



January 26, 2011 – Grand Rapids, MI

## Advice

I like to read and listen to ideas on time management and how to be more efficient. I caught an interview between a self-help author and an expert on using time effectively. The expert said that he did his best work between two and six a.m. The author said that he was better at working in the morning from five to nine a.m.; if he tries to work late at night, his brain shuts down and he just can't focus. Two people, two opposites in when they can be most productive. It's what they said next that made me shake my head in disbelief.

The question was "Do you have any advice for our listeners?" The late-night guy said, "Yes—they have to eat breakfast within 30 minutes of getting up so they can start their brain functioning." He couldn't say why, but he'd heard it was important.

So think about this. Two people who work effectively at two different times of the day, but they both have to eat within 30 minutes of waking up—why would that be? If their bodies have different rhythms, why do they have to eat the same way? This is exactly how nutrition and diet myths begin.

When it comes to your health, be careful who you listen to. Business and time-management experts may know a lot on how to be more effective during the work day, and that advice can be very beneficial. But when they start exceeding their area of expertise and start talking about health and fitness, be cautious. Expertise in one area doesn't mean their advice is worthwhile in another. Let's all stick to what we know, okay?

What are you prepared to do today?

*Dr. Chet*

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