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Begin By Eating Breakfast

By Jonathon Hardcastle

You have probably witnessed that eating a healthy breakfast can save you from cravings later

during the day and can actually assist your effort in losing the excess weight you have been carrying around for some time now. But, as time has lately been considered a luxury not many people have during the day and especially during a busy weekday morning, starting the day off with eating a healthy breakfast is now a lost nutritional practice. Between battling work problems and prepare ourselves for another demanding day, we have forgotten to pay attention to the most important meal of the day and usually try to find time to squeeze in a cup of milk or in best cases a whole bowl of cereals. The contemporary fast-paced world has directed people to become superheroes, managing double or even triple careers, but forgetting to manage their own daily food intake. If you think that your body is the only instrument you have to continue performing all the tasks you want, perhaps it is time to pay attention to its nutritional needs and fulfill them accordingly.

But it is more convincing to start our argument from the beginning. Millions of people who skip breakfast and have never invested time in researching the consequences of their act, usually wonder why do experts regard breakfast as the most important meal of the day and how come it is still the most important meal of the day, surpassing the nutritional value of a healthy lunch or even dinner. However, for millions others who do eat a healthy breakfast, their secret to good health lies within this first day's meal. So, it is vital for you to understand why eating breakfast is crucial for your overall health. While you are sleeping, your body continues to perform its functions and thus consuming resources, but in a lower rate than when you are awake since your metabolism slows down to compensate for the decreased energy needs. After waking up in the morning, because your body does not have enough time to return to its normal state is still experiencing the decreased metabolism state which can be ceased with eating a healthy breakfast. That is actually why it has this particular name "break" the "fasting" process. Thus, a healthy breakfast will end the calorie conservation period and will allow your metabolism to increase to its normal levels. This is why when you actually eat in the morning you feel that your energy levels have increased and you are ready to begin your day's tasks. Moreover, for those of you who are dieting in order to lose weight, you should know that skipping breakfast will not save you from the calories you are trying to avoid. By deciding not to begin your day with a healthy intake, you are not allowing your body's metabolism to go back to its normal state and you actually lose a protein called "leptin" that has been discovered to keep your body working

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efficiently and thus losing weight.

Since now you are familiar with the basics on metabolism and overnight fasting, you should concentrate on what your healthy breakfast should include. Avoid simple carbs and concentrate on consuming complex carbs, lean proteins and healthy fats. Whole wheat bread, cereals, white meats, eggs, low-fat dairy products, vegetables and fruits are excellent breakfast choices. Remember to eat small portions throughout the day, but not to exclude breakfast from your daily nutritional plan. Soon you will be grateful for waking up ten minutes earlier but at the end of the day you will have much more energy to spare and you will feel fitter and healthier all day long.

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Easy, Frugal Breakfasts!

By Cyndi Roberts

We all know breakfast is the most important meal of the day. And that children that eat breakfast do better in school than those who don't.

However, we also all know that it isn't always easy to find time to prepare that all-important meal or to convince our children to eat it!

One way to create a positive attitude toward breakfast in your children is by showing them that you enjoy breakfast!

Eating breakfast as a family is a great opportunity to spend some quality time together. Spending time together, making breakfast can turn out to be a child's favorite part of the day!

By being creative and maybe just a little bit organized, you can make a variety of tasty and healthy breakfasts. Try these ideas:

for a quick and easy breakfast try a toasted bagel spread with low-fat cream cheese.

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or peanut butter spread on whole-wheat toast.

how about a fruit smoothie? Toss whatever fruit you have in the blender with milk.

when you have a little time, prepare a large batch of pancakes or waffles. Freeze in a single layer, then stack in a zip-top bag. In the mornings, pop one into the toaster, then top with fruit and yogurt.

or spread peanut butter and jelly between 2 pancakes.

try some non-traditional foods, like leftover pizza--kids nearly always go for it!

kids don't want to drink their juice? Try this easy recipe for Orange Juice Smoothies. 1/2 cup orange juice 1/4 cup sugar 1/2 cup milk 1/2 cup water 1/2 teaspoon vanilla 5 or 6 ice cubes

Mix all ingredients in blender till smooth.

Breakfast doesn't have to be ham and eggs anymore! Nor does it have to be cold cereal. By using a little creativity you can have a healthy breakfast every morning!

Cyndi Roberts is the editor of the bi-weekly newsletter "1 Frugal Friend 2 Another", bringing you practical, money-saving tips, recipes and ideas. Visit her online at

<http://www.cynroberts.com>

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subscribe and receive the Free e-course, "Taming the Monster Grocery Bill".

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