Don’t Blame it on Breakfast!

by Dr. David C. Kolbaba

In today’s world, what would you guess is the most commonly eaten breakfast meal? Hint… it has held 1st place for several hundred years and considered a simple kind of food. Bagels and cheese anyone? No. Bacon, toast and eggs? No. How about a bowl of breakfast cereal and milk – like oatmeal? No, it’s not any of these. Many people would guess “coffee & donuts”, only to find their guess is wrong!

So, what do most people in our world eat for their breakfast meal? Well, it is soup! That’s right, soup! For centuries now, people have been eating soup in the morning, in all of its derivations from plain old watered-down broth to a richly thickened soup filled with indigenous vegetables and meats. Soup is most frequently eaten for breakfast, worldwide!

So, when was the last time you had soup for breakfast? For myself, I don’t recall ever eating soup for breakfast. As a kid, I didn’t really know a person could eat soup anyway, since I fought over food with my siblings at every meal time, and for all intents and purposes, we drank our soup as fast as we could!

Now I ask you, what is the most significant meal of your day? Might you choose breakfast, lunch, or dinner? Hmm, based on the preceding paragraph, do you feel led to choose breakfast as the most important meal of your day? Well, if you did choose breakfast, then you are RIGHT on the money!

Breakfast is the most significant meal of the day! Why? Our breakfast mealtime is associated with the widest time period between two meals, if you are doing your 24-hour clock correctly. Let’s say that your last meal of the day is around 6 p.m. or thereabouts, and you rise out of bed in the morning at 6 or 7 a.m. You can figure a time span of at least 12 hours, from your last meal the night before, and your first meal eaten the following morning. That’s 12 whole hours between meals!

Our bodies need this long interval between these two meal times to conduct the critically important detoxification activity that occurs during our nightly sleep time. If you check your urinary pH at bedtime, with a simple, easy-to-use home test strip, it would register as very alkaline. In this alkaline state, you are protected against most disease entities. We typically measure most acidic in our earlier waking hours. This is a natural outcome of our body’s nightly detoxification process. As the day wears on, our pH shifts toward a more alkaline state. This shifting process begins as we awaken from sleep. So, what does this mean, you ask? And, why should I care either way?

Well, you had better care about it and here’s why! Most deadly illnesses and diseases affecting our world today require an acid environment to initiate, self-perpetuate and grow in our over-fed, over-stressed and under worked bodies. Infectious organisms require the same kind acidic environment if they are to thrive in our human population.

What makes all of us, as individuals, more vulnerable to these predacious organisms and diseases? It is our acidic state that is all too prevalent in each of us. So, then you’re supposed to say, “Not me! I don’t need any kind of sickness knocking at my door!” So, then someone like me, as the “doctor doctor” says, “Well, it all starts with breakfast…so listen up!”

Sometime after midnight, our body is winding down from last night’s detoxification processes. Our body’s natural cleanup activities scavenge through some of the peripheral areas to clean out the last remaining waste products of the day. These areas include our joints and bursa sacks located in the larger joints. This may explain the pain and soreness that occurs during the night in some of our muscles and joints.

Remember, the later you eat at night, the more work it will take for your body to clean up by morning. The poorer food choices made at the dinner table will make it more difficult for our bodies to compensate, as compared to higher quality food choices made.

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Eating proper foods in the proper amounts, at the proper time of the day can truly optimize your body’s best attempt to start you on the right track each and every morning. This is providing that our breakfast meal is of high quality food eaten in no more quantity than we will burn in calories, between breakfast and our lunchtime meal. Most of us are not as healthy as we would like to be. We are creatures of habit prone to addictive behaviors. What we eat daily may not serve our body’s truest needs.

Here are a few health coaching points for you to consider regarding your morning breakfast preparations.

- Do not drink orange juice in the morning! Orange juice contains a whole lot of citric acid. For most Americans, it is mucous causing and gums up “the works”, makes our thinking hazy, drives our pancreas crazy and makes allergy problems even worse! Yes, orange juice contains some vitamin C, but the negative effect of this citric acid and the natural enzymes lost in the juicing process, leaves orange juice’s impact a negative one at best.

- Drink a 12 oz. glass of water before you exit the bathroom, right after you have checked your urine and saliva pH. You can monitor your daily pH right after you get out of bed each day by purchasing our home testing pH kit for only $12.95. This kit includes pH paper, instructions and educational handouts explaining further details on pH and disease prevention! Also available is our three-part HealthQuest Radio show series addressing this very important subject of pH. Get your own CD copies of this HealthQuest Radio show series titled “Inflammation/pH I-II-III” for only $2.00 each by calling our HealthQuest Radio Hotline at 1-800-794-1855.

