

The Importance of Freshly Milled Wheat

We mill the wheat berries, which produce fresh, nutrient rich flour.

If the flour is not used in baking bread or other items within two days, all nutrients are depleted.

The bread on the store shelf is from mass-produced flour that has had the wheat germ (life) removed out of it so it will not spoil. This allows industry to make large quantities of bread at one time; therefore, it is convenient, but not healthy.

Brenda's Bread offers a healthy, delicious alternative.

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(513) 515-0710

www.AHealthConnection.com



Bread made from Freshly Milled Wheat with many varieties and flavors

Gluten and Dairy Free Now Available!



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Nutrition/ Bread Classes

The nutritional class is an enjoyable and educational event teaching why it is so important to eat real bread made from freshly-milled wheat. Materials such as bread made from freshly-milled wheat are available for purchase. Class manuals come with registration.

There is always time for questions and answers.

We do Bread-Making/Nutrition classes in homes, churches, groups, or anywhere people want to learn. They are always informative and **FUN!!** Contact us for more details!

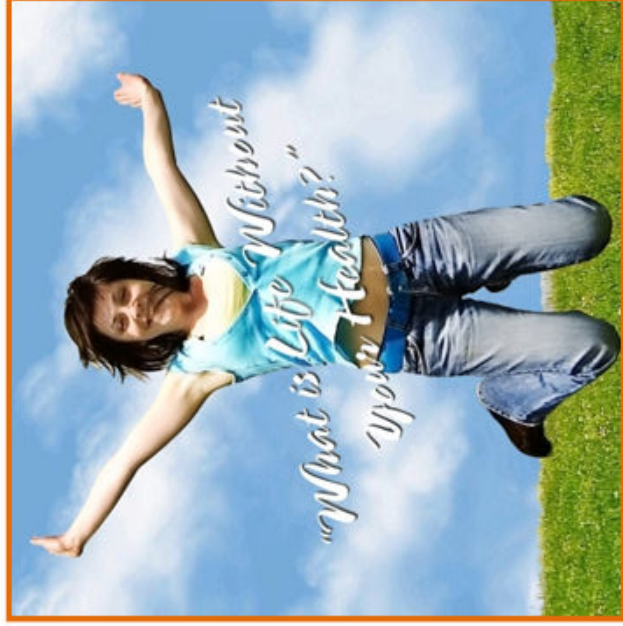
Ingredients in the Bread

- Freshly Milled Organic Hard Winter and Spring Wheat Filtered Water
- Raw Unprocessed Honey
- Cold-Pressed Extra Virgin Olive Oil
- Sea Salt
- Organic Eggs
- Yeast

Ingredients in the Muffins

- Freshly Milled Organic Hard Winter and Spring Wheat
- Cold-Pressed Extra Virgin Olive Oil
- Raw Unprocessed Honey
- Sucanat
- Organic Eggs
- Buttermilk
- Oat Bran
- Soda
- Sea Salt

fruit, spices, and flavors added to varieties



Benefits

Our bread is very rich in Vitamin E and contains 40 vital nutrients and vitamins. We use only Organic Hard Winter and Spring Wheat. Those who eat the bread regularly have noticed many health improvements.

Some have claimed a reversal to heart conditions, diabetes, skin disorders such as warts, G.I. Problems, Children's Issues, and many other testimonies.

It truly is **'The Bread of Life'**. Lastly, but certainly not least, the bread is quite delicious. From the whole wheat to the various varieties and flavors, it is a favorite in everyone's household.

Since it is so satisfying and nutritious, it quickly becomes a 'main-stay' in every home.

Nutrition Assessments Available!

Bread (Priced Per Loaf)

- Whole Wheat..... \$7.00
- Gluten & Dairy Free \$7.00
- Spelt..... \$8.00
- Pumpkin Chip \$9.00

Muffins (Priced Per Dozen)

- Raisin Cinnamon..... \$9.00
- Apple Cranberry..... \$9.00
- Gluten & Dairy Free \$9.00
- Chocolate Chip (Bran) \$9.00
- Double Chocolate Chip \$9.00
- Banana Chocolate Chip..... \$9.00
- Pumpkin Chip \$9.00

New healthy delicious glazed Cinnamon Rolls!

- 1/2 dozen \$9.00
- 1 dozen \$18.00

Auto-Ship Orders now available!

Receive fresh bread and muffins automatically once or twice per month and get a 10% discount!

- 2 Loaves Whole Wheat Bread
 - 2 Dozen Raisin Cinnamon Muffins
- For only \$24.30 each shipment!*

To place an order, please visit
www.AHealthConnection.com
 or call 513-515-0710