

*I am pleased that you are reading this article.*

*This article focusing on food in general and breakfast in particular is extracted from my upcoming book “Seven Holistic Steps to Dental Health: Avoid Expensive Medical Costs and Live a Healthy Life”.*

The book is due to be published in early 2011.

You can have healthy teeth and good health provided:

1. You clean/brush/"do-it-yourself" scale/rinse your teeth, tongue and gums properly after every meal.
2. Nourish yourself: Eat right foods and follow principles of nutrition.
3. Live a holistic life (wellness of mind, body and soul), so that you are healthy inside and outside.

This book will provide you with pragmatic guidelines

A special website for this book is created to provide reviews, additional articles, resources and more importantly your feedback. <http://dentalhealth.maxharoon.org/>

Here is a small section, dealing with metabolism and poor breakfast, from my upcoming book.

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**D**iet, fitness and pharmaceuticals are multi-billion dollar industries, but we are still over-weight and never seem to properly manage our health. The obesity phenomenon culminates in diabetes, cardiovascular issues and many other serious diseases.

Sometime the solution to this complex problem is simplistic traditional approach.

For example, let us look at the breakfast we eat. We are told to eat a low fat, carb (Carbohydrate) breakfast, such as breakfast cereal for our breakfast.

Here are the **health issues** associated with this kind of breakfast:

1. Your body (particularly your organs and brain) is starving and it needs high fat and protein as nutrition.
2. The cereal is a processed food i.e. a dead food with additives.
3. It may not be the required whole grain and it contains sugar and salt (Google the topic - Why Should you avoid sugar and salt).
4. There may not be any fiber in it.
5. There are not enough calories to sustain the starting hours of the day. The calories that are in typical breakfast foods are what we call "empty calories" because they are devoid of nutrients due to processing.

This **inadequate nutrition** results into the following:

1. When body gets the signal that it s still in the starvation mode, it will hoard what ever it can get.

2. It will turn off the fat burning metabolism, so whatever fat you have in the system goes into fat deposit (did you know the first place for fat storage is your belly!).
3. You will get hungry soon and will eat more junk/processed food.
4. Your bad cholesterol goes up, along with your triglycerides and blood sugar. This sets you up for diabetes, heart disease, and stroke.
5. Many people are allergic to wheat. We tend to crave what we are allergic to. When we eat what we are allergic to we do not absorb the nutrients properly, so the calories again are "empty calories" that just go to fat.

You might be wondering about the connection of the breakfast to the increase in the body weight.

In order to understand this phenomenon, we just have to **study our own habits**.

This is based on a universal principle: **Scarcity creates hoarding**. When you anticipate scarcity we as human beings try to hoard or hang on to what ever we have.

The body also works with same principle. When anticipating shortage of fat, it will store fat.

When anticipating dehydration (not drinking enough water) the body will hold onto water.

So, my friends, it is **Ok (actually you should)** eat a breakfast high in protein and fat, such as egg, liver, cheese, salmon, etc.

If you do so, the body will **turn on your fat burning metabolism** (instead of turning it off for hoarding it). This will also reduce your weight and provide proper nutrition to your organs and brain.

So, program your metabolism to manage your weight!

Have you heard of English breakfast, coming from England I can tell you it does not consist of English Muffins but instead of hash brown, bacon and eggs (and I am not advocating that kind of breakfast, especially hash brown and bacon).

Did you know that sugars and starches spike your blood sugar levels (they are high on Glycemic Index)? When there's a rush of sugar in your blood, your body, produces insulin to deal with it and elevated insulin levels have been linked to greater risk of diabetes and heart disease. Here are some nuggets reprinted from my other book, "*A Seven-Step Strategy for your Holistic Health*", they are listed in two groups:

- **Related to Food**
- **Related to Habits and Life Style**

## A. Related to Food

Learn what to eat, what not to eat, how to eat and when to eat.

Food is not only a fuel for your body but it provides essential nourishments and are anti-oxidants (ingredients fighting free radicals in your body, which causes many ill conditions).

Next time when you look at food, consider many of its characteristics:

- Alkalinity and Acidity
- Glycemic Index
- GMO
- Organic
- Healing

Here are some nuggets reprinted from my book:

- Avoid **processed foods**, trans fats, caffeine, and high fructose corn syrup. They are loaded with bad carbs, artificial sweeteners, salt and preservatives.
- Food are either **acid or alkaline** (or they become alkaline or acid after the digestion):
  - Most fruits and vegetables are alkaline
  - Sugar, meat, dairy are acidic.

