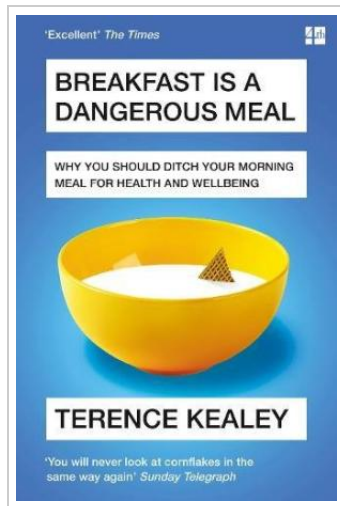



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Breakfast is a Dangerous Meal: Why You Should Ditch Your Morning Meal for Health and Wellbeing (Paperback)

By Terence Kealey

HarperCollins Publishers, United Kingdom, 2017. Paperback. Condition: New. Language: English . Brand New Book. Breakfast may be the most important meal of the day, but only if we skip it. We have long been told to breakfast like kings and dine like paupers. In the wake of his own type 2 diabetes diagnosis, Professor Terence Kealey was given the same advice. He soon noticed that his glucose levels were unusually high after eating in the morning, but if he fasted until lunchtime they fell. Professor Kealey began to question how much evidence there was to support the advice he d been given, and whether there might be an advantage to not eating breakfast after all. Breakfast is a Dangerous Meal asks: What is the reliable scientific and medical evidence for eating breakfast? Who should consider intermittent fasting by removing breakfast from their daily routine? From weight loss to reduced blood pressure, what are the potential benefits of missing breakfast?.

Reviews

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