




..... THE WHOLE .....  
**STORY**

How Whole Grains Can  
Transform Your Health

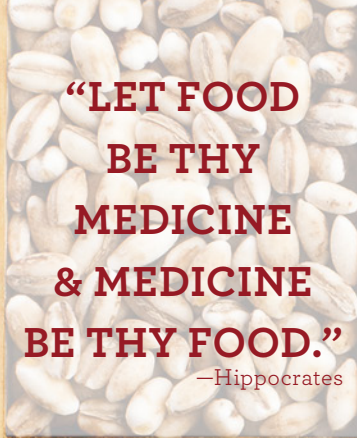
 **NutriMill**<sup>®</sup>  
Multi-Grain Grinders

 **BOSCH**<sup>®</sup>  
Kitchen Machines





**“LET FOOD  
BE THY  
MEDICINE  
& MEDICINE  
BE THY FOOD.”**  
—Hippocrates





# ..... WHOLE GRAINS ..... A SUPERFOOD

You've heard eating whole grains improves health. But before you dive right in – make sure you understand what “whole grain” actually means. The Whole Grains Council requires qualifying foods to contain 100% of the original kernel (including the bran, germ, and endosperm).

**AND THAT IS JUST THE BEGINNING.**

*“Whole grain products have comparable antioxidants per gram to fruits and vegetables.”*

- Joe Vinson, Ph.D.

## **DID YOU KNOW WHOLE GRAINS**

- Help prevent cancers, diabetes, heart disease, & stroke
- Boost metabolism, satisfy hunger, & prevent cravings
- Regulate blood sugar & sustain energy longer
- Improve digestion & aid in the elimination process
- Contain abundant antioxidants
- Have an extremely long shelf life



**TO LEARN MORE VISIT:**

[www.BoschKitchenCenters.com](http://www.BoschKitchenCenters.com)



# ..... THE GREAT ..... GRAIN ROBBERY

Common flour processing extracts the bran, middlings, wheat germ, and wheat germ oil. Those key components contain 80-90% of the useful vitamins and minerals found in whole grains. In its natural form, a kernel of whole grain is the “staff of life.”

## THE CULPRIT?

Whole Grains have been robbed of the basic building blocks of nutrition. You are left with processed white flour, which is found on most store shelves. This processed flour is “dead,” and can actually be detrimental to your health.



*“The doctor of the future will give no medication, but will interest his patients in the care of the human frame, diet, and in the cause and prevention of disease.*

- Thomas A Edison

## DID YOU KNOW

Many health issues can be improved by optimizing your use of natural whole grains in your diet.

**BEFORE**

**AFTER**

**REMOVED DURING PROCESSING**



### **Whole Grain**

Over 30 known nutrients  
Protective shell locks in nutrients

### **Bran**

Insoluble fiber aids regularity  
High in trace minerals  
Satisfies hunger quickly

### **Middlings**

Balances blood sugar  
Helps maintain energy levels

### **Germ**

Nutrient-rich for intestinal health  
Detoxifies blood  
Cardiovascular health booster

### **Germ Oil**

Highest vitamin E content of any (non-fortified) food

### **White Flour**

Harmful pesticides, fungicides, bleaching & maturing agents and synthetic vitamins added.



## Common Chemicals & Additives Found in Breads



### L. CYSTEINE

(DOUGH CONDITIONER)

Amino acid derived from human hair, hog hair, or duck feathers.



### MONO-AND DIGLYCERIDES

(EMULSIFIERS)

Common chemical additive to help prevent bread from becoming stale.



### POTASSIUM BROMATE

(MATURING AGENT - BANNED IN EUROPE, AUSTRALIA, CHINA, BRAZIL, AND CANADA)

Don't be fooled because the FDA labels it as a safe additive.



### AMMONIUM SULFATE

(RISING AGENT)

Dangerous compound most often used as a fertilizer, and also common in flame-retardants.



### SODIUM STEAROYL LACTATE

(TEXTURE ENHANCER)

May exacerbate digestive problems in those with lactose intolerance.



### CALCIUM PROPIONATE

(PRESERVATIVE)

Known to create allergic reactions, sleep problems, and restlessness in children.

# ..... WHAT ARE YOU FEEDING ..... YOUR FAMILY?

Are you willing to sacrifice your family's health for longer shelf life? Experts report: "Milling whole wheat into white flour may cause as much as a 300-fold decrease in phytonutrient content." (Jonathan Grindell - NutritionFacts.org)

Your family deserves the best! Provide them with nature's own vitamins and nutrients. Don't settle for processed grain products or pre-packaged breads and flour.

## **STORE-BOUGHT BREADS & FLOURS OFTEN**

- Contain dangerous additives
- Use inferior ingredients
- Are enhanced chemically
- Use misleading packaging
- Lack optimum nutrition







# The fresher the flour, the fresher the food.

NutriMill grinders and seed mills give you flexibility  
to create raw, natural, pure flour on demand.

