

BREAKFASTS

Food is.: vegetable, fruits, meat, fish and dairy.

Cereals became part of our food when men learnt how to prepare it. We have always prepared and processed our food. We cook our food—that is one type of processing—as well as ferment, grind, soak, chop and dry. All of these are types of food processing.

In the past the aim was to make food more nutritious, digestible and to preserve it: dry meat, such as, hard sausage, ham, pemmican as well as cheese and lacto-fermented condiments like sauerkraut and even wine. All of these are a few examples of these practices. Farmers, bread makers, cheese makers, distillers, millers and so forth—processed the raw ingredients into delicious foods that retained their nutritional content over many months or even years.

The aim was to increase the nutritive value of the food and thus to be in better health for a longer period of time. Food was the major means to prevent and even cure diseases.

In modern times, the aim became profits. To increase the profit the factories and industrial food companies needed to produce the cheapest product and sell it at the highest price. They did not search to make it more nutritious and digestible, they made it more “attractive”, “practical”, “comfortable” and “easy to use” in order to sell more of it. It is a marketing point of view on food. They found what the customers want and produced it.

The lie was that they questioned the overbooked mothers: “What do you want” and never the trained nutritionist. Then when the food industry discovered that children had a major influence on their mother’s buying habits, the food industries questioned them and invented the corn flakes and other “modern” breakfast cereals. Today it is the children who decide what to eat; we have totally lost all our ancestral knowledge and wisdom. Thousands of years of experience and knowledge lost in the hands of the marketing man and the seven years old child.

To produce these breakfast cereals, which please so much the children, the grain needed to be extruded.

BREAKFAST CEREALS

The cold breakfast cereals are produced by a process called extrusion. Grains are mixed with water and placed in a machine called an extruder. The grains are forced out of a tiny hole at a high temperature and pressure, which shapes them into little flakes, ring or shreds. Individual grains passed through the extruder expand to produce puffed wheat, oats and rice.

The extrusion process treats the grains with very high heat and pressure, and this processing destroys much of their nutrients. It denatures the fatty acids; it even destroys the synthetic vitamins that are added at the end of the process. The amino acid lysine, a crucial nutrient, is especially damaged by the extrusion process. Ref *Fighting the Food Giants*, by Paul Stitt, biochemist.

When we put cereals through an extruder, it alters the structure of the proteins forming new compounds that are foreign to the human body. The extrusion process breaks down and disperses the proteins, which then become toxic. When the proteins are disrupted in this way, it can adversely affect the nervous system.

Even boxed cereals sold in health food stores are made using the extrusion process. They are made with the same kind of machines and mostly in the same factories. These organic cereals usually contain more proteins, which are made toxic by the extrusion process. Thus the absurd result is that they can be made more toxic than the non-organic ones containing less proteins. Once again, the aim is to increase profits not to increase the nutritive value.

THE RAT EXPERIMENTS

Below are two unpublished research indicates that the extrusion process turns the proteins in grains into neurotoxins. The source of this information is Mrs Sally Fallon from the Nourishing traditions.

“M. Stitt describes an experiment, conducted in 1942 by a cereal company but locked away in the company’s file cabinet, in which four sets of rats were given special diets. One group received plain whole wheat grains, water and synthetic vitamins and minerals. A second group received puffed wheat (an extruded cereal), water and the same nutrient solution. A third set was given water and white sugar. A fourth set was given nothing but water and synthetic nutrients.

The rats that received the whole wheat lived over a year on this diet. The rats that got nothing but water and vitamins lived about two months. The animals on a white sugar and water diet lived about a month. The second group of rats (vitamins, water and all the puffed wheat) died within two weeks.

These results suggest that there was something very toxic in the puffed wheat itself! Proteins are very similar to certain toxins in molecular structure, and the pressure of the puffing process may produce chemical changes that turn a nutritious grain into a poisonous substance.

The other unpublished experiment was carried out in 1960. Researchers at the University of Michigan in the town of Ann Arbor were given eighteen laboratory rats. These were divided into three groups: One group received cornflakes and water; A second group was given the cardboard box that contained the cornflakes and water; A third group (the control group) received rat food and water.

*The rats in the control group remained in good health throughout the experiment. The rats eating the box became lethargic and eventually died of malnutrition. **The rats receiving the cornflakes and water died before the rats that were eating the box!***

Furthermore, before death, the cornflakes-eating rats developed aberrant behaviour, threw fits, bit each other and finally went into convulsions. Autopsies revealed dysfunction of the pancreas, liver and kidneys and degeneration of the nerves of the spine, all signs of insulin shock. The startling conclusion of this study was that there was more nourishment in the box than in the cornflakes.”

It is interesting to see that extruded cereals create behaviour problems. **Some psychiatric drugs for children such as Ritalin intent to “treat” exactly the described aberrant behaviour** found in the group of rats eating the extruded cereals.

The consumption of extruded cereals is in a constant increase, exactly as the psychiatric drugs for behaviour problems amongst children are and have reached the 2.4 BILLIONS of doses prescribed in the UK alone in 2012.

OLD FASHIONED PORRIDGE

Old-fashioned porridges are made from non-extruded grains and provide excellent nourishment at an economical price.

Our ancestors found a nutritive way to use cereals, they made bread and also porridge. They cut and soaked the grains for a few hours to neutralize the many anti-nutrients naturally occurring in grains, such as irritating tannins, digestion-blocking enzyme inhibitors and mineral-blocking phytic acid. This treatment can also gently break down complex proteins in grains.

In the morning they cooked the soaked grain and ate them with butter or cream. The nutrients in the dairy fats are needed in order for you to absorb the nutrients in the grains. Without the fat-soluble vitamins A, D and K, minerals from the grains cannot be absorbed.

Furthermore, the fats in butter and cream slow down the release of glucose into the bloodstream.

TRADITIONAL BREAKFAST OF THE NORTHERN MAN

The traditional breakfast of the northern man was probably one of the best in the world. It is also the superiority in quality of this breakfast that made the northern man superior in skill, intelligence, force and courage than his contemporary in the southern countries.

To be well nourished plays a definite and important role in him succeeding to conquer the rest of the world.

This is still of actuality, the successful football player, businessman or woman on the field is very well fed PRIOR to being successful. They do not have junk food, they have a proper meal.

It was composed of proteins such as meat, eggs, dairy or fish and vegetables and fruits. These gave the body all the needed nutrients to run a successful day of activity.

Dr Weston A. Price in the 1920's conducted a very interesting experiment in school. He increased the usual diet of the pupils with dairy, vegetables and other proteins. He did this to see their effects on the development of teeth and cavities.

Of course the study showed that these pupils had less cavities and even cured the existing one, but the unexpected result was that the children on this special nutrients rich diet turned from being the poorest in study result to the best!

This study was later confirmed by Professor E. Mellanby, one of the young Queen Elisabeth's teacher. The diet was protein, vegetable and fruits with the addition of cod liver oil for some. The proteins part of the breakfast is a key factor as they are the bricks of the walls of our body.

Eat well, live well, be successful and happy. This is what A. Escoffier (the founder of the western cuisine) meant: "Good food is the foundation of genuine happiness".

Andre