

Healthcare Insurance for all

Healthcare insurance for all will be much more manageable if the costly preventable chronic diseases are indeed prevented. Treatment for the three major preventable diseases: diabetes, cardiovascular disease and colon cancer, alone cost California \$50 billion each year. They are indeed preventable with well-chosen foods and ingredients: **The missing ingredients that we need so desperately are the bran and germ from grains.** These are the ingredients that can bring about this miracle of prevention. Imagine the savings in productivity as well as sheer dollars!

Supposing that we could legislate, in California at least, that bakers be required to produce at least half their bread products with 100% whole grain ingredients, and restaurants serving grain foods be required to offer the choice of a 100% whole grain version. *You will note that the current rules allow bakers to garble this message, which most of them do. There are also some ingredients currently used by bakers in so called whole grain breads that spoil the beneficial effect.*

Such ingredients as refined flour, refined sugar and refined wheat gluten are the top spoiler ingredients in so called “whole grain” breads for people currently trying their best to eat their grain foods whole. By now we know that it really is feasible for bakers to produce 100% whole grain breads; just ask the true pioneers who are making them.

What’s more, by making 100% whole grains the goal of our grain system, we would have a distinct alternative to the current centralized commodity system. Since “we the people” rely so heavily on grain foods, an alternative distinct and well thought through system absolutely must be brought into existence. We already have a huge number of people boycotting wheat, because the current commodity system floods the market with so many flawed wheat products. Commodity wheat farmers are hurting badly; they are ready for the change.

We have been developing the base for this alternative system for wheat in particular, for the last 40 years; which is the time since all doubts were removed that 100% whole grain foods were necessary as the base to our diet. Lately the urgency has increased dramatically, in the face of huge healthcare costs and dangerous climate change.

To those food conscientious organizations such as CAFF, OFRF, Slow Food, Eco Farm and more..... who have not given whole grains their due, wake up and realize the profoundly beneficial consequences of making the end product for grain crops: whole grain foods!

Storing, milling and baking grains locally and growing grains for local use is the new alternative system. Certainly, this can include the export of grains from the largest growing areas either to other states or other countries. A key alternative is for grain to be stored in quantity, *not flour as in the current commodity system.*

In the current commodity system refined flour is the ultimate centrally stored form for grains, with the bran and germ removed and destined for animal feed. This encourages a widespread diet that is doubly damaging by the provision of excessive amounts of meat together with refined grains. This has been shown many times over to be exactly the diet to bring on colon cancer!

In summary it should be possible to bring down healthcare costs dramatically with an alternate whole grain system in place that will prevent costly Western chronic diseases.