

The importance of breakfast

*Eat breakfast like a king,
lunch like a gentleman,
supper like a pauper.*

Diet plays an essential part in Chinese medicine. It is considered to be an important influence on health and illness. As a general dietary rule eating three meals a day at regular times and avoiding eating late at night will keep the digestive system healthy.

According to the Chinese medicine, breakfast should be eaten between seven to nine am when the Stomach's energy is at its highest. Breakfast is believed to be the most important meal of the day because your body has been without food all night. Skipping breakfast weakens your stomach and digestive function. It can also slow the metabolism, which in turn can lead to weight gain. Therefore, in order to keep your digestive system healthy, one should start the day with a good nutritious breakfast.

Below are some breakfast suggestions. Enjoy.

- Oats porridge with boiling water, fruits and nuts
- Rice porridges with fruit and nuts
- Organic muesli which has been soaked overnight with rice or oat milk
- Scrambled, poached eggs or omelettes with spinach and mushrooms
- Miso soup with tofu
- Noodle soup with vegetables