

A Flourishing Choice: Discovering The Top 10 Health Benefits Of Organic Wheat Flour In Your Diet



Organic food has always been the new norm for leading a healthy and happy life. Nothing is more superior to organic food. Since 'Chapati' has always been an integral element of Indian food, it is essential to opt for organic wheat flour to amplify the health benefits. To help you with it, EarthyTales can be your saviour. They have a wide range of organic products under all categories, and [organic wheat flour Delhi](#) is one of them. Getting your hands on organic wheat flour will help you adopt a lifestyle full of nutrients. Also, it can be helpful in ditching normal wheat flour, which contains more gluten. Earthy Tales, offering organic wheat flour, will help you achieve your body goals by adding it to your daily meals.

Learn About Organic Wheat Flour

It is important to understand organic wheat flour before learning about its benefits and other things. Organic wheat flour is known as 'chakki fresh atta'. It is free from any preservatives and is packed immediately after being ground. The process of packing is non-processed. It is full of antioxidants, minerals, vitamins, etc. Also, there are many health benefits to organic wheat flour, as it involves no pesticides.

Top Benefits Of Adding Organic Wheat Flour To Your Diet

There are many benefits of wheat flour. Here are the top 10 of them mentioned below:

1. Increases metabolism

Not many people know, but organic wheat flour has a high level of vitamins in it. This is extremely helpful in improving the metabolism of a person. Consuming wheat flour every day can help absorb energy from the foods consumed. Also, it helps in transforming the energy into adenosine triphosphate at a higher rate. The vitamin B1 present in the flour allows it to maintain glucose metabolism.

2. Maintains the overall blood sugar level.

Another one of the health benefits of wheat flour is that it improves the insulin response of the body. Also, it lowers insulin resistance. This is all because of the magnesium present in organic wheat flour. It also has zinc in it, which balances the insulin levels in the body. Therefore, it becomes necessary to maintain the blood sugar and work on preventing diabetes.

3. Organic wheat flour works by improving brain power.

Wheat flour has niacin in it. This is known to be beneficial for improving the functioning of the brain and boosting mental health. You can opt for various healthy and light recipes involving wheat flour in the morning. This way, not only brain power will be improved, but energy levels will also increase.

4. It is free from any pesticides or herbicides.

One of the best whole wheat flour benefits is that it doesn't involve any harmful pesticides or herbicides. People are often scared of consuming food items made with chemicals and pesticides. But whole wheat flour is safe to eat for everyone. Plus, it is beneficial for the environment. It is nutritious as compared to non-organic wheat. So, people can use it without fear of pesticides, chemicals, or herbicides.

5. Whole-wheat flour reduces chronic inflammation.

Whole wheat flour has betaine content in it, which is beneficial in preventing chronic inflammation. This is an important component in rheumatic disorders. Also, it has anti-inflammatory properties, which can help reduce the chance of various ailments like heart disease, type 2 diabetes, etc. Thus, wheat flour helps diminish inflammation and the risk of chronic diseases.

6. Organic wheat flour can improve bone health.

In comparison to processed wheat flour, choosing organic wheat involves phosphorus. It is an important mineral that can easily blend with calcium. Further, this helps in improving the bone health of a person. There are many ways to involve organic wheat flour in your daily

life and ditch processed grains. The right balance of calcium and phosphorous can strengthen the bones and allow them to be healthy and strong.

7. It helps with better digestion.

Another one of wheat flour benefits is that it is rich in fiber. It means that it has multi-dimensional effects on the human body. It helps improve the digestive system and clears the harmful toxins in the body. Also, the antibacterial properties of wheat flour can reduce the severe effects on the digestive tract. Further, it benefits the interstitial tract. A healthy digestive system will have positive effects on the body, skin, and hair.

8. Organic wheat flour prevents weight gain.

It is a myth that consuming wheat leads to more fat. But it is the contrary. Consuming high-fibre foods can help reduce body weight and the risk of obesity. Also, some researchers say that whole wheat flour can cut down on rigid fat and promote proper distribution of it into the body. Some suggest consuming three meals that involves wheat flour can lead to a lower body mass index.

9. It helps in cleansing the whole body system.

Fresh chakki atta or organic wheat flour is beneficial for cleaning blood. It is great to eliminate harmful bacteria from the body. This can be considered the best detox diet. Also, consuming organic wheat flour can resolve health issues like headaches, bloating, or joint pain. It also helps with constipation, leading to detoxification and maintaining health in the colon and intestine.

10. Organic wheat flour can lower the risk of heart disease.

Another one of wheat nutritional benefits is that it can lower the risk of heart disease. As per some studies, three meals involving organic wheat flour can do well for overall heart health. Also, whole-grain diets are beneficial for maintaining heart health in comparison to refined grains.

How Does Earthy Tales Help You Get Hands-On Organic Wheat Flour?

It is hard to tell the difference between refined flour and organic wheat flour. This is why most people get confused about how to get their hands on organic wheat flour. But Earthy Tales can be the best source to get [whole wheat flour online](#). They deal in organic food products that will not only help you lead a healthy life but will also help the environment. Earthy Tales offers a wide range of organic food items involving organic wheat flour in Delhi, the NCR, and other prime parts of India. Deciding to buy products from Earthy Tales can help you enjoy various health benefits. Also, they offer various deals on their organic products. Buying organic whole wheat flour and other products means ditching the fear of pesticides, herbicides, or other chemicals. Moreover, along with wheat flour, Earthy Tales has separate categories for everything like organic vegetables, leafy greens, fruits, cooking

oil, ghee, healthy snacks, juices, sweeteners, personal care, etc. So, you can not only buy chakki fresh atta but other organic items with Earthy Tales.

About Earthy Tales:

Founded in 2017 by Deepak Sabharwal, an ex-TATA, GE and Pepsi alumni, Earthy Tales is NCR's most loved community led organic food brand, which works with organic farming communities to promote natural farming and city communities to increase awareness about Clean, Chemical free food. Deepak quit his corporate life of 20 years to make our soils and food plate free of pesticides as Earthy Tales purpose. You can read his inspiring story on: [https://theorganicmagazine.com/meet-the-plantpreneur/deepak-sabharwal-some-earthy-
tales/](https://theorganicmagazine.com/meet-the-plantpreneur/deepak-sabharwal-some-earthy-tales/)

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