



May 2, 2011 – Grand Rapids, MI

Results: Mixed Meals

Thanks to all of you who wrote in about your experience with mixed meal day. Some of you ate your biggest meal at breakfast and a smaller meal at lunch, but everyone had breakfast for dinner. What did you report? It was a little odd having lunch foods for breakfast. Some of you ate leftovers from the night before, which is what most people have for lunch anyway.

The number-one response that everyone reported was that they had more energy in the evening. That's what I would have predicted and exactly what I wanted you to experience. One woman had so much energy she decided to clean house. Because many of you work during the day and in the evening are entrepreneurial and try to build a business, evenings are when you need more energy. The most frequent question I get that's not related to a disease condition is "How do I get more energy?" Eating larger meals earlier in the day is one way to do that.

But it's not quite that simple. In Wednesday's message, there was a slight problem that many experienced. I'll let you know what that was and give you the solution.

What are you prepared to do today?

Dr. Chet

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