

# BREAKFAST

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How to replace your disease-promoting breakfast  
with the miracle two-minute recipe that fights disease,  
reverses obesity and halts diabetes



**BY MIKE ADAMS**



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**BY MIKE ADAMS**  
The Health Ranger



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## Introduction

This report reveals a breakthrough breakfast recipe that can literally transform your health and your life. It's a recipe I invented several years ago and have been following every day since. This is the exact same recipe I drink to achieve LDL cholesterol of 67, a body fat of 10.5%, near-immunity to colds and viruses, and peak mental function. But before we get to that breakthrough recipe, let's take a closer look at what's wrong with the typical breakfast most people eat. I call it the, "Great American Breakfast!"

## Exposed! The Great American Breakfast

The great American breakfast is not much of a meal, it is actually a breakfast of obesity and chronic disease and, like most Americans, if you eat the great American breakfast on a frequent basis, you will no doubt adopt the health condition of most Americans. That condition includes obesity and chronic diseases such as diabetes, cancer, heart disease, osteoporosis, and even clinical depression.

But what's really wrong with the great American breakfast? After all, don't food advertisers claim that their bacon products, pancake mixes, bread products and dairy products are wholesome and healthful? Let's take a closer look and find out what is really behind these food items and discover what health conditions they actually promote.

## Pancakes with Syrup

First we'll look at pancakes. Pancakes should really be called dessert and not breakfast. You start out by taking white flour, which is a highly refined high-carbohydrate grain that has been stripped of nearly all nutrition, then mixing it together with baking powder, sugar, and other unhealthful ingredients such as hydrogenated oils or fake blueberry bits. You add water to this mix then pour it onto a griddle to make pancakes, which are really just pancake shaped pieces of cake.

These are not the pancakes your grandparents ate. These are pancakes that are more like sponge cake. When you start eating pancakes, your blood sugar begins to rise from the white flour, and if you are like most people, you further worsen the health of the pancakes by soaking them in syrup, which is -- unbelievably -- almost pure sugar. So far, then, we have white flour, a refined carbohydrate mixed with sugar and on top of that people will place margarine, which contains hydrogenated oils that promote heart disease. This combination is now promoting obesity, diabetes, and heart disease as well as nutritional deficiencies and this is just the pancakes. We haven't even taken a bite of the bacon yet!

### Strips of Bacon

Moving on to the bacon, you might wonder what could be wrong with this breakfast item. After all, isn't this recommended in the various low-carb diets such as the Atkins diet? Sure it is, but the problem with bacon is that it contains an ingredient known to promote cancer in human body. This ingredient is called sodium nitrite, and when sodium nitrite is absorbed into the human body it forms nitrosamines, which are highly carcinogenic chemical compounds. These compounds are so toxic to biological systems that they are actually used to give cancer to lab rats at medical research facilities. It is added to your bacon in order to preserve the bacon and give it a reddish color. In fact, sodium nitrite is used more as a color fixer in order to promote the cosmetic appearance of bacon than for any other reason. By consuming bacon you are increasing your odds of acquiring leukemia, brain tumors, colon cancer, breast cancer and other forms of cancer.

That's not even to mention the fact that the bacon contains a shockingly high amount of saturated animal fats. Bacon is extremely high in saturated animal fats and it is these fats that are strongly associated with coronary artery disease, atherosclerosis and other cardiovascular diseases. Eat enough bacon in your life and you probably be diagnosed with heart disease sooner or later (if you're not diagnosed with cancer first). Of course, you can buy bacon without nitrites (look for "uncured bacon"), and that's the only bacon you should be eating if you are choosing bacon for breakfast. You have to look for it in the freezer section and remember that bacon without nitrites does not have the same shelf-life as bacon cured with nitrites. So look for it in your health food stores or perhaps your better quality grocery stores and make sure it says "nitrite-free" on the label.

Even that does not protect you from the saturated animal fats in the bacon. There is nothing wrong with the little bit of saturated animal fat from time to time -- especially if you lead an active lifestyle and regularly pursue physical exercise -- but if you are consuming saturated animal fats on a regular basis and not engaging in physical exercise, you can expect it to worsen both your body weight and your cardiovascular health.