Alkaline foods are definitely recommended and some acidic foods to be avoided.

According to **\*\*Lori Davies, Holistic Cooking Academy** “*A meal should have a balance between the two types of food (at least two-third alkaline)*”.

- Eat **non-GMO** (Genetically Modified Organism) produce and meats.
  - When it comes to produce, make a serious attempt to buy organic fruit and vegetables. Eat lots of vegetables **and fruit** (low on \*GI).
  - Buy eggs from cage-free farms
  - Buy free range poultry (chicken, turkey, etc.)
  - Buy meat from grass fed animals.
  - Buy wild caught fish
- Choose vegetables that grow above the ground like cabbage, broccoli, cauliflower, and asparagus. Other low-glycemic vegetables that make good choices include mushrooms, green beans, leafy green vegetables, and tomatoes. Eat 3 to 5 servings per day.
- Avoid corn.
- Gluten is a special type of protein that’s commonly found in rye, wheat, and barley. It’s a major ingredient in most cereals and breads. If you are sensitive to Gluten then avoid these grains.
- Avoid **white foods** (this is not a food term):
  - Potatoes (over 100 on \*GI)
  - White rice

- Sugar
- White flour (do not get misled by “Enriched Flour”)
- Salt.

It is my contention that if we just avoid all white foods, it will decrease your risk factors for diseases of heart, diabetes, kidney by 25% and imagine how much the government can save in health care!

- Include protein in all meals, such as eggs, meats, fish, seeds & nuts (nuts are zero on GI and high in Omega 3's)
- Some fruits, nuts and vegetables have live enzymes, vitamins and/or minerals and they get destroyed when cooked or fried (they are over cooked in many traditions, so what you are eating is a filler with sauces). Explore some new ways of eating them:
  - Eat all fruit and nuts raw, you can also eat some vegetables raw.
  - Some grains and nuts can be sprouted to make the dormant enzymes in their live.
  - Juice fruit and vegetables (centrifugal juicer are not recommended).

According to Dr Oksana Sawiak, “juice reconstituted from a concentrate is done so with tap water which contains fluoride. That causes damage to thyroid which then slows down and makes you tired and fat.”

Read my article on Sprouting and Juicing (download from resources page of [www.Healing-Food-Institute.org](http://www.Healing-Food-Institute.org)).

## **B. Related to Habits and Life Style**

- If you are serious about revving up you metabolism, exercise before your breakfast (your heart will also thank you for that, some people may need a little hydration or fuel before the exercise).
- Walking produces different physical outcomes then jogging. Plain aerobic exercise produces different outcomes than interval training. And weight lifting produces different results than yoga, tai chi, or rebounding. Any study that references physical activity and doesn't account for these differences is significantly compromised
- *American Journal of Epidemiology* published a study entitled "Leisure Time Spent [Sitting in Relation to Total Mortality in a Prospective Cohort of US Adults](#)" concluded that more time we spend sitting (TV, Computers, etc) higher is the risk of death and diseases.
- Industrial farms are now depleted from minerals in the soil as they used to do. Our body does not produce many essential vitamins and minerals (and those which are produced by body their quantity dwindle down as we age), so consider taking multi Vitamins and Minerals with your food, such as fish oil, selenium and Vitamin C.
- Finally, it is not the food alone to consider but equally important is how the food is cooked, the way it is eaten and served.
- *“When we go out to eat with friends and/or family, more often than not, we stray from our usual eating patterns. We may eat larger amounts; choose greasier entrees and sweeter desserts. Sometimes we may also drink more alcohol than usual. So how can we limit these types of dietary indiscretions? Yes, you have a choice and you should exercise it”.* Eric Grief, M.D. (\*\*)

