

**Riverwalk Natural Health Clinic
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Immune Support Breakfast

The modern American diet, which is high in refined carbohydrates, creates havoc with the body's digestive and elimination systems. By strengthening the body's eliminative function, the functioning of the immune system is also greatly enhanced. The following recipe is not designed to be hypoallergenic and must be modified as needed to suit your personal dietary requirements. It must be eaten 2-4 times a week over a period of 2 months for the effects to be noticeable. People who use it regularly notice an enhanced immune response and fewer allergic reactions, as well as improved digestion.

4 cups rolled grains, organic if available. Use oats, barley, triticale, rye, etc.

2 cups oat bran

1 cup chopped dried fruit

1 cup sunflower seeds

1 cup raw, unsalted nuts, chopped

1 cup lecithin granules

1 cup ground flaxseeds

½½ cup ground milk thistle seeds

Seeds can be ground in a blender or coffee grinder. Mix all ingredients well and store in an airtight container in the refrigerator. For each serving, soak ½½ cup dry mixture in soymilk, rice milk, nut milk, diluted fruit juice or water, at least 30 minutes (overnight is okay). To increase the protein value, eat with yogurt or tofu. In the winter months, try heating your soaking liquid first for a warm cereal. This will also decrease the soaking time to about 20 minutes. Cover the bowl after you've added the liquid to keep the heat in.