### Glass of Cow's Milk

So far we have eaten pancakes with syrup and margarine, and that has given us diabetes, obesity, and heart disease. Now we have added bacon to the mix and given ourselves various forms of cancer while also magnifying our potential for cardiovascular disease. What could be next? Of course, there is the infamous glass of cow's milk, which most Americans continue to believe is a healthy way to start their day. Drinking cow's milk is probably far better for you than starting your day with a glass of soft drinks, but there are nevertheless many problems with cow's milk.

Cow's milk is perfect nutrition if you are a baby cow. If you wake up one morning and look in the mirror and notice that you have hooves, fur and a tail useful for swatting flies, you might be well served to drink cow's milk for breakfast. But for human beings, cow's milk is a bizarre mixture of liquid nutrition. It simply does not offer healthy nutrition for the human race. Human breast milk, which is of course what humans should be drinking if they are going to drink biologically produced milk, is far more nutritionally balanced for human consumption. Human breast milk contains GLA, which is an essential fatty acid for brain function and a blood sugar stabilizer. Human breast milk also has a much more easily digestible form of protein than cow's milk (which is high in casein, a hard-to-digest protein). Recent research has even shown that casein is associated with excessive protein in the urine in diabetics as well as accelerating diabetic kidney disease.



Casein is a difficult protein to digest, and when consumed in large quantities by human beings, it promotes system-wide stagnation. This stagnation often reveals itself as mucus in various organs of the body. For example, many people who think they have asthma really only have a mucus reaction to consuming cow's milk. If they would stop drinking cow's milk, their asthma would disappear within a matter of days or weeks. Many people also suffer from chronic sinus infections caused by nothing more than their daily consumption of processed cow's milk.

Other people suffer from intestinal disorders related to cow's milk consumption. These include either constipation or irritable bowel syndrome, depending on how your body reacts to cow's milk. Cow's milk is also terrible nutrition for infants whose death rate is actually increased when they drink cow's milk instead of human breast milk. The intelligence of babies is also lower for those raised on cow's milk. Clearly, milk from cows is not the sort of food you want to be feeding yourself or your family for breakfast.

## The Breakfast of Chronic Disease

If you put all of these together you will have pancakes soaked in syrup and covered with margarine -- which promotes diabetes, obesity, nutritional deficiencies, and heart disease. You have bacon, which promotes cancer as well as cardiovascular disease from the saturated fats, and you have cow's milk, which promotes stagnation, asthma, constipation, chronic sinus infections and other mucus reactions in the body. This is no way to be starting your day and yet this is the way the vast majority of Americans start their day. It may not be exactly the three items as described here... it could be some combination of breakfast cereal, sausage and cheese, for example. But the American breakfast usually includes some or most of these food items as discussed here.

## Destructive Health Effects

What happens after you eat these items for breakfast? What can you look forward to for the rest of the day? The first thing you can look forward to is a lot of mental confusion right around lunchtime. Your mood will shift dramatically thanks to the blood sugar roller coaster ride caused by consuming refined carbohydrates from the pancakes and syrup. You will not be able to focus very well because your brain didn't receive good nutrition. There were no superfoods in your breakfast.

There were really no nutrients to speak of; just empty calories because the vitamin, mineral and vital nutrient content of the foods discussed here is virtually none. Furthermore, you are eating almost no fiber whatsoever, meaning that your lack of fiber will promote colon diseases such as colon cancer. You will also start to get extremely hungry approximately three or four hours after you finish your breakfast. This is due to the consumption of refined carbohydrates and a lack of a quality protein like you might get from superfoods such as Spirulina.

You may also notice throughout the day that your sinuses are giving you trouble. You might get headaches or migraines due to sinus stagnation and the build-up of mucus in your sinus passages. You might get a runny nose or even more easily come down with a cold due to the fact that your immune system is not functioning as well.

One thing you can definitely count on is that your body will store extra body fat that morning. That's because you have spiked your insulin levels with the consumption of refined carbohydrates and then you have slammed your body with easily storable calories in the form of saturated animal fats.

