

BREAKFAST BEWARE

All but a few brands of cold break fast cereals- even so-called organic health food cereals- are produced by a process called extrusion that subjects the grains to very high pressure at high temperatures (Grape Nuts is one exception- it is not extruded but baked). Analysis of the grains after extrusion indicates that this industrial process breaks up the carefully organized proteins they contain, creating neurotoxic (damaging to nerves) protein fragments.

Unpublished animal studies described by Paul Stitt in his book *Fighting the Food Giants* indicate that animals fed extruded grains rapidly develop serious anomalies of the digestive and nervous systems and die before animals given nothing but water. And, since organic whole grains are higher in protein, extruded health food cereals are likely to contain higher levels of these toxic protein fragments that the cereal sold in supermarkets.

That is why it is so much healthier to prepare your own grain dishes, making sure to soak and ferment the grains. So we have provide two delicious recipes for soaked, then baked, cold breakfast cereals (see page 209 and 258).

Mary Enig, "Eat Fat, Lose Fat" page 90

