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Growing Wheat acquires from the earth and air all the properties of nutrition that are known, and, strangely enough, gathers those properties more nearly in the proper proportion for the perfect nourishment of the human system than does any other grain. If you remove from the whole wheat such properties as make teeth, bone, nerves, brain, muscle, you have unnatural food, which tends to unnatural conditions, poor teeth, loss of nerve and brain power, impaired strength.

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