- Eat four meals, if you can (but no eating three hours before you go to bed) a day (limiting to 400 calories), each meal should contain protein and MUFA (eat nuts, avocados *and* dark chocolate). Absence of protein particularly at the breakfast adversely affects your metabolic and hormones. Stay full by eating three meals and two snacks every day.
- What to Eat: Green raw salad should be taken once a day. No mayonnaise but make your own dressings with olive oil (cold press), very little garlic and lemon. Whole grain, MUFA, protein, veggies and fruits, good fats.
- Drink a glass of water at least half an hour before the meal. Contrary to the belief that coffee, tea and pops do supply the water to the body is wrong. In some situations it drains the water from your body just as alcohol dehydrates you. Drink 6 glasses of purified water.
- If you are not a habitual wine drinker like Mediterranean people then do not heed to the advice, red grape juice or cranberry juice is a better alternative.
- If you are over weight or suffering from unstable sugar condition such as diabetes, then take one to two spoons of Apple Cider Vinegar before or during the meal. One way to mix in your appetizer salad.
- Exercise every other day in the following sequence:  
Warm up with Stretches (5 to 10 minutes)  
cardio Vascular (5 to 10 minutes)  
Strengthening  
Cool down with stretches (5 to 10 minutes)
- Supplements: CoQ10, B50 complex, fish oil, glucosamine formula (only if joint or arthritis, saw palmetto (for prostate prevention)
- Avoid meat and substitute Avocado, fish, lentils, pulses, feta cheese, and cottage cheese.
- Do not drink very hot tea or coffee (cool it down for 5 minutes), it affects your esophagus cancer.
- Avoid bloat triggers, such as salty foods, bulky raw vegetables, soda pop, ice cream and even chewing gum.
- Belly fat and Stress: Too much stress can also lead to more belly fat. Get more sleep; walk away from an acute stressor, either by leaving the room for five minutes or closing your eyes and counting to 10; make time for exercise every day, even if it's just a walk around the neighbourhood; talk with others, especially those who energize you; keep positive thoughts in your head; and make time for "me" every day.
- Avoid processed food, make meals from scratch.
- Consider sprouting. A sprout of seeds is like eating a miniature plant.

\* GI: Glycemic Index, It measures how quickly foods breakdown into sugar in your bloodstream. High glycemic foods turn into blood sugar very quickly. Starchy foods like potatoes are a good example.

\*\* Members of Advisory Board of Healing Food Institute ([www.Healing-Food-Institute.org](http://www.Healing-Food-Institute.org))

Now, do not put off your daily exercises and other principles of health, if you wish to manage your weight, your cardio and insulin.

A healthy heart and spirit lead to a healthy mind and a healthy body. So take care of your temple (your body) and take a holistic approach to your mind, body and soul. If you are successful and you have not taken care of your “temple”; your health will eventually deteriorate and will affect your ability to continue in achieving your dreams.

Remember that wellness of mind and body will give you balance both in your emotions and your lifestyle.

Join our two groups to discuss and explore food, health, mind, body and soul topics. You can join on the meetup and post your profile.

[www.meetup.com/Healing-Food-Institute/](http://www.meetup.com/Healing-Food-Institute/)

<http://www.meetup.com/Life-Transformation-Institute/>

This and other articles, written by me are available at my webfolio, following the link to my publications at:

<http://www.maxharoon.org/>

Some excellent resources of websites, articles, books and organizations are also provided at the Healing Food Institute, [www.Healing-Food-Institute.org](http://www.Healing-Food-Institute.org) follow the link under resources.

The outlined above sound like hard work to you? Yes, they do require reworking your approach. But, it will come easy to you if you are passionate about your health and believe in it. In applying this strategy, the journey can actually be more pleasant than the destination itself.

### References:

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<http://www.jonbarron.org/athletic-performance/nl100823/sitting.php>

## About Life Transformation Institute



**Life Transformation Institute** is a collaborative group of kindred spirits that empowers life by sharing our cumulative knowledge and wisdom. We will focus on the body/mind/spirit entity and raising awareness.

Become my fellow traveller; join Life Transformation Institute at meetup:  
<http://www.meetup.com/LifeTransformationInstitute>

Our Advisory Board comprised of health practitioners, authors, speakers and leaders in transforming lives. Join us every month for panel discussions to benefit from the depth of quality these esteemed individuals.

Review profiles of our Advisory Board at:  
<http://life-transformation-institute.org/>

## About the Author



**Max Haroon** is the founding president of the Society of Internet Professionals [www.sipgroup.org](http://www.sipgroup.org), which has been providing professional code of ethics and standards for the Internet Professionals, since 1997. He has been involved in the Information Technology (IT) industry in various sectors, including the Internet and IT Training for over 35 years. He evangelizes leveraging the Internet and is a notable speaker at conferences and symposiums.

As a social entrepreneur, he has founded Life Transformation Institute [www.Life-Transformation-Institute.org](http://www.Life-Transformation-Institute.org)

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