

**The Easy Way to
Boost Metabolism and Soothe Digestion**
so you start each day satisfied and focused.

**One simple daily habit that will put you
in control of your mornings and your
digestion for good.**

**By Karen Taylor,
Licensed Acupuncturist, Certified
Herbalist, and Foodie**

You are smart and passionate.

You need a breakfast that redoubles your focus and moves you into your day satisfied without exception.

Let's make that happen.

Harness the power of Chinese medicine to increase the fire of your digestion.

Welcome to the wisdom of warm.



BREAKFAST CURE

Calm Mornings.

Breakfast that cooks while you sleep.

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What if you could...

♡ **Make breakfast in under one minute?**

♡ **Wake up to breakfast that's ready when you are?**

♡ **Feel awesome after you eat breakfast every day?**

♡ **Have that satisfied, focused energy that lasts into the day?**

♡ **Feel great in your body?**

♡ **Have a slimming routine that's fun, easy, delicious, soothing, and satisfying?**

😊 **I'm delivering to your doorstep the exact method I used myself to get through the busiest time in my life during Chinese medical school. This is the same technique I used to feel amazing without diets, supplements, (a personal chef!) or giving up anything.**

Hi, I'm Karen



My darkest secret is that it took the passing of my own mother from complications of constipation to get me off my butt and answer my life's calling. This tragedy could have been avoided with one simple morning habit. I kept meaning to get the word out because I knew I was sitting on information that, although based in science, is some simple wisdom that is really quite magical.

The light and celebration of it all is that now I'm following my passion and delivering this easy and incredible morning method to people far and wide. I've been eating Breakfast Cure for 25 years, so it's the best to finally be sharing it with you.

Like me, before learning what's possible, you might not even know the potential for your mornings, your stomach, your energy, your digestion, your regular and satisfying elimination, not to mention your overall sense of peace and ease.

This book is for you because I believe you are here to find a better way through breakfast.

PART ONE

Not a morning person? Perfect!

I love bed.

The BEST reason to cook breakfast overnight while you sleep...

Duh! More time in bed.

Hit snooze.

You have it handled with your magical morning breakfast ritual.

Convenience is the number one reason I've stuck with it all these years.

PART TWO

The no-thought train.

Make it a ritual no-brainer for the win.

What you don't need is another chore. You need a breakfast solution that works because it's there when you need it, ready and waiting.

1. You have two choices.

a. Make your own congee at home. Use Breakfast Cure recipes you'll be getting in your inbox.

If you aren't subscribed to my newsletter click below to opt in:

[YES, SIGN ME UP FOR BREAKFAST CURE NEWS](#)

Find your ingredients and commit to spending a little more time putting it together and keeping with it until you find your own success.

b. Subscribe to a Breakfast Cure monthly box and let me take care of it. I'll send you everything you need to be sure it's great.

2. Schedule it!

The absolute key to success is getting an alarm set so you remember the night before. Decide how often you are making Breakfast Cure congee. I set an alarm on my phone at 9:00 pm each evening to be sure I remember.

3. Do it...Literally, that easy!

Pour the packet contents (or DIY ingredients) into your slow cooker.

Add the suggested amount of water.

Stir, cover, plug in, set to low.

BOOM. DONE!

Sleep while your breakfast cooks itself.

Wake up to the wisdom of warm, cooked breakfast.

PART THREE

Introducing Your Spleen

Your Spleen is a major character in our story about super-charging your morning while giving tender loving care to your digestion.

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Hi, I'm your Spleen, an organ most Westerners give little or no thought to, yet caring for me is crucial to feeling good. My main gig is that I loathe coldness, meaning I function best when warm and cozy.

When you expose your belly to freezy weather, it makes me shiver and I can't work very well.

Much worse is when you dump some ice cold drinks into my partner organ, your Stomach.

Really cold stuff just plain puts out my fire of digestion.

Listen up because right here I'm letting you in on the secret that is common knowledge all over Asia.

Your digestion is like a fire. When you keep it all stoked up, it's happy and burns a lovely glow while efficiently digesting the food you eat SO you can get the most out of it by absorbing the nutrients.

This fire of digestion is a huge part of your metabolism. When your digestion is optimized with warm cooked foods, you are revving up the power of your human engine.

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In Chinese medicine we call this fire your Spleen Yang. Yang is warming, moving, and energetic. It's the actual function of your organs, in this case Spleen yang is how the Spleen organ functions.

An important job done by your Spleen is dealing with incoming fluids.

When your Spleen is sluggish, fluids build up in an unhealthy way that leads to swelling, bloating, and water weight gain. Yuck! Keep your Spleen warm and healthy and it can metabolize fluids.

