

Open letter from Monica Spiller www.wholegrainconnection.org

In response to US Organic Grain Report 2019

To all concerned with refined organic flour, polished organic grains, and degermed organic grains. April 2019.

The organic grain trapdoor – refinement removes everything good about organic grain!

There is NO FUTURE for organic grains if the end product is refined organic grain

Grains supply us with macro (large) amounts of carbohydrates and protein, together with micro (very small but essential) amounts of the most vital nutrients for the proper utilization of the carbohydrates and proteins in our bodies. These macro-nutrients are in the endosperm center of the grain. The micro-nutrients are practically all in the outside layers of bran and germ. Refinement removes all the bran and germ from grains, and together with them all the micronutrients. Any **improvements to the nutritional value due to organic growing practices are all to the micro-nutrients** and these are removed during grain refinement.

Think hard about this: **once organic grain is refined it no longer has any of those essential micro-nutrients.** As such organic grains made into **refined organic flour and polished organic grains become junk food.**

Companies like Annie's and Ardent Mills are making themselves sound good with their organic efforts, but the products they present are refined. (Annie's produces a completely refined organic pasta package "Mac and Cheese" and Ardent Mills presents 5/6 organic flours that are refined.) This means that they are responsible for making a lot of people eat a deficient diet, and in this day and age, there are people who have recognized that the wheat that they are eating makes them sick: refined flour without even some compensating micronutrients (B-vitamins and minerals) makes them sick. Gluten is NOT the cause of this problem, it is the lack of essential nutrients in refined organic flour and copycat artisan refined flours that are not necessarily organic.

Where are the real nutritionists in the organic world that you can continue to condone this outrageous insult to people. We have an **epidemic of diabetes that is absolutely caused by eating refined grains and refined carbohydrates** that are not accompanied by the essential micronutrients, at the base of the diet.

How dare you at CCOF, at the Organic Trade Association and elsewhere among so called "organic" organizations accept this status quo instead of leading us with the recognition that the only acceptable form for organic grain is as the WHOLE GRAIN? You have all of you confused the public and supplied them disease causing deficient refined grain products for your own financial gain. Is there no other recourse than to sue?

The literature is enormous in support of the existence of all the micronutrients in the bran and germ and knowledge about these micro-nutrients has been building since grains were first refined in 1880, and sifted for the masses in the century before that. It could be said that the science of nutrition has totally evolved from the need to understand the diseases caused by removing the bran and germ from grains.