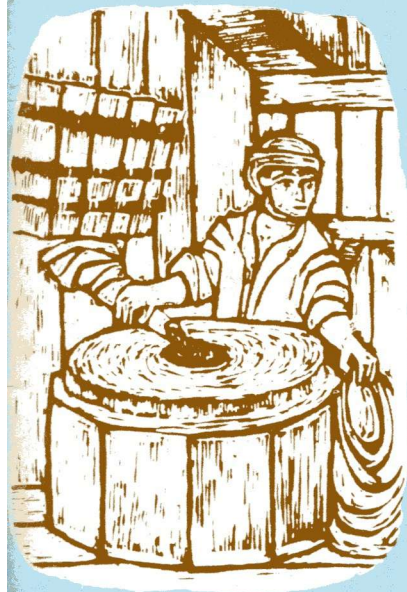


Bread's Biological Transmutations

by Louis C. Kervran

The Changes in Food Grains from the Wheatfields to the Stone Mills, through Bakery Ovens and life-giving Energy

translated from the French followed by a commentary by Jacques de Langre



**happiness
press**

Copyright 1978 by Happiness Press, 160 Wycliff Way
Magalia, California 95954 (916) 873-0294
All rights in this book are reserved

Printed in the United States of America

Relevant Publications available from Happiness Press:

Does Bread Nourish? by E. E. Pfeiffer

A perceptive analysis of the factors affecting bread quality at ground level by the famous bio-dynamic biologist Ehrenfried E. Pfeiffer. This Book is a must-read for anyone interested in wheat bread.

Soft cover, illustrated, 32 pages

\$2.00

ISBN # 0-916508-07-2

Cooking Good Food with Grains and Vegetables

A comprehensive study of the preparation of whole grains, vegetables, beans, flours, etc... combined with much information about the "way of life" of the Unifying Principle of yin and yang. One of the finest guides to preparing traditional foods.

Soft Cover, illustrated, 64 pages

\$3.00

Happiness Press Other Publications:

The First Book of Do-in by Jacques de Langre

Oriental self-massage achieves beneficial improvements in the body and the mind of the practitioner, often during the very first session. Based on the restoration of energy flow within, Do-in maintains or re-establish health, frees the spirit and assures a happier and longer life.

99 illustrations, soft cover, 32 pages

\$1.50

Library of Congress Card #70-168561
ISBN #0-516508-02-1

Do-in 2 The Art of Rejuvenation Through Self-massage

The ancient oriental Art of rejuvenation through self-massage and breathing/cleansing exercises is presented here along with the scientific evidence for its effectiveness. This book also traces the origin and explains the mechanism of this discipline. Over 300 detailed photographs and drawings in simple language show the method for healing illnesses, maintaining the body in optimum organic function and regenerating the energy channels.

Illustrated, soft cover 156 pages

\$7.50

Hardbound, durable edition, 156 pages

\$10.00

ISBN #0-916508-02-1

Bread's Biological Transmutations

The Changes in Food Grains
from the Wheatfields
to the Stone Mills,
through Bakery Ovens
and life-giving Energy



by **Louis C. Kervran**

translated from the French
followed by a commentary by
Jacques de Langre

happiness press

P.O. Box DD Magalia, California 95954

Bread's Biological Transmutations

How bread's subtle biological changes,
transformations and commercial treasons
affect our well-being and existence

Your bread will never taste the same
after reading this book... It will taste better!
At last, an authority in biology* offers some
positive remedies for improving the daily bread
we consume somewhat blindly. Although we might
read labels and choose our food carefully, we are
still being cheated. Even if we bake our own,
we, unknowingly, pollute our bread with stale
flour or active yeast while overlooking the
distress signals of our body.

In this book, Professor Kervran and Jacques
de Langre offer real hope for bread lovers, help
for the miller and guidance for the scrupulous
baker; food for thought for everyone concerned
with the essence of our staff of life.

*Facts!
and recipes
for anyone to bake
"no-yeast, self-leavened"
super-bread that won't
stale, but delight
the taste...!
Try it!*

Professor Kervran's discovery of the biological transmutations of elements has startled the scientists. To witness increases, decreases and total changes in the various elements within living organisms has caused an extensive re-thinking of body chemistry and biology. In this book, Nobel Prize Nominee L. C. Kervran explains in layperson's terms the changes that occur in milling and in breadbaking. An additional section on selecting wheat, storing and milling grains plus recipes for baking bread without yeast rounds out this vital book.

Illustrations and charts, soft cover 32 pages

\$2.00

Library of Congress Card Number 78-56122

ISBN # 0-916508-06-4

