

After your Tease Meal, enjoy this breakfast —

Homage to Cynthia Kenyon

Cynthia Kenyon's work has had a profound influence on The CR Way. This delicious Wild Rice Cereal, served at The CR Way Longevity Center, is named to highlight the nutritious start to the day that it provides while hardly raising either **insulin** or **IGF-I***. This cereal is full of satisfying textures: Everything that's cooked has been kept *al dente* — including the wild rice. We've been influenced also by a great guy, Andrew Sundstrom, an ardent CR Way practitioner who eats a raw vegan diet and reports great glucose control with intake that includes raw sweet potatoes. Our light blanching keeps their glucose effect under control while retaining the texture.

At the beginning of this meal, Paul's glucose levels are often in the mid-70s (insulin production shuts down in the 80s). After eating, then walking for 20 minutes while wearing a 25-pound weight vest, his glucose level often drops to 64, almost certainly activating gluconeogenesis and ketogenesis, without the dangerously high levels of protein and fat, usually associated with ketogenic diets.

* The CR Way



Insulin / IGF-I

A *C. elegans* mutant that lives twice as long as wild type.

Nature. 1993 Dec 2;366(6454):461-4.

Kenyon C, Chang J, Gensch E, Rudner A, Tabtiang R.

PMID: 8247153

This groundbreaking study showed that aging is significantly affected by *daf-2*, an insulin/IGF-I - like receptor in worms. Later studies showed that the insulin IGF-1 pathway mediates calorie restriction benefits in humans.

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Prep time: 40 minutes, waiting intervals are included, allowing ample time for sweet potato prep.

Makes: 4 1-cup servings (240 g)

Ingredients

Quick Wild rice, e.g., Lundberg Family Farms® → 4 $\frac{3}{4}$ cup, cooked (779 g)

1 Bay leaf

Pumpkin pie spice - 1 tablespoon

Fennel, ground - 1 teaspoon

Cardamom, ground - 1 teaspoon

Lime juice - 2 teaspoons

Olive oil - 1 teaspoon

Gingered sweet potatoes - 125 g - very al dente

Lime juice - 2 teaspoons or more

Olive oil - 1 teaspoon

Pumpkin seeds & walnuts for extra crunch - 5 to 10g each

Ceylon Cinnamon, sprinkle to taste

Almond Non-Dairy Beverage (unsweetened, vanilla), e.g., Pacific® Natural Foods - 150 g

Directions

Quick Wild rice

1. Add bay leaf to 2 $\frac{1}{3}$ cups water in medium pan.
2. Bring to a boil.
3. Add wild rice.
4. Cover. Reduce heat to a simmer.
5. Cook 25 to 30 min. (less than package calls for), stirring about every 5 min.
6. Remove from heat. Let stand covered 10 minutes.
7. Fluff with fork

Gingered sweet potatoes

1. Bring 1 quart pure water to a boil
2. Add chopped raw sweet potatoes
3. Blanch for a $\frac{1}{2}$ minute
4. Drain, drizzle with lime juice to reduce oxidation

Serving

Add to a dish: wild rice (88 g), sweet potatoes (125 g), olive oil, cinnamon, pumpkin seeds, walnuts, and almond "milk."
Inhale the aroma and enjoy. Then begin to savor the flavors and textures.

Wild rice
 Lime juice
 Olive oil
 Gingered sweet potatoes
 Pumpkin seeds & walnuts
 Ceylon cinnamon
 Almond non-dairy beverage

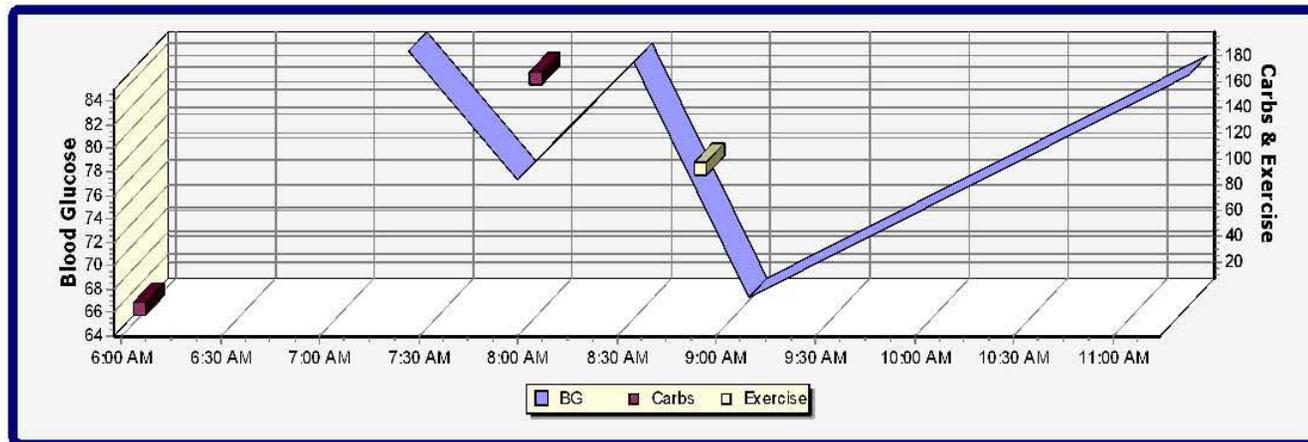


paul mcglathin - DETAILED GLUCOSE TRACKING REPORT

2010-01-30

DATE

06:00	Tease, Carbs: 14g (Sugar 7g; Fiber 2g), CPF: 78-10-13
07:16	85 mg/dl, sugar free gum
07:49	74 mg/dl
08:00	Breakfast, Carbs: 192g (Sugar 31g; Fiber 35g), CPF: 59-13-28
08:24	84 mg/dl, Homage to Cynthia Kenyon
08:55	Hiking with a 20 lb. load, 22 minutes, 137 calories
08:59	64 mg/dl
11:12	83 mg/dl



DAILY SUMMARY

Highest BG	Lowest BG	Average BG	Below 60	Above 200	% in (70-140)
85	64	78	0	0	80%