

“You don’t love someone because they’re perfect. You love them in spite of the fact that they’re not.”

- **Jodi Picoult**

It's the month of Valentine's Day so it seemed appropriate to do a quote about love. Even though I'm a Virgo, and Virgo's are perfectionists, I do realize that no one is perfect, nor should anyone be expected to be. But if your special someone has the ability to make you laugh at least once, cause you to think about something twice, can admit to making mistakes when they're made and can commit to always being honest, that person may just be your soul mate. Everyone is in search of one of those, because that person is supposed to be your perfect fit. But a soul mate is actually more like a mirror, which shows you whatever is holding you back from what you want in life. It's the person who brings you to your own attention, so you can figure out what, if anything, needs to change in your life. A true soul mate is probably the most important person you'll ever meet. He or she has the ability to tear down any walls you may have protecting you from who knows what. Some people don't believe soul mates are meant to stick around forever. But in my opinion, your true soul mate will stick around. He or she will essentially become your "person", the one you go to when you need to talk, laugh, cry or just be silent. Love causes you to be vulnerable, which can be a scary place. But with the right person, it becomes your comfortable place. Love is hard and it takes a lot of work. But never forget that just because no one is perfect, doesn't mean there isn't someone out there who is perfect for you. Remember, as Oscar Wilde once said, *“Never love anyone who treats you like you're ordinary.”* Happy Valentine's Day.

Yours in health,

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Should You Skip Breakfast?



If you'd asked me this question a year ago, I would've given you a completely different answer. But times have changed. I've always been a big fan of breakfast. After all, for decades, we've been told it's *“the most important meal of the day”* because you're supposed to *“break your fast”* after sleeping all night. Isn't breakfast supposed to *“jump-start”* your metabolism? It's been printed on cereal boxes, echoed by doctors, and ingrained in our morning routines. But in recent years, that long-held belief has been questioned, and for good reason. This month, I wanted to take a balanced look at why breakfast earned its reputation, and why skipping it may actually be a smart, healthy choice for many people.

You may remember several months ago, I wrote about doing a 3-day fast. I've also been trying to fast for 1 day every month. It's a good reminder that there's an important distinction between eating to live and living to eat. Fasting taught me how important it is to listen to my body and to eat only when it needs food. This really got me thinking about where the idea that *“Breakfast Is the Most Important Meal”* originated. I can tell you this: The phrase didn't originate from modern nutritional science. It was popularized in the early 20th century, largely through marketing efforts tied to the emerging breakfast cereal industry, most notably by Kellogg's. At the time, packaged cereals needed a compelling health message. People became convinced (brainwashed?) that a standardized morning meal fit well with typical work schedules and eating early became associated with discipline and productivity. Over time, this message became cultural *“truth,”* even though research since then has shown that human metabolism is far more flexible than what was once believed.

Here are a few reasons to consider of why skipping breakfast can make sense for you:

- **Appetite Isn't Universal.** Many people simply aren't hungry in the morning, and forcing food because the clock tells you it's time to eat can actually work *against* natural hunger signals. Listening to your body may reduce unnecessary calorie intake, improve digestion and support healthier relationships with food. Eating when hungry matters more than eating by the clock. Everyone truly is different. Breakfast isn't a *“one-size fits all”* requirement.

- **Humans Aren't Designed to Eat Constantly.** Historically, humans didn't wake up to stocked kitchens and refrigerators. Periods of fasting were normal and bodies adapted accordingly. Skipping breakfast often extends the body's natural overnight fast, allowing improved metabolic efficiency, better insulin sensitivity and more effective fat utilization. In fact, according to Dr. Eric Berg, while you're sleeping, your liver is releasing stored glucose and while that's occurring, your body is actually repairing itself through a process called autophagy. During this time, your body starts recycling damaged cells and turning them into new cells. At the same time, your liver is also burning fat. When you wake up, your body's insulin is actually at the lowest level of the entire day and your body is in fat-burning mode. Why? Because fat-burning is connected to low insulin levels.
- **Blood Sugar Stability.** A high-carbohydrate breakfast can cause rapid blood-sugar spikes followed by crashes, fatigue, and cravings. For some individuals, skipping breakfast or even just delaying it until later, results in more stable energy levels, fewer mid-morning cravings and improved focus. If you do choose to eat breakfast, cut out all the processed stuff like cereal and bagels and instead, choose foods at the top of the new food pyramid that will provide you more protein and fewer carbs. The problem with many breakfasts, including those you think are healthy, is that they have just enough carbs to stimulate insulin production, which increases blood sugar levels. This will put your body onto a roller coaster ride for the rest of the day and will bump your body out of fat-burning mode. This, combined with the insulin spikes, can lead you to feel tired. You may feel the need to take a nap mid-afternoon and then grab a snack when you wake up.
- **Mental Clarity and Focus.** Many people who skip breakfast report sharper concentration, increased productivity and less sluggishness. This may be due to the mild stress response fasting creates, which can enhance alertness and cognitive performance.
- **Intermittent Fasting Benefits.** Skipping breakfast often fits naturally into intermittent fasting, which has been associated with improved metabolic health, the cellular repair process I mentioned above (autophagy) and reduced inflammation. Importantly, this doesn't require strict rules, just flexibility. With intermittent fasting, the key principals include a fasting window (typically 16 hours), an eating window (typically 8 hours), consistency and listening to your body.

When Breakfast Does Make Sense

Skipping breakfast isn't for everyone. Some people benefit from a morning meal, including:

- Children and adolescents
- Pregnant women
- People with certain medical conditions
- Those who feel genuinely energized by eating early

Given all the above, for most people, what's the best breakfast? The answer is probably Nothing! Try to only eat two meals and day, with no snacks. Also, try to limit carbs, which will force your body to burn ketones, a byproduct of fat. This will take you away from depending on the calories from your next meal and instead get your calories from burning more fat. This will help you more easily go from one meal to the next without being hungry. As your body begins to adapt to this new schedule, you won't be hungry in the morning anymore and you'll be satisfied having lunch be your first meal. Personally, I noticed that once I stopped eating breakfast, or pushed it until much later in the morning, I felt as if I had more mental clarity, more energy and seemed to be in a better mood.

Keep in mind that the key isn't whether breakfast is "good" or "bad", but whether it works for **YOU**.

The Bottom Line is this: Breakfast earned its reputation through tradition and marketing, not universal biology or scientific research. For many people, skipping breakfast is not only safe, but beneficial. It also helps support better metabolic health, improved energy and more intuitive eating habits. Instead of asking, "Should I eat breakfast?" the better question might be: "Am I hungry and will eating now actually make me feel better?" Your body already knows the answer.

Have a wonderful month.