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YOUR GRANDMOTHER WAS RIGHT!



... Breakfast is the most important meal of the day.

Besides fueling your body, the Perfect Breakfast helps **eliminate the mid-morning loss of energy, supports your goals to manage cholesterol, blood sugar and blood pressure.**

Try the Perfect Breakfast for 90 days – you will be pleasantly surprised!

Ingredients

- 1 - cup oatmeal (old fashioned or steel cut)
- 6 - walnut halves (crumbled)
- 1 - tbs. flaxseed oil
- 1 to 2 - tsp. Cinnamon (flavor to taste)
- 1 - ounce NUPRO Colloidal Minerals™

Thin with applesauce or apple juice (as needed instead of milk and sugar) or for a creamy taste, try Almond Milk.

Instructions

1. Before bed, place oatmeal in a covered sauce pan.
2. Cover oats with water allowing the oats to naturally soften overnight. Cover the pan.
3. In the morning, transfer the softened oats into a bowl.
4. Add 1 ounce (a capful) [NUPRO Colloidal Minerals](#)
5. Thin the consistency and sweeten the oats with applesauce, apple juice or unsweetened Almond Milk.
6. Sprinkle cinnamon over the oats.
7. Crumble the walnut halves and sprinkle over the oats. For a change of pace, choose sliced almonds.

NOTE: It is best if you eat your perfect breakfast at room temperature. You can warm up your perfect breakfast on the stove or in a microwave if you keep the temperature below 100° to protect the vitality in your first meal of the day.

PS: It's OK to fall off the wagon – occasionally. Just don't make it a habit. If you forget – or just run out of time, keep a supply of [NUPRO Body Designer](#) handy to substitute for your Perfect Breakfast. It makes a great-tasting, quick and easy shake (vanilla or cocoa) that would make the pickiest Gramma happy! And, it is yummy with your Almond Milk, too.

Does this all talk about energy, blood pressure, Cholesterol and blood sugar sound too crazy to be true?



Here's More Proof About Oatmeal.

1. Over 40 studies show that eating oatmeal may help lower cholesterol and reduce the risk of heart disease.
2. The soluble fiber in oats helps remove LDL or "bad" cholesterol, while maintaining the good cholesterol that your body needs.
3. In January 1997, the Food and Drug Administration announced that oatmeal could carry a label claiming it may reduce the risk of heart disease when combined with a low-fat diet.
4. Oatmeal can help you control your weight. The soluble fiber in oatmeal absorbs a considerable amount of water which significantly slows down your digestive process, fast sugar conversion and it help curb your appetite because you will feel full longer.
5. New research suggests that eating oatmeal may reduce the risk for type 2 diabetes. The American Diabetes Association recommends that people with diabetes eat grains like oats because the soluble fiber these foods help to control blood glucose levels.
6. According to recent studies, a diet that includes oatmeal may help reduce high blood pressure. The reduction is linked to the increase in soluble fiber provided by oatmeal. Oats contain more soluble fiber than whole wheat, rice or corn.
7. The fiber and other nutrients found in oatmeal may actually reduce the risk for certain cancers.
8. Oatmeal contains a wide array of vitamins, minerals and antioxidants and is a reliable source of protein, complex carbohydrates and iron.

Skipping meals is never a good idea and in this case, scientists have proven that your Grandmother was right - again: "Breakfast is the most important meal." and it is an essential part of any holistic health and healing program, too.

In case you can't remember all of Gramma's other nuggets like: "Eat your vegetables ..." Fish brain food ...", "An apple a day ..." that's why NUPRO developed [the 3 Step Plan for Holistic Health](#). It helps put you on track with your Grandmother's best advice for a long, healthy life.

And, just in case you've forgotten everything she said, why not attend the FREE NUPRO webinar on Holistic Health and claim your passport into the new world of natural, Radiant Health. [Click here to reserve your seat.](#)