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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.

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Breakfast is far from a dangerous meal. If it's mechanisms you're after, the emerging chrononutrition literature points to fascinating animal and cell studies, as well as (albeit limited) promising...

Breakfast isn't a "dangerous meal". It's bad science to ...

Breakfast is not a dangerous meal. Having a high glucose reading before breakfast (or any meal for that matter) IS very dangerous. Having sugary breakfast cereal after a high glucose reading is just plain stupid!

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Kealey says the main effects can be broken into three: 1) "Eating breakfast is itself a source of glucose spikes, which are dangerous" 2) "Eating breakfast increases your calorie load, which in a world of Type 2 diabetes and obesity is also dangerous." 3) "Eating breakfast stimulates you to feel ...

Skipping Breakfast: Should you give up brekkie to lose weight?

Professor Terence Kealey's book Breakfast is a Dangerous Meal casts doubt that a carb-heavy first meal of the day may be beneficial for everyone After a diabetes type 2 diagnosis, he was advised to...

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Breakfast is a dangerous meal. This might sound provocative, so let me explain. It's dangerous because it's eaten soon after we wake and we wake because the hormone cortisol peaks first thing in...

Why eating breakfast is bad for your health | Spectator Life

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Is breakfast actually bad for you?

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Breakfast Is a Dangerous Meal will provide authoritative, welcome advice for anyone who is diabetic or prediabetic and indeed anyone who has considered skipping 'the most important meal of the day'. Read more Read less

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Breakfast Is a Dangerous Meal will provide authoritative, welcome advice for anyone who is diabetic or prediabetic and indeed anyone who has considered skipping 'the most important meal of the day'.

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