

Nutrition is one of the trickiest things to nail because there is no one size fits all diet. EVERYONES bodies react differently. One of the most important things to pay attention to is our “check engine lights” as I explained in my welcome email. I would love to help you put together some healthier or more intentional eating habits. We can talk over the phone if you would like to schedule a call via <https://mikedrobish.com/free-services> after we talk about the foods that you usually eat and what kinds of foods you like we can figure out the best way to go about forming your new eating habits!

Do you have a habit of midnight snacking? —there are worse things you could be doing... BUT midnight snacking is still not a great habit to have. It can cause food you’re eating late at night or just before bed to sit in your gut and ferment while you sleep. This can cause a slew of issues like acid reflux, gas... really bad gas, interrupting your circadian rhythm—which can cause weight gain, and hormone imbalances, and just overall negatively effects your normal sleep patterns.

Sleep is so important for EVERYTHING our body needs. It is when our brain literally goes into a “wash cycle” and de-gunk’s itself from the day. It is when your body makes repairs to itself by healing muscles and fighting inflammation. Lack of sleep even negatively effects your immune system. Studies found a significant decrease in immune function in healthy adults who got fewer than 7-8 hours of sleep each night.

I am confident together we can form some great new habits! 4% at a time! Looking forward to working together.

In health,
Mike Drobish