- WHOLE GRAINS
- GLUTEN-FREE GRAINS
- BEANS & PEAS







# .....TAKE CONTROL OF..... YOUR FOOD

## Endless Possibilities...

### GLUTEN-FREE GRAINS

- Dried Sweet Corn
- Oat Groats
- White Rice
- Brown Rice
- Teff
- Sorghum
- Millet
- Buckwheat
- Quinoa
- Amaranth
- Kaniwa

### GLUTEN-FREE BEANS & PEAS

- Lentils
- Chickpeas / Garbanzo Beans
- Baby Lima Beans
- Anasazi Beans
- Mung Beans
- Black Beans
- Navy Beans
- Split Peas
- Pinto Beans
- Soybeans

### WHOLE GRAINS

- Kamut
- Spelt
- Barley
- Farro
- Rye
- Soft Wheat
- Hard Wheat
- Triticale
- Emmer
- Einkorn



GARBANZO  
BEANS



RED SOYBEANS



BLACK FOXTAIL  
MILLET



RED AMARANTH



ROLLED  
BARLEY



QUINOA



WHEAT



CORN





# ..... NUTRIMILL ..... GRINDERS

## PROVIDE YOUR FAMILY

- **SECURITY** Gain peace of mind, with the long-term warranty
- **CONFIDENCE** Handle tough jobs with industry's strongest milling heads
- **SAVINGS** Manage your budget with fewer trips to the grocery store
- **CHOICES** Go gluten-free or add on innovative attachments
- **EFFICIENT** Mill large quantities of grains and legumes on demand
- **FLEXIBILITY** Texture control and single switch shut-off features
- **NUTRITION** Incorporate fresh, flavorful vitamins in every meal

*"I honestly never knew how easy it was to grind your own grains, or how good food tastes when made with freshly milled flour."* Lisa Leake - [100daysofrealfood.com](http://100daysofrealfood.com)



## CLASSIC



**QUICK MILLING**  
20 CUPS IN 5 MIN



**CUP CAPACITY**



**MULTI-CHANNEL  
AIRFLOW**



**10 AMPS**



## HARVEST



**SIMPLOCK™  
HOPPER REMOVAL**



**ECO-FRIENDLY  
BAMBOO**



**EASY-ADJUST™  
TEXTURE KNOB**



**AVAILABLE IN  
VARIOUS COLORS**





# ..... THE 5-MINUTE ..... LIFESTYLE CHANGE



*Waffles*

.....

## *Homemade*

Whole wheat flour  
Baking powder  
Vegetable oil  
Eggs  
Milk  
Salt

## *Store-bought includes*

Bleached flour  
Thiamin mononitrate  
Sodium bicarbonate  
Monocalcium phosphate  
Sodium stearoyl lactate  
Sodium aluminum phosphate  
Dextrose

## **SIMPLE RECIPES**

See for yourself how easily you  
can transform your family's diet

[www.BoschKitchenCenters.com/recipes](http://www.BoschKitchenCenters.com/recipes)



*Chickpea Hummus*

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## *Homemade*

Chickpea flour  
Garlic cloves  
Lemons  
Water  
Tahini

## *Store-bought includes:*

Higholeic sunflower oil  
Potassium sorbate  
Sodium benzoate  
Phosphoric acid  
High fructose corn syrup  
Soybean oil  
Citric acid  
Guar gum



*Chocolate Chip Cookies*

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## *Homemade*

Butter  
Sugar  
Brown sugar  
Eggs  
Vanilla  
Salt  
Baking powder  
Fresh spelt flour  
Chocolate chips

## *Store-bought includes*

Thiamine mononitrate  
Anhydrous dextrose  
Partially hydrogenated soybean  
Ammonium bicarbonate  
Cottonseed oils  
Artificial flavors  
Reduced iron  
Corn starch  
Folic acid  
Dextrose  
Glycerin

# A Great Investment

## With an Immediate Return

Make your groceries or buy your groceries.

	<i>Our Way</i>	<i>Grocery Chain</i>	<i>Specialty Store</i>
Bread	.93 cents	\$4.99	\$5.69
Burger Buns	.93 cents	\$4.00	\$4.99
Bread Bowls	.93 cents	\$7.16	\$15.96
Pizza Crust	.47 cents	\$3.79	\$4.75
Bread sticks	.47 cents	\$4.50	\$5.29
Sweet Rolls	.93 cents	\$13.50	\$19.99
Dinner Rolls	.93 cents	\$3.00	\$4.79
Price per week	\$5.59/wk	\$40.94/wk	\$61.46/wk

*x4 weeks*  
*Save up to*  
*\$223.48/mo.*



# ..... A MILL FOR ..... EVERY MEAL



Our Recipe  
Booklets

*Breakfast*



*Lunch*



*Dinner*



*Dessert*



*Workout or Snack*





# .....BOSCH® UNIVERSAL PLUS..... MIXER

**FOR BREADS, COOKIES AND CAKES  
BOSCH® MAKES IT EASIER...**

## BOSCH® MIXERS OFFER

- **QUALITY** 3-year motor & transmission warranty
- **SPEED** 4 speeds plus momentary pulse operation
- **PERFORMANCE** Triple-whipping action with dual-rotating heads



**BOSCH®**  
**INVENTED FOR LIFE**

*We build **QUALITY**, because  
cheap products are expensive.  
They cost money to repair  
and money to replace.*

## VARIETY

Dozens of accessories  
for every kitchen task



Dough Hook



Dough Hook  
Extender



Cake Paddles



Wire Whips & Whisks



Cookie Paddles



Plastic Bowl



Stainless Steel  
Bowl



Bowl Scraper



Food & Meat  
Grinder



Blender



Slicer Shredder



Large Slicer  
Shredder



Food Processor



Citrus Juicer

## SEE THEM WORK

Watch the NutriMill® and  
BOSCH® Mixer in action.

[www.BoschKitchenCenters.com](http://www.BoschKitchenCenters.com)



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