

When nothing else helps



PLANT-BASED

Warm, well-cooked, hydrating foods are easy to digest and soothe the stomach and intestines.



Foods that are easy to digest and absorb deliver the nutrients you need without all the effort. The net effect is an overall energy and metabolism boost.



Cooking congee with ample water makes it an exceptionally hydrating meal. Good hydration reduces inflammation and lubricates all your cells, muscles, and organs keeping them flexible and energized.



GLUTEN FREE



ORGANIC



WOMEN OWNED

breakfast cure®

feels like a hug

How does congee help digestion?

In Chinese medicine, warm foods build Spleen Qi and Yang and stoke the fires of digestion. When Spleen Qi and Yang are strong, fluids are regulated and digestion, elimination, and metabolism are optimized.

Congee calms the mind and body, amplifying all of the positive effects.

breakfastcure®

warm nourishing food
that feels like a hug



SLOW COOKER & INSTANT POT MEALS
COOK OVERNIGHT JUST ADD WATER
INSPIRED BY CONGEE



- is an easy, healthy meal that cooks while you sleep, work, play...
- soothes, heals, and repairs the organs (and channels) of digestion
- regulates elimination
- easily delivers needed nutrients

Congee is a porridge, traditionally made of rice. Like oatmeal or rice pudding, however, congee is cooked slowly with five or more times the volume of water. The grains cook completely with moisture to spare.

Healing congees have been prescribed for centuries and are part of traditional Chinese medicine and Asian dietary therapy.

The Benefits of Congee

or

The Yin and Yang of Digestion

- **Constipation**

Better with good hydration -
Congee Nourishes Yin

- **Loose or irregular bowel movements**

Improve with warm food -
Congee Builds Yang

- **Low energy or metabolism/
difficulty maintaining a healthy weight**

Better with easy-to-digest food -
Congee Strengthens Qi and
Regulates Fluids and Metabolism

- **Pain or discomfort of the stomach or intestines**

Congee Benefits, Soothes,
Regulates, and Harmonizes

It took a minute to persuade my wife to do the long cooking but once she started doing it our whole family is into it. It tastes amazing, she loves it and even our 16-month-old is eating these.

Bora

Thank you for putting your passion for congee into action and making it available to those of us who don't have the knowledge or interest in making it for ourselves!! It may well have been a lifesaver for me.

Ellen

After the loss of a loved one, Karen Taylor, L.Ac. founded Breakfast Cure to help others avoid the challenges, and even serious complications, of constipation and diarrhea.

Over her 25 years in practice she found that many people want to make congee from scratch at home, but need help getting started. Karen's mission is to share her love of congee by making it easy to experience the powerful benefits.

to get started
visit

breakfastcure.com



scan with camera to
learn more



Free Ebook
breakfastcure.com

I cooked Breakfast Cure for my mother and me, and it was a total hit. At 98, my mother has become a fussy eater, but she ate 2 large servings with gusto. Her demeanor transformed from querulous to placid smiles. I loved it, too.

Kimberly

Warm, cooked, moist food for breakfast

1. keeps your system running smoothly all day
2. ensures that the fiber is soft so rough fiber doesn't damage the intestinal walls
3. ensures the fiber has enough water not to cause constipation.

I am loving my breakfasts now. It used to be my most difficult meal because other than oatmeal, there was hardly anything I could eat. But now I have these rich, nourishing, warming, and delicious meals. It is really making a difference!

Ilana