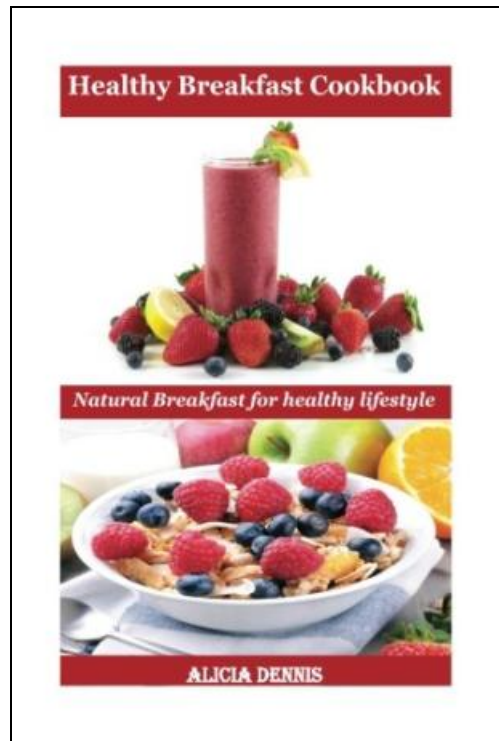


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Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.EATING BREAKFAST HAS LONG TERM HEALTH BENEFITS. IT CAN REDUCE OBESITY, HIGH BLOOD PRESSURE, HEART DISEASE AND DIABETES. Healthy And Natural breakfast The next time you rush out the door in the morning without something to eat, consider this: Skipping breakfast can set you up for overeating later in the day. A healthy a.m. meal, on the other hand, can give you energy, satisfy your appetite, and set the stage for smart decisions all day long. Follow this guide and approach your day with this delicious wheat-free, processed sugar free, chemicals free, wholesome recipes that are designed to help you towards your health goals - whatever it may be. Be sure, the recipes in here will not lead you wrong! Why breakfast is important How many times have you heard the adage, Eat breakfast like a king, lunch like a prince and dinner like a beggar ? Well, don t dismiss it. This age-old wisdom holds true even today, say nutritionists, dieticians and obesity consultants. Break your fast Consulting nutritionist and clinical dietitian says, The most important meal of the day, undoubtedly, is breakfast. The first food intake after a minimum gap of seven-eight hours, it acts as a fuel to jump-start the body. Specialist says a person s breakfast habit decides if his/her body goes into burning (high BMR) or storing (low BMR, high fat-storing) mode. Nutritionist Specialist says, You break your night-long fast with this meal. It provides 25 of the total energy and nutrients required by the body. It will boost your energy levels and concentration. Missing it is dangerous No breakfast means a sluggish start to the day. It also makes a person eat larger meals in the..

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