

# The Power of Breakfast and the Dairy Disaster!

## The Cold, Hard Facts about Dairy

Humans are the only mammals on the planet who consume milk as adults. We are also the only mammals on the planet who consume the milk of another species. Nutrients found in cow's milk are suitable for growing calves, not humans. Cow's milk, even if it is fresh and hasn't gone through the homogenization and pasteurization process was not intended for human consumption. But that's not all. The process by which milk makes its way onto our grocery shelves, is a deadly one...literally. This is what happens to milk as it travels from cow to market.

First, the milk is squeezed from the cow's nipple by a suction machine and temporarily stored in a tank. The raw milk is then transferred to a larger tank where it is stirred and homogenized. What actually gets homogenized are the fat droplets found in raw milk. During homogenization, fat particles are mechanically broken down into small pieces and the milk fat bonds with oxygen, changing it into *hydrogenated fat*. **What is hydrogenated fat?** In simple terms, it is fat that has oxidized too much and, like all hydrogenated fat, is very harmful to your body. The manufacturing process, however, isn't over yet. The milk must be heat-pasteurized to eliminate diseases, germs and bacteria, and any remaining beneficial enzymes are completely destroyed due to the ultra high temperatures used in the pasteurization process. What's more, the amount of oxidized (hydrogenated) fat *increases* even more at high temperatures. And if that isn't enough, this highheat- pasteurization process adversely changes the quality of the proteins in milk.

So there you have it- processed, pasteurized, oxidized fat and mutated proteins bottled up and waiting for us on our grocery shelves. Make no mistake about it, the reason you enjoy cow's milk with your cookies has nothing to do with its nutritional benefit to your body. The dairy industry is a multi-billion dollar industry based on brilliant marketing and the addictive taste of milk, cheese and butter. **If you are someone who is attempting to lose weight, STOP consuming milk products NOW!**

I know what you're thinking. "But don't we need cow's milk for calcium?" "Doesn't milk prevent osteoporosis and build strong bones?" The answer is NO! After looking at thirty-four published studies in sixteen countries, researchers at Yale University found that the countries with the highest rates of osteoporosis –including the United States, Sweden, Denmark and Finland- were those in which people consumed the most dairy and other animal products!

In his book "The Enzyme Factor", Dr. Hiromi Shinya, Chief of Surgical Endoscopy at Beth Israel Medical Center and Clinical Professor of Surgery at Albert Einstein College of Medicine, states that drinking milk actually *causes* osteoporosis. He explains in detail how the overall level of calcium in your body decreases as your body struggles to digest milk. "There is no other food that is as difficult to digest as milk", he says. "Milk, which contains many oxidized fatty substances, damages the intestinal environment, increasing the amount of bad bacteria and destroying the balance of the intestinal bacterial flora. As a result, toxins such as free radicals, hydrogen sulfides, and ammonia are produced in the intestine...in a sense, milk is the worst type of food."

From the American Heart Association to the American Cancer Association to the National Institute of Health, the message is being sent loud and clear to cut down on fat and cholesterol and eat more fiber! Do you realize that dairy products are VERY high in fat, VERY high in cholesterol, and VERY low in fiber? If your common sense doesn't feel violated right now, please stop reading immediately and check for your pulse because any smart, living human being should feel nothing short of suckered right now. You've been duped into feeding yourself and your kids an unhealthy product, thinking all the while you were making a healthy food choice. You could not have been more mistaken.

## The Good News!

Now, before you go jump off a bridge because you've learned the deadly truth about dairy products and the havoc they wreak in your body, hold on because there is good news! And to prove it we have

provided a list of yummy, non-dairy alternatives that you and your body will love. You can buy all of these items in Publix grocery stores.

***Our favorites include:***

Pure Decadence Dairy-free Ice Cream (made with Coconut Milk!)  
Double Rainbow Soy Cream  
Soy Delicious Dairy-free Ice Cream and Sorbet  
(Also available in fruit-sweetened-only flavors. Too Exciting for words!)

***Milk alternatives, we especially like:***

Silk Brand Original, Vanilla or Chocolate Soy Milk (also comes in Mocha, Egg Nog, and Pumpkin Spice)  
EdenSoy Original, Vanilla or Chocolate Soy Milk  
Greenwise Publix Brand Original, Vanilla or Chocolate Soy Milk  
Almond Breeze Original, Vanilla or Chocolate Almond Milk  
(We are huge fans of Almond milk!)

***Alternatives to Butter:***

Earth Balance Natural Buttery Spread  
Soy Garden Natural Buttery Spread

***Yogurt Alternatives:***

Silk Brand Non-Dairy Soy Yogurt (tons of yummy flavors!)  
So Delicious Dairy-Free Yogurt (made with Coconut Milk!)  
Stony Field Farms O'Soy Yogurt

***And for the cheese addicts:***

Follow Your Heart Vegan Gourmet Cheeses  
(They even melt! We recommend the nacho, mozzarella, and Monterey jack)  
Tofutti Better Than Cream Cheese Spread (the kind without hydrogenated oils)  
And here is a list of the **very best sources of calcium**... healthy, great tasting, high fiber sources of calcium:  
Cabbage  
Broccoli  
Soybeans  
Kale  
Collard Greens  
Seaweed  
Mustard Greens  
Watercress  
Chickpeas  
Kelp  
Red Beans  
Fortified Grains  
Tofu  
Raw Nuts  
Seeds - (FYI- Sesame Seeds rate among the highest!)

