To eat breakfast, or not to eat breakfast, that is the question…

Or at least it's become a big question in the nutrition and dieting world for a few years now…

And although there is are good arguments on both sides of the aisle on this one, today I'd like to present you with 5 strong reasons why you may not want to skip breakfast…

Tune into today's #CabralConcept 1880 for all the details and 5 science-backed reasons why - Enjoy the show and let me know what you thought!

EPISODE TAKEAWAYS

1
Your Mood Matters
If you're in a lower mood after skipping breakfast you may want to ask yourself what those feelings lead to for the rest of the day.

2
Brain Cognition
Do you feel more brain fog or fatigue later in the day when skipping breakfast? Or do you feel good for a few days, but eventually the "brain fatigue" catches up?

3
Blood Sugar Balance
The goal is never to dip into low blood sugar - it's always about balance and creating equilibrium in the body. This allows for the least amount of strain and stress on the nervous system.

RESOURCES

Podcast onThe Fountain of Youth

All Podcasts on Intermittent Fasting

Podcast on The Different Phases of Autophagy

Complete Stress, Mood & Metabolism Test

Podcast on The One Day Reset Diet

Podcast on Intermittent Fasting and Muscle Loss

DR. CABRAL'S MOST POPULAR RESOURCES

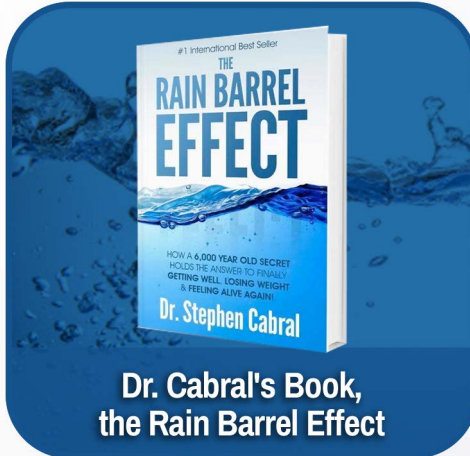**Dr. Cabral's Protocols & Science-Backed Supplements**
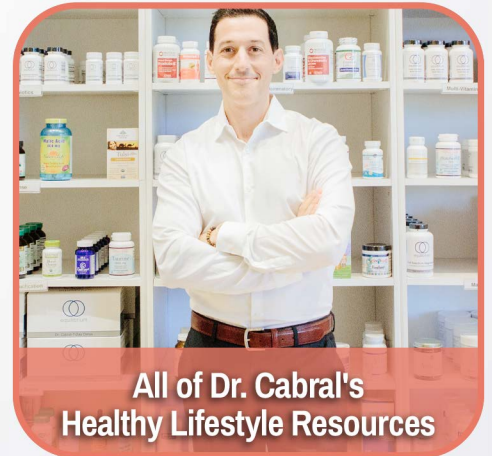
Discover Hidden Health Issues with At-Home Lab Testing

Learn to Heal with Health Results Accelerators™

Become an IHP Certified Health Coach

Dr. Cabral's Book, the Rain Barrel Effect

All of Dr. Cabral's Healthy Lifestyle Resources

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