## Breakfast Breakthrough

On top of that, the milk you are drinking contains a high level of saturated fats unless you are drinking skim milk. The milk also contains homogenized milk fats which are physically altered in order to make milk products more palatable to consumers. Allow me to explain: normally when you extract milk from a cow, that milk will separate from the fats and you will have cream floating up to the top of the milk with the more liquid part of the milk at the bottom of the container. The separation of the milk is not something that consumers enjoy seeing (yuck!). Milk processing alters the fats so that they stay in suspension. This is called homogenization, and homogenized milk fats are unnatural fats which promote heart disease and various cardiovascular disorders. I call it “processed cow’s milk,” and in my opinion, homogenized milk fats are something that should be strictly avoided by any human being seeking a healthy cardiovascular system.

## Why We’re All Sick

When you put all these together it is very easy to answer the question that people are asking all over the world these days: why are we all getting so sick? Why are we a nation of chronic disease and obesity? The answer is because every morning we get up and we have a breakfast that actually promotes these diseases. There is really no mystery here. We eat the foods that promote obesity and chronic disease, and we would be foolish to expect those results not to appear.

To make matters worse, some people even add coffee to their mornings and they will even spike up their coffee with sugar and cream, adding even more refined carbohydrates and saturated fats to their morning intake of foods and beverages. It’s quite sad to see this taking place in America and it can only lead to yet more disease and obesity in our country.

Specifically, the Great American Breakfast has the following attributes:

- High in refined carbohydrates that promote diabetes and obesity while depleting critical vitamins and minerals from the body
- Low in fiber, meaning an increased risk of diseases of the digestive tract
- High in hydrogenated oils that permanently damage the cardiovascular system and stress the heart
- Contains foreign liquids such as a fat / protein beverage extracted from cows that is nutritionally awkward for human consumption
- Contains high-density calories that promote obesity, stress the pancreas, and even induce insulin resistance if consumed regularly
- High in saturated animal fats that promote heart disease and weight gain
- Contains powerful cancer-causing chemicals like sodium nitrite that are clinically proven to cause cancers throughout the body

Is it any wonder, then, that Americans are sicker than ever? Just look at the astounding number of diseases caused by the very first meal of the day! And this doesn’t even take into account what people eat for lunch, dinner and snacks. Sadly, for many people, **breakfast is the healthiest meal they get!**

## The Breakfast of Health and Wellness

So what's the answer to all this? What should people be eating instead of the great American breakfast if they want to avoid obesity and chronic disease? As one suggestion, I'll share with you the breakfast I eat every single morning (and have for several years). This is the breakfast that actually prevents and reverses chronic disease. It is a breakfast that reverses obesity and helps you easily lose weight. It is a breakfast that provides optimum nutrition in terms of vitamins, minerals, fiber and immune boosting ingredients. This breakfast even enhances your brain function. It stabilizes blood sugar levels. It fights high cholesterol by lowering LDL cholesterol and raising HDL. As you know, my own LDL cholesterol is 67 and I achieved that by drinking this breakfast every single morning.

This breakfast is incredibly easy to make. It takes just two minutes, which means you can make this breakfast every single morning. In fact, it takes even less time to make than a disease-promoting breakfast. So what is the breakfast? I call it the "Adams Green Blend." The first time you try this, you might want to drink it slowly because the taste might seem a bit strange. But I assure you that if you use some of the techniques I will describe below to make it sweeter (at first) and then give yourself 60 days to get used to the taste, you will eventually come to absolutely love this breakfast. It will taste delicious to you and you'll actually begin to miss it if you don't get it for breakfast.

### **This breakfast has an outstanding nutritional composition:**

- No refined carbohydrates or sugars, yet it tastes sweet
- High in disease-preventing superfoods like spirulina, chlorella, wheat grass, etc.
- Outstanding source of protein through quinoa and spirulina
- Stabilizes blood sugar (especially good for diabetics)
- Contains a very high supply of organic vitamins and minerals from whole food sources
- High in dietary fiber
- Offers cardiovascular benefits due to heart-healthy oils
- Alkaline nature balances body chemistry, supports bone health and immune system function

