

Journey to Wellness

MARCH NEWSLETTER

What are you eating for breakfast??

31 years in practice and the one most important question I ask my patients is “what do you eat for breakfast”? I included below a mini excerpt of an article I was reading that underlines the point I would like to make today.

“The entire reason we eat grains for breakfast is because of the Kellogg brothers, who believed eating meat was wrong. A hundred and fifty years ago, Americans ate pork, beef, or chicken for breakfast. In the 19th century, Americans ate breakfasts heavy on the meat and natural fiber, light on grains.”

“Obesity was extremely rare.”

“The Kelloggs ran a sanitarium, and were vegetarians.” (Nothing wrong with that, if you know what you are doing and how to properly conduct this diet) “They developed what we now call “granola” and eventually corn flakes.”

“They fed those to their patients instead of animal products. The patients started requesting it by mail after they left the sanitarium because they believed it was healthy. The Kelloggs started packaging it, and had a business on their hands.”

“To sell their products, the Kelloggs used advertising to convince you that grain is good while meat and eggs are bad. Not because it’s true, but the Kelloggs had a commercial and vegetarian agenda that deceived people into thinking their product was “healthy,” and traditional foods were not.”
-Al Sears MD 2/4 /14

Interesting how we deviate from what Mother Nature intended. What makes these grains in a box, the food of choice for breakfast? Looking to our ancestors, they thrived on food like meat, eggs and fish. Grains were for emergencies only, when food was scarce.

There is so much information out there convincing you that grains are healthy and very few understand the dilemma. That is, carbohydrate in this form makes your blood sugar climb up and abruptly make insulin climb. These spikes of insulin alter your metabolism and tell your body to make and store fats.

The only safe way to have your carbs is to eat them fresh and raw, keeping your carbs and protein in their proper ratio. This will prevent you from having an insulin spike and deregulating your metabolism.

Remember:

- . **Do not skip breakfast.**
- . **Grass fed, nitrate free, low processing Animal fat is good for you, and for your breakfast. (In moderation always)**
- . **If you are craving carbs in the morning it might be related to hypoglycemia. You also might have a tendency to not be hungry in the a.m. or crave starch for quick energy boost.**
- . **I might have a solution for you! Make sure to have a balanced ratio snack with protein and carbs an hour before bed. I love to mix cold coconut milk and Pumpkin Seed Protein together as a protein source and add a fresh carbohydrate option of my choice. This simple snack will sustain slow delivery of insulin.**

To your health, Dr D

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Trouvaille

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