Stoke up the fire of your digestion and keep it that way.

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Your Spleen Yang oversees the digestion of your food.

If your Spleen isn't stoked and functioning optimally, you end up with:

Fatigue

Weakness

Poor appetite

Frequent or loose stools

Tiredness after eating

Puffiness around your eyes

Swelling

Bloating

Sluggish bowels

Who wants that? Not me.

You're here because you don't want that either, right?

PART FOUR

3 easy steps to everyday success in under 3 minutes.

1. Remember! Set that timer.
2. Make it easier. Get 2 slow cookers, soak one crock, throw it the dishwasher and always have another one when that reminder goes off in the evenings.
3. Still running late in the morning? I know, we love bed! Not ready for breakfast when life's schedule has you out the door too early? Get a food thermos - I love my Hydroflask food. Throw it in there so you stick to your Breakfast Cure long enough to feel all the benefits.

What benefits?

Here are the top five reasons that congee or Breakfast Cure is so dang good for you:

1. Congee boosts metabolism. Feel good in your body and your clothes.
2. Excellent hydration equals less pain and inflammation.
3. Easy to digest so your stomach feels great. Plus relief from constipation!
4. Breathing room in your morning routine. Ahhh.....
5. Feel satisfied and energized with balanced nutrients at breakfast!

PART FIVE

Here's the best part.

Nobody will ever tell you you have to eat a healthy breakfast every day.

It's completely up to you.

Love is the reason.

Imagine a few months from now you wake up each day to the aroma of your already cooked breakfast. You eat it, love it and feel fueled for your day. And you do it because you love your breakfast and your morning, and you love the soothed and satisfied tone set for your day.

My part.

I promise, if you follow my super simple method, and if you keep it up, you'll be astounded at the end of the month and the end of the year! .

Your part. You must take action.

You learned some great theory here, but don't put it off.

I want my complete starter kit delivered ASAP!
Take me to breakfastcure.com so I can get my own perfect breakfast slow cooker and 3 flavors to try at home in just a few days.
[Click here to get started now.](#)

PART SIX

Here's the best part.

10 Simple Steps to Boosting Metabolism and Soothing Digestion learned from ancient Asian medicine.

*Don't panic! There IS one easy ritual that is super quick which allows you to benefit from all ten suggestions, so don't worry, it's bad for your Spleen anyway.

1. Eliminate as much raw, cold food as possible.
-cleansing vs. sustainable balance in whole digestive system.
2. Chew and relax while eating. Focus on eating when you are eating. Breathe. - The gut brain connection is real and stress is the number one cause of indigestion.
3. Avoid hard, dry, difficult to digest foods. - Most people never even consider their food in terms of how much work it requires of our system in order to nourish us.
4. Eat breakfast daily. Don't skip meals. 5 is much better than 2 when it comes to meals. -One of the keys for keeping the fire stoked up is to add moderate amounts of food throughout the day, especially warm and easy to digest food that keep the metabolism stoked up.
5. Eat hydrating foods and moist breakfast.

6. Give your stomach and intestines a break with easy to digest meals.
7. Eat a wide variety of foods for nutrient value and to avoid food intolerances and allergies.
8. Follow a breakfast routine to reduce stress and save time in the morning. Overthinking and worry further deplete the Spleen. -other rituals can work, but ideally one that is ready when you are is ideal to calm and ease the mind.
9. Eat as many whole foods as you can and reduce processed foods. Oat Groats not quick oats. Brown rice, not brown rice flour. Ingredients that sound like food you can visualize, not ingredient lists that contain items you aren't even sure what they actually are.
10. Eat congee or Breakfast Cure at least 4 times per week. - breaking your fast more often than not with the ideal meal to soothe the Spleen, boost Yang, ease strain on the whole system, hydrate, softly cleanse and deliver a wide variety of nutrients. In the bag.



Breakfast Cure

Love your Mornings

Karen Taylor, founder

Karen M Taylor has been practicing acupuncture and herbal medicine for over 23 years with a passion for food, good digestion, functional medicine, and the wisdom of ancient remedies.

Graduating from Southwest Acupuncture College in Santa Fe, New Mexico in 1995, Karen was one of the first acupuncturists in the United States to receive national certification in Chinese Herbal Medicine. That same year she was also licensed by The State of New Mexico as a Doctor of Oriental Medicine.

A Diplomat of both Acupuncture and Chinese Herbal Medicine, Karen began to practice immediately. She specializes in nutritional counseling using the art and science of classical Chinese medicine.

Based on Taoist principles, Karen's methods are simple to adopt and incorporate into your daily routine and are designed to leave you more at ease, more balanced, and more satisfied.

Start Your Breakfast Cure Today