



## YOUR IDEAL BREAKFAST

What did you have for breakfast today? What do you drink in the morning? What happens after that? Do you ever feel hungry or tired around 11.00? Do you feel like you need a coffee or a snack then? What do you drink during the day? And what does your lunch look like? And then, do you make it until dinner time or do you need “something” around 4 in the afternoon? What does your evening meal look like? Do you have a good dinner but keep nibbling anyway? Does it feel like your appetite is out of control and you devour whatever food comes your way? Do you feel tired during the day? When especially? Any headaches during the day? Any digestive challenges? How do you sleep at night? How do you really feel?

Are you curious what these questions (and your answers) have to do with your breakfast?

When you start your day with a traditional, mostly carbohydrate based breakfast, you start a never ending eating cycle that is not easy to change. When you skip breakfast, you disturb the eating pattern and guess what, you start a never ending eating cycle that is not easy to change...

### **Did you know:**

- That scientists recently connected many health problems to people starting the day without a balanced breakfast?
- That our body consists of about 100 trillion cells which need more than 114 different nutrients during the day?
- That everything you eat consists of two major groups of elements? The first group supplies the body with energy (carbohydrates proteins and fats) and the second group supplies building materials (amino acids, vitamins, minerals & micro elements).

### **Did you know:**

- That your body uses all of that energy during the day while you are awake, and all the building materials at night to regenerate itself?
- That during the night your body loses up to 1 litre of water through breathing, sweating and the morning visit to the bathroom?

So...

Your body wakes up “empty” in the morning and on behalf of 100 trillion cells, begs you saying “Hey, give me back all the nutrients, energy and water I used in the last 24 hours”. You may not feel hungry or thirsty in the morning, but it’s just a matter of time...because your body IS hungry and thirsty!

### **And then you’re eating .... Breakfast.**

Guess what, much of what a traditional breakfast contains are simple carbohydrates which when digested, immediately turns into sugar...Your body wakes up in the morning asking for 114 vital nutrients and water ... and it gets sugar instead...SUGAR!!!

### **Traditional Breakfast**

If your breakfast consists of simple carbohydrates (sugar, sweetened cereals, sweetened yoghurt drinks, white bread, toast, jam, croissants), then after eating, your blood sugar level rises. When blood sugar levels are high, the body releases a hormone called insulin to remove excess sugar from the blood. Any excess sugar calories are stored as body fat. After the insulin hormone is released, the blood sugar level quickly drops leading to a signal to the brain to eat some “quick energy” foods i.e. more sugary foods.

This cycle repeats itself while we are awake and can cause the body to store excess calories as fat. This can lead to diabetes, high blood pressure and obesity.

### **No Breakfast**

When you skip breakfast and starve the body of energy, blood sugar can drop below the normal level. You may experience cravings and a drop in energy. You may again crave for “quick energy” foods to achieve an increase of blood sugar and to overcome feelings of hunger and/or a drop in energy. When you give in, blood sugar levels are high, the body releases a hormone called insulin, excess sugar calories are stored as body fat etc, etc!

### **For a healthy, energetic body the IDEAL BREAKFAST SHOULD**

- Restore the energy spent in the last 24 hours
- Restore the building materials used during the night
- Maintain the blood sugar level within the normal range
- Give more vitality from protein and not only from carbohydrates
- Replenish the water stock

Such a breakfast supplies our body with vital nutrients and energy without increasing blood sugar levels. It helps to avoid dependence on “quick energy” foods during the day. This gives a good possibility of controlling appetite, reducing cravings for snacks, chocolate, pastry, junk food and soft drinks. The body can now do what it is supposed to do, use any stored fat for more energy!!

Continue reading for even more information or telephone us on (0034) 952 883 151 or e-mail [Bob@MarbellaWellness.com](mailto:Bob@MarbellaWellness.com).