

The Myth of Skipping Meals



Our bodies were designed to expend energy in order to get food. In the past, people had to grow and harvest their own food. That required a lot of physical activity. *Today, food is readily available, but it doesn't change the fact that our bodies are actually designed this way.*

When you skip a meal, your body thinks that you're out in the wild, and for whatever reason, food is hard to come by. This is a built-in survival mechanism that you were born with.

When your body thinks food is hard to find, it makes (2) changes to protect you from starving.



* It slows your metabolism causing your body to slow down and burn less fat.

* The meal you eat, after you skip a meal, will be stored as fat to protect you from starving.

If you skip breakfast, almost all of what you eat for lunch is converted to fat. You think you're taking in less food but in reality you're causing your body to store more fat.

The solution is to eat regularly throughout the day, but to eat the right foods. Your metabolism will increase, your stamina and



endurance will increase, your appetite will decrease and your body will produce less fat while it burns more!

Learn to "Listen" to your body – it knows what's best for you. Eat whole foods and drink water when you're hungry. When your stomach feels satisfied - stop eating.