

## Good morning let's talk about breakfast

Categories : [Health talks with Dr Chireka](#)

Date : 10th September 2015



---

### Good morning and let's talk about breakfast

**By Dr Brighton Chireka**

There is a lot of debate on the right time to have our food in the morning and in the evening. Also breakfast is highly recommended but some think it's overrated so what is the truth about this issue. I have looked at this topic and also attended a healthy workshop by Dr Nkem so I have the following simple message for everyone.

It was not until the 15th century that "breakfast " came into use in written English to describe a morning meal. This literally means to break the fasting period of the prior night. In old English the term was morgenmete meaning "morning meal."

Fasting is good for our health and research has shown that it benefits our bodies as it extends lifespan and protects us against diseases. There are three mechanisms that fasting helps us:

- 1- fasting decreases the accumulation of poisons ( oxidative radicals) in the cells , and thereby prevent the damage to proteins which is associated with aging and diseases.
- 2- Fasting increases the insulin sensitivity hence reduce our chances of getting diabetes
- 3-Fasting acts like exercise in increasing our capacity to resist stress, diseases and aging.

It is also noteworthy that almost all world religions, philosophies and doctrines (for example Shinto, Buddhism, Hinduism, Judaism, Christianity, Islam, Babi and the Baha'i Faith) bid their followers to observe fasting in some form (i.e. abstain from food and drink for a period of time) as a way of physical, mental and spiritual exercise, discipline, invigoration and purification -with some logical exemptions for the young, old, sick, nursing and pregnant women, etc.

My message is have your evening meal and breakfast daily and the best way to begin fasting is by giving our bodies 12 hours between dinner and breakfast every single day. It does not matter much what time you eat your evening meal as long as you allow 12 hours before you eat your breakfast then you should be fine. This allows 4 hours to complete digestion and 8 hours for the liver to complete its detoxification cycle. After this is a standard part of lifestyle try taking one day a week and extending the fast to 16-18 hours. Eventually, you may choose to do a full 24 hour fast each week.

I wish you the best in your endeavours to eat healthy and I would like to hear from you about your experience or suggestions. Remember you are what you eat and do after eating.

This article was compiled by **Dr. Brighton Chireka** who is a GP and a Patient Engagement Advocate (PEA) in Folkestone Kent, UK. You can contact him on **[info@docbeecee.co.uk](mailto:info@docbeecee.co.uk)**

Disclaimer: This article is for information only and should not be used for the diagnosis or treatment of medical conditions. Dr. Chireka has used all reasonable care in compiling the information, but makes no warranty as to its accuracy. Consult a doctor or other health professionals for proper diagnosis.