

Chatting with the Good Dr. Laura Shook  
A chiropractor who puts the CARE back into Health Care.  
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Things I learned during Christmas vacation: Chocolate chip cookies are not the perfect breakfast food.

Shocking isn't it? After all eggs have protein, wheat has fiber and everyone knows that chocolate contains antioxidants. Alas no, even when I washed it all down with a tall glass of milk, for the calcium of course, I still suffered from a jittery sugar rush that quickly dropped me into the crabby-bloated-sugar blues and a desire for more cookies, pie and cake. This nutrient poor, calorie rich state of dysfunction was a reminder to me that breakfast is the most important meal of the day.

Slowed cooked oats with fruit and yogurt, a muffin fortified with nuts and bran or an egg placed atop a slice of crusty whole grain bread. These are the breakfast foods that carried me into my day and on into lunch without a stopping to graze the sugared holiday treats.

Eating breakfast jump-starts metabolism and keeps energy high all day. It's no accident that people who skip this meal are 4 1/2 times as likely to be obese. Research has shown that children who regularly ate a healthy breakfast had better standardized test scores, better behavior, and were less hyperactive than children who skipped breakfast.

A good hardy farmer's breakfast of pancakes with bacon and eggs, perhaps biscuits and gravy, can be scrumptious and filling, perhaps too much so. However I'm not a farmer, I don't work like a farmer so a breakfast that provides me with an overabundance of calories and fat has nowhere to go except my belly, thighs and the lining of my arteries.

My favorite breakfast is a bowl of cooked vegetables (onions, garlic, zucchini, spinach, peppers ...) topped with a poached egg and a generous sprinkle of ground flaxseed. This is the breakfast that starts most days in our home. This is the breakfast that fills me without leaving me bloated and satisfies me until noon without stopping for a snack. This is the breakfast which provides me with 3 or more servings of vegetables before leaving the house each day.

There are many wonderful ways to break one's morning fast but donuts and a quart of chocolate milk is not one of them. If nothing else wrap a whole wheat tortilla around a banana with peanut butter and keep yogurt, fruit and hard boiled eggs within easy reach for a quick and nutritious morning meal.

Recommended Reading:

"The Healthy Kitchen" by Dr. Andrew Weil and Rosie Daley.

"The Sonoma Diet" by Dr. Connie Guttersen, R.D., Ph.D.

Dr. Laura Shook is a chiropractor with an office located near downtown Wichita KS She can be reached by telephone at (316)267-6522 or email to [gooddrlaura@cox.net](mailto:gooddrlaura@cox.net)