## The Power of Breakfast

Breakfast is the most important meal of the day, not just because our bodies need energy to function, but because it sets the tone for your entire day of eating.

First, it's a good idea to discuss *when* breakfast should be eaten. If you eat too early in the morning, you'll interrupt your body's cleansing process. **Immediately after waking, drink a large glass of water. Remember, your body has gone all night without water. Replenish!** Within an hour of waking, the perfect breakfast choice is fresh fruit. Not canned or covered with sugar or drowning in syrup. Raw, fresh fruit and lots of it! Don't mix your fruit with yogurt, granola, nuts or anything else.

Fruits contain their own digestive enzymes, so your body doesn't require a great deal of energy to digest it. They are out of your stomach and happily traveling along your digestive system in twenty to thirty minutes. Since your body isn't spending its energy trying to break down whatever is in your stomach, it has more energy to spend on other activities. You will have more energy than you know what to do with if you eat ONLY fresh fruit in the morning. Still, if you have the time, your family likes a hot breakfast, or you just don't feel like fruit is a complete meal, here are a few options that you will only take minutes to prepare. Some can even be eaten on the run.

## **Healthy Breakfast Recipes**

### **Banana- Berry Smoothie**

½ Cup Milk (We used Almond Milk)  
½ Cup Yogurt (We used silk soy yogurt)  
½ Cup Strawberry Silken Tofu, soft  
1 Ripe banana  
½ Cup Frozen Blueberries  
½ Cup Frozen Strawberries  
1 Tablespoon Flax seed

Peel bananas. Cut bananas into chunks. Place banana chunks, frozen berries, yogurt and milk into blender. Cover blender and blend on high speed for about 1 minute or until mixture is smooth. Pour into glass and enjoy. Protein powder and/or other supplements are optional add-ins, but will alter nutritional information.

Serves 1

#### *Nutritional Information*

Calories: 375

Fat: 6.8g (sat 0.5g, mono 0.7g, poly 2.8g)

Protein: 6.7g

Carbohydrate: 62g

Fiber: 8.6g

### **Creamy Oatmeal with Fruit & Nuts**

2 Cups Milk (We used Almond Breeze Milk- you can find it in the canned milk section)  
1 1/2 C Old-fashioned rolled oats  
1/2 C Raisins/chopped Dates, mixed  
1/8 teaspoon Salt  
1 t Ground Cinnamon  
2 t Maple Syrup  
Sprinkle with Slivered Almonds, toasted

#### *Stovetop instructions:*

Bring milk to a boil in a medium saucepan over medium high heat. Stir in oats, dried fruit and salt. Reduce heat to low, cover, and cook for 3 minutes. Remove from heat. Pour maple syrup over oatmeal and sprinkle with almonds.

#### *Microwave instructions:*

Place oats, raisins/dates, milk, salt & cinnamon into a large microwave-safe bowl. Stir to combine. Microwave on High, uncovered, for 3 minutes. Stir and microwave 1 or 2 minutes more. Let stand for 1 minute. Pour maple syrup over oatmeal and sprinkle with almonds.

Serves 4

*Nutritional Information*

Calories: 229

Fat: 5.7g

Protein: 6g

Carbohydrate: 37.5g

Fiber: 4.75g

## Morning Muffins

Yield: 18 servings (serving size: 1 muffin)

Cooking spray

1 Cup whole wheat flour (about 4 3/4 ounces)

1/2 Cup all-purpose flour (about 2 1/4 ounces)

1 Cup regular oats

3/4 Cup packed brown sugar

1 Tablespoon wheat bran

2 Teaspoons baking soda

1/4 Teaspoon salt

1 Cup plain fat-free yogurt

1 Cup mashed ripe banana (about 2)

1 Large egg

1 Cup chopped pitted dates

3/4 Cup chopped walnuts

1/2 Cup chopped dried pineapple

3 Tablespoons ground flaxseed (about 2 tablespoons whole)

Preheat oven to 350°.

Place 18 muffin cups liners in muffin cups; coat liners with cooking spray.

Lightly spoon flours into dry measuring cups, and level with a knife. Combine flours and next 5 ingredients (through salt) in a large bowl; stir with a whisk. Make a well in center of mixture. Combine yogurt, banana, and egg; add to flour mixture, stirring just until moist. Fold in dates, walnuts, and pineapple. Spoon batter into prepared muffin cups. Sprinkle evenly with flaxseed. Bake at 350° for 20 minutes or until muffins spring back when touched lightly in center. Remove muffins from pans immediately; cool on a wire rack.

*Nutritional Information*

Calories: 186

Fat: 4.4g (sat 0.5g, mono 0.7g, poly 2.8g)

Protein: 4.2g

Carbohydrate: 35.2g

Fiber: 3.4g

Calcium: 42mg