

Try This For Breakfast It's Alive!

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One of the toughest meals of the day is breakfast. I mean really, what are the options for the average person? Many Americans have been brainwashed to think of breakfast as: Cold or hot cereal, eggs, pancakes, waffles, toast or bagels. Any of these carb laden foods complimented with processed breakfast meats like bacon, ham or sausage links is a sure-fire recipe for inflammation and fatigue. The problem is there just aren't a lot of good breakfast food alternatives that promote a non-inflammatory life style.

Most people are shocked to learn that the average fast food sausage and egg breakfast sandwich increases NF-kappa B by 150% and it's elevated for 3-4 hours. A simple breakfast sandwich can increase inflammation in your body by 150%. It's no wonder people are tired and in chronic pain.

NF-kappa B is present in the cytosol of every cell; and when its inhibitors are disrupted by stress, diet, injury or a host of other factors, it mi-



grates to the mitochondria where it literally affects genes and sets up a cascade of genetically induced inflammation. The word picture that best describes NF-kappa B would be that of an amplifier. NF-kappa B can ramp up or down existing levels of inflammation just like an amplifier can amplify existing voice or music levels.

So what should we eat for breakfast? To help us find the answer, let's consider research done by Francis Pottenger between 1930 and 1950 on over 900 cats. He was evaluating the effects of adrenal extract on the cats;

and as a result, his team did over 600 autopsies and extensive data collection. He found that when he would give raw food, either raw milk or raw meat to the cats, they would be vibrant, reproduce easily, have strong bones, engage in play and in short, exhibit health on whatever parameter was evaluated.

In older cats, inflammation and diseases of the gums was seldom seen. The calcium and phosphorous content of their femurs remained consistent and internal organs showed full development and normal function. Over their life spans,

cats that were fed raw foods proved resistant to infections, to fleas and to various other parasites, and showed no signs of allergies.

When the cats were fed cooked food their health declined. The longer they were on cooked food the longer it took to recover. As cats raised on cooked food progressed through 2 or 3 generations their health declined proportionally.

Listen to what Dr. Pottenger says about the cooked food cats. "In the third generation, some of the bones become as soft as rubber. The cats developed heart problems, nearsightedness and farsightedness. They had under activity of the thyroid gland, infections of the kidney, liver, testes, ovaries and bladder. Other conditions included arthritis, inflammation of the joints and nervous system as well as paralysis and meningitis. The cats displayed vermin and intestinal parasites, skin lesions and allergies."

Cooked food fed cats showed much more irritability, some females were even dangerous to handle. The males on the other hand were more docile, often to the point of being un-aggressive and their sex interest was slack or perverted.

Dr. Pottenger discussed several other animals and their genetic diets. Cows had healthier adrenal glands, chickens were stronger and had healthier eggs and guinea pigs had less skin and GI problems.

So here's the point. We need to get more raw food in our diet. Raw foods have bio-available vitamins and minerals. Raw foods have enzymes in them to help digest our foods and enzymes that we need to sustain life. Raw food is ALIVE. There are essences in raw foods that science will probably NEVER understand.

Here's a great raw food breakfast recipe that I enjoy and modify daily based on my taste buds. I call it:

Raw Almond Crunch

- ½ cup of raw almond
- ¼ cup of raw buckwheat groats*
- ¼ cup raw sunflower seeds
- ¼ cup raw pumpkin seeds.

Place the ingredients in a jar. Add two times as much water as the volume of seeds and soak overnight. This allows the seeds to begin to germinate. The next day, drain the water; rinse off the starch and add your favorite fruit, sweetener and milk substitute.

I like coconut milk, dried cranberries or fresh berries.

*Buckwheat groats are not wheat and gluten sensitive people can eat them.

Another breakfast idea which I personally enjoy is to add 1 scoop of Biotics NitroGreens, 1 scoop of NutriClear and 3 scoops of Whey Protein Isolate in water.

NitroGreens is an organic green drink with natural nitric oxide precursors. NitroGreens is loaded with alkalizing factors, antioxidants and chlorophyll.

NutriClear is a liver detox and gut healing formula.

This breakfast is quick, easy and keeps my blood sugar stable for hours. Below you can find these recipes and additional breakfast ideas.

As a culture we need to rethink breakfast and increase our amounts of raw foods.

Thanks for reading this week's edition. I'll see you next Tuesday.