using your crushed grains for about a month because I am allergic to gluten and have been very happy with how my body has been able to process the grain! I have used Crushed Wheat, numbers 1, 2, and 3, as well as the flax and oats. - Mary Watercutter

## **Celiac**

In 2012 I was having all kinds of digestive issues and went to see Dr. Aukerman. He did the bloodwork to show I have both genes (HLA-DO2 and HLA-DO8) required for celiac disease. He told me to go gluten free and within a short time my digestive issues improved dramatically. I know I am very sensitive to gluten because once while babysitting my grandkids I was rolling Play Dough in my hands and got sick from that. As of January 27, 2018, I have been eating Crushed Wheat #1 for about a year and a half now and I continue to feel great!! I love being able to eat foods with wheat in it again, especially breads, pancakes, and my favorite, pie crusts! I hope others with Celiac disease find this product because it makes my life easier being able to eat breads again! - Tony Prenger

## **Bad Cough**

My daughter always had this deep, dry, and barky cough. After some blood testing for allergies, we were told to try a gluten free diet due to all the "reactions" she showed with grains (except for rice). We did that but the food is expensive and the texture and flavor isn't that great. We heard about the Crushed Wheat so we gave that a try. We use it instead of flour in everything and she is doing great!! - Dawn Schlarman

## **Multiple Issues in the Same Family**

Loved the sausage. Had no complications that usually arise when eating sausage. Jared loved it and said it had a better flavor than the sausage we usually get. I put the hemp in the cookies... kids love the cookies as does Jared. I have noticed that since using your products I do not have to give them their allergy medicine near as much as I used to and my one son with eczema doesn't itch!! We're hooked!! Love all your products. My dad also said mom's cough is down 80% since she started eating crushed oats for breakfast!! - Jacqi Thobe

## **Eating Wheat Again**

I have not eaten wheat in five years. I tasted the bread and it is wonderful!! I had a piece of toast for breakfast and NO Pain!! Thanks so much!!!! I should have bought so many other things like #2, #4 and coffee!!! - 7/18/18 Paula Jauert

## **Type 1 Diabetes and Gluten Intolerance**

"We recently found out about whole cell wheat through our functional doctor in Carmel, Indiana, after my gluten-free daughter was diagnosed with type 1 diabetes. Once we tried Jim's Amazing Bread that his office sells, we knew that this was the perfect alternative to expensive gluten-free products that are still just as much highly processed junk as most supermarket items that contain gluten. Now, we are able to enjoy home-baked goods that will not only help her to maintain her blood sugar better, but also won't cause her the discomfort of products containing gluten. Thank you for offering us this wonderful product!" Molly Thomann-Indiana

## **Gluten Intolerance Due to Covid**

"Haven't been able to have gluten (wheat) since I had covid. Bought some of your bread this week and not only does it taste good, my body can handle it too! I'm all in!" ~ Jenn McCoy

## **No More Stomach Pain**

"My daughter, who is 6 years old, has been struggling with stomach issues and has not complained of stomach pain at all since I have started using your product and eliminated all processed flour from her diet. Thank you so much!" ~ Liz Schmitmeyer

## **Diabetes**

Statement of Confidence:

I have personally used Amazing Bread/Bin Bread for several years now. Being a type 1 diabetic for over 20 years now, I have experienced firsthand the benefits of using this bread in the morning for breakfast predominantly. It has been amazing the benefits I have experienced in stable glucose readings because of what I believe is much more nutritional value. These carbs are released at a steady rate rather than a quick burst as associated with other foods. It is just my experience, but it has made an impact in my overall health and mood since the highs and lows are leveled out during the day. This level impact allows me to make better decisions in my business each hour of the day. I would recommend this bread to diabetics and others any day of the week and twice on Sunday. Chad Guggenbiller  
Owner/CSG Consulting/Fort Recovery Ohio

I began not feeling good 2011. After a year of searching for answers, we got one: high sensitivity to gluten. So, with that, I changed to a gluten free diet. Tried all different flour mixes, made my own mixes but nothing really worked right for bread, rolls or biscuits. We were introduced to the "crushed wheat" in early 2016. I was skeptical of it, so I began with a small amount. I made pancakes and only used 1/4 cup of the crushed wheat with my other gluten free flour. I only ate 1/2 of a pancake and didn't get sick. So, after a few days, I made pancakes again, only this time I increased the crushed wheat to 1/2 cup. I again tried 1/2 a pancake and felt fine. So, yet again, I made pancakes a few days later using all crushed wheat. I ate 1/2 pancake and felt just fine. No gas, no nausea, no horrible stomach pain, no needing to live in a bathroom. After that, I made biscuits. My husband loved them and asked if I could make some bread. I was kinda worried it wouldn't work as my other breads (made from other gluten free flours) NEVER turned out. But, I tried it; and it turned out AMAZING!!!! It's not perfect but it rises beautifully, does not crumble when you cut into it, has a great density to it and it tastes like, I don't have a word that I feel can describe it: amazingly-delicious?!?! After 6 years of searching for a "good, tasty, healthy, gluten free bread", THIS IS IT!!!! I now use it TOTALLY for all my cooking and baking: breads, sweet rolls, cookies, pies, etc. Hope this is helpful, Jessica