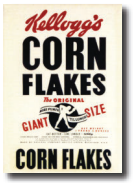
Cereal Studies: rats were divided into three groups

Cornflakes and water

Died before the rats who were given cardboard box. Before death the cornflake rats developed schizophrenic behavior, threw fits, bit each other and finally went into convulsions. Autopsy revealed dysfunction of the pancreas, liver and kidneys and degeneration of the nerves in the spine – all signs of "insulin shock."



Cardboard box the cornflakes came in and water.
Died of malnutrition.

Rat chow and water.
Lived in good health throughout.

The other study, described in *Nourishing Traditions* by Sally Fallon, was performed in 1960 by researchers at the University of Michigan at Ann Arbor. Eighteen rats were divided into three groups. One group received cornflakes and water; a second group was given the cardboard box that the cornflakes came in and water; and the control group received rat chow and water. The rats in the control group remained in good health throughout the experiment. The rats receiving the box became lethargic and eventually died of malnutrition. But the rats receiving cornflakes and water died before the rats that were given the box – the last cornflake rat died on the day the first box rat died. Before death the cornflake rats developed schizophrenic behavior, threw fits, bit each other and finally went into convulsions. Autopsy revealed dysfunction of the pancreas, liver and kidneys and degeneration of the nerves in the spine – all signs of "insulin shock." The startling conclusion of this study is that there is more nourishment in the box that cold breakfast cereals come in than in the cereals themselves.

Millions of children begin their day with a bowl of extruded breakfast cereal. Do the toxic protein fragments in these cereals explain why so many of our children cannot concentrate at school?