### **The ingredients:**

- Jenny Lee Supergreens powder (found at <http://www.JennyLeeNaturals.com>) or The Ultimate Meal powder or some other supergreens powder from your local health food store.
- Stevia extract powder (see the "Secret Sources" book at <http://www.TruthPublishing.com> for a great source for buying this, or just find it at a local health food store.)
- Extra virgin coconut oil or macadamia butter or cashew butter or organic peanut butter (this serves as the primary oil in the recipe)
- Soy milk or cow's milk (if you still drink cow's milk), served cold
- Unsweetened Nutribiotic chocolate rice protein or chocolate soy protein (unsweetened) or Jay Robb's chocolate whey protein (sweetened with stevia)
- Coral calcium powder (see "Secret Sources" report for recommended sources)

# How to Make the “Adams Green Blend” Breakfast Shake

Pour several cups of soymilk into the blender. Then start adding powders: 1 tablespoon of stevia extract powder (or a lot less than that if it's pure stevia extract powder), 1 heaping tablespoon of Jenny Lee Supergreens, 1 or 2 tablespoons of chocolate rice protein powder, and 1 teaspoon of coral calcium powder. (The measurements don't have to be exact. Experiment with it yourself.) Then add a heaping spoon of coconut oil or the nut butters.

If you're new to this, add one banana. This will make the whole drink taste a lot more familiar and sweeter. But over time, you can cut back to half a banana, then a quarter banana, and finally no banana (which is the way I drink it).

You can also use other flavors, such as strawberry protein powder or vanilla. You may want to try flax oil instead of macadamia butter, but I personally think flax oil tastes somewhat bitter. You can also try adding more green powder over time, since that will provide a larger portion of superfoods, which are the key disease-fighting ingredient in the blend.

When fresh blueberries are in season, I frequently add blueberries to the drink, too. (If you add too many, the whole drink will gum up on you, because blueberries contain a natural thickening element.) You can also add fresh strawberries, pomegranate seeds, raspberries, or other berries. These make for a powerful antioxidant drink.

## The Healthiest Breakfast in the World

This is the healthiest breakfast in the world, and it is the breakfast that will support your mental and physical health throughout the day. Better yet, it's incredibly affordable. If you add up the cost of all the ingredients, this breakfast is less than four dollars. That makes it less expensive than the disease causing breakfast, which is typically five or six dollars at a restaurant or may be around four dollars if you make it yourself at home. So it is actually less expensive (or about the same cost) to eat a breakfast that reverses disease and reverses obesity as it is to eat a breakfast that promotes obesity and disease. So much for the complaint that “eating healthy costs too much!” Actually, that's only a myth. Eating healthy is quite affordable. You just have to be smart enough to know where to buy the key ingredients.

So why isn't everybody eating the Adams Green Blend breakfast? For one reason, it's just too uncomfortable for most people. They're used to toast, jelly, eggs, ham and cereal. And they're not going to give it up even if it kills them (which, coincidentally, it does). Other people are just not used to eating green powder foods such as spirulina, chlorella, wheat grass, but these are precisely the foods that we need for breakfast and throughout the day. So the way get used to this is to first put in a banana as you make this drink. Over time, you can reduce that to half a banana, then one-fourth of a banana, and finally no banana at all. It might take several months to get used to the taste but it is a fantastic investment that will pay off for many years in terms of your enhanced health.

So forget about eating the great American breakfast. There is nothing great about it other than the fact that it causes great diseases and great obesity. Personally I cannot remember the last time I even touched a pancake, which to me looks like nothing more than a birthday cake flattened out and soaked down with diabetes promoting sugar. Eat the green foods for breakfast and you will start your day right and support optimum health for your entire day.

## About the Author



The Health Ranger (Mike Adams) is a holistic nutritionist with over 5,000 hours of study on nutrition, wellness, food toxicology and the true causes of disease and health. He is well versed on nutritional and lifestyle therapies for weight loss and disease prevention / reversal. Adams uses no prescription drugs whatsoever and relies exclusively on natural health, whole foods, superfoods, nutritional supplements and exercise to achieve optimum health. To prove the value of nutrition and physical exercise in enhancing health, Adams publishes detailed statistics on his own blood chemistry (with full lab results) at <http://www.newstarget.com/AdamsHealthStats.html>

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