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LIA Lifestyle Instruction Aid

a32. Dr. Ouellette's Flavonoid Breakfast with fibre

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Dump the cereal grains, (including toast), dump the eggs and definitely dump the milk. Try this high quality breakfast instead.

Dried Fruit & Two Nuts

Get these items in the bulk food section of your favourite grocery store or bulk food store and go to a licenced health care practitioner who recommends nutritional supplements for advice on supplement products.

Multivitamin & Mineral Supplement

Get a high potency product for extra B vitamins. Try to find a product that includes selenium, lycopene, lutein and bioflavonoids in a significant therapeutic amount. This product should cost about 25 cents per morning supplement.

Balanced Essential Oils

Omega 3, 6, 9 Forget the Omega 3 eggs & milk. They are not worth the price for a dose that is below the therapeutic limit. This capsulated supplement product should cost about 33 cents per morning supplement.

Calcium /Magnesium Supplement

If you wish you can add an extra product especially if you are osteoporotic or close to it. This product should cost about 25 cents per morning supplement.

Psyllium Seed Husks

One tablespoon in a glass of water. This product should cost about 8 cents per morning supplement.

Dried Fruit & Nuts

Almonds (12)

Walnuts (4 halves)

Blueberries (15)

Cherries (15)

Cranberries (15)

Dark Raisins (15)

Papaya (Two)

Apricots (Two)

Prunes (One)

Dates (One)
Figs (One)
Mangos (One)

Total cost for this breakfast is about \$3.27 Canadian. These should all fit on a desert plate. Do not have seconds. A desert plate is the smallest standard plate you can find and it will be full but, with no heaping.

In comparison a large McDonald's french fry will cost you \$2.56 and a McDonald's Egg McMuffin combo meal with a coffee would cost about \$3.73 but, with an orange juice it would cost \$4.16. So which is the better deal? Think hard now. Okay which is more filling then? Give Dr. Ouellette's Flavonoids breakfast a try and you might be surprised at how filling it actually is. This breakfast will satisfy you just nicely thank you. And, remember that you really do not need more.

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