

WHOLE GRAINS, HEALTH AND THE MICROBIOME

A diet rich in whole grains provides
fuel for beneficial bacteria that can
positively impact health and protect
against chronic disease.





HOW TO HELP



HURTING

PEOPLE

Mike Foster



The Ingenious Gentleman

Don Quixote

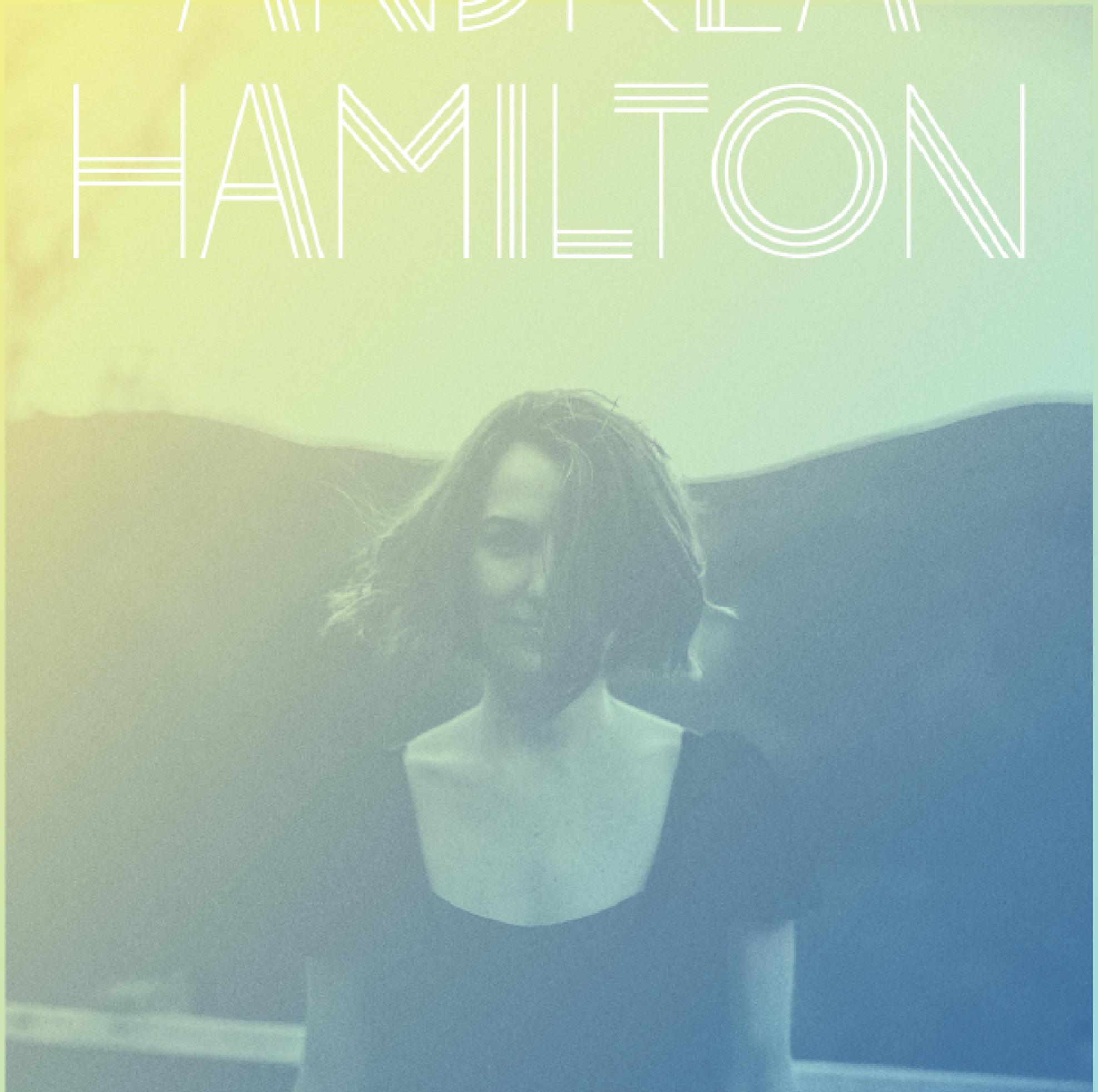
of La Mancha



Miguel de Cervantes



ANDREA HAMILTON



HOPE AND STRUGGLE