



The report is due in two hours. Or perhaps you're in the middle of a mid-term exam. Or you're making sales calls. Suddenly, bam! Around 10:30 a.m. you hit a wall. All you want to do is look out the window. Or crawl back in bed. Or pull your hair out.

Hmm... what did you eat for breakfast?

I hate to say, "I told you so," so I'll turn to Mom, who has said it countless times: **Breakfast is the most important meal of the day.** It's the meal that's designed to supply a third of the macro and micronutrients your body needs to run without a hitch.

So what are you eating each morning to do all these things? A cup of coffee gulped down on the go? A cup of sugary yogurt and a muffin eaten at your desk? A 'protein bar?' Nothing at all?

Your body deserves so much better than that, and so do you!

When you eat a good breakfast, your day goes smoothly. No growling stomachs, low blood sugar shakiness, or wandering attention to keep you from nailing those big goals you've made for yourself.

What Breakfast is Right for You?

One of the best – and most fun – ways to find out which foods serve YOU most powerfully is something called the **Breakfast Experiment**. For one week, eat a different breakfast each day. (This is something I have my clients do in my [one-on-one](#) and [group health coaching programs](#) and it's always great to see what they discover when their awareness is honed in on actually listening to their bodies.) So, simply record in a notebook what you ate, how you felt immediately after the meal, and how you felt again two hours later.

- Day one: scrambled eggs or tofu
- Day two: bean soup or a bean salad
- Day three: oatmeal
- Day four: boxed breakfast cereal
- Day five: muffin and coffee
- Day six: fresh fruit
- Day seven: fresh vegetables

Feel free to repeat the experiment for another seven days with different foods each morning. Which breakfasts made you feel energized? Which ones didn't? After the experiment, try adding in more of the foods that made you feel great!

You can't tell me "Such and such works great for me for breakfast, I've been eating it for years" if you're not really paying attention to your body's messages before, during, and after those meals. No need to go overboard and get crazy analytical about this; just pay *a little* more attention than usual, and see what comes up.

Get Even Healthier!

Would you like to learn how to choose the best breakfasts for you? (And the best lunches, dinners, and snacks?) [Are you curious about how health coaching can help you make your own healthy changes?](#) Let's talk! Schedule an initial complimentary consultation with me today – or pass this offer on to someone you care about!



Month Eight Newsletter

About Me

I am an Optimal Wellness and Resiliency Building expert. What does that mean? Well, I received my training from the [Institute for Integrative Nutrition](#), the only school in the world that integrates over 100 of the latest nutrition theories with coaching and business skills. I also was a United States Marine for nearly seven years, a Military Olympic Athlete, a graduate of the University of Virginia, and I am a RYT-500 registered yoga instructor, and survivor of many things. I have a passion to help you shift your behaviors to develop lifelong, sustainable healthy habits and a deep understanding of your mental, physical, and spiritual needs. We'll work *together* to create lasting changes to your health, energy, and well-being because ***“small changes make big differences!”***