- If you’re making trips to the bathroom during the night, and/or your first steps in the morning are painful, and/or you awaken with that “hung-over” kind of feeling in your head, please understand this next critical point! Symptoms such as these indicate your nightly detoxification process has not completed its work by the sound of your morning alarm clock. An 8-hour sleep time is normally adequate for a healthy person who eats quality foods and maintains a healthy lifestyle. If you suffer from any of the indicators mentioned, consider health coaching with myself or Dr. Mitchell. Overloading your detoxification process causes accelerated aging and higher likelihood of sickness and chronic disease! It’s never too late to begin your journey toward better health!

- Stay clear of “fat-free” breakfast foods, as they are chock-full of extra sugar and more empty calories not easily burned. Most brightly packaged convenient breakfast foods are dangerous, especially when eaten on a daily basis. These dangers are more pronounced in children who require high nutrition in their breakfast meals. Cereal box side panels do not indicate every ingredient inside the package.

- Try hot soup or natural vegetable broth in your thermal cup, instead of coffee. You will be surprised at how satiating it will be! Soup will add fuel and water to your system with some great nutrients to start your day!

- Carry sufficient supplies of water in your car with some high protein foods to snack on. Almonds and seeds are great...watching the fat in some nuts like cashews. A piece of fruit can be the ticket but watch out for fruits that carry a heavy sugar punch like bananas. A banana carries a heavier sugar load than any sugar known to man! I never eat a whole banana at one time! Less sweet fruit eaten in the morning is best for most people. Put a small size cooler in your car to keep your survival foods cool in the summer and unfrozen in the winter. There is a bit of technique to this, so call us for further details.

- Eat lower quantities of high quality foods that are equal to your daily calorie burn. Stay away from those drive-up windows, “There’s nothing good in there anyway!” They just want your money...a little at a time...everyday from everyone!

- Most of all, don’t skip breakfast! Get into the habit of eating soon after you awaken in the morning. This will start you on a healthy trajectory for the rest of your day!

This story comes from my 73 year old uncle, Paul Snyder, from Indiana. He writes:

“Recently on the evening news, it was reported that a methamphetamine lab had been found in an old farmhouse in our county. A friend of mine asked me this rhetorical question. “Why didn’t we have a drug problem when you and I were growing up?” I replied, “Actually, I did have a drug problem when I was young!”

“I was drugged to church on Sunday morning. I was drugged to church for weddings and funerals. I was drugged to family reunions and community socials no matter the weather. I was drugged by my ears when I was disrespectful to adults. I was also drugged to the woodshed when I disobeyed my parents, told a lie, brought home a bad report card, didn’t speak with respect, spoke ill to the teacher, or the preacher, or if I didn’t put forth my best effort in everything that was asked of me.”

“I was even drugged to the kitchen sink to have my mouth washed out with soap if I uttered a profanity. I was “drugged out” to Mom’s garden to pull weeds or sent off to get the burrs out of Dad’s field.”

“I was drugged to homes of family, friends and neighbors to help some poor soul who had no one to mow the lawn, repair the clothesline or chop fire wood. And, if my mother had ever known I took a single dime as a tip for this kindness, she would have drug me back to the woodshed again!”

“Those drugs are still in my veins and they still effect my behavior in everything I do, say or think. They’re stronger than cocaine, crack or even heroin and if today’s children had this kind of drug problem, America would be a better place!”

God bless the parents who drugged us!
**Fish Oils 101**

**Essential Fatty Acids** are polyunsaturated oils - the “good” fat. These oils are essential because our bodies don’t manufacture them and must be obtained on a daily basis through our diet.

The most important essential fatty acids are eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), the omega 3’s. Insufficient omega-3 rich foods in the standard American diet make it imperative to supplement these fatty acids daily.

These rich and most beneficial essential fatty acids are found in cold water fish such as anchovies, sardines and mackerel. The omega 3’s are beneficial for many autoimmune and inflammatory disorders such as arthritis, asthma, inflammatory bowel disease, lupus and psoriasis. They are nutrients responsible for cell flexibility, nerve communications and mood support.

These polyunsaturated omega-3 fatty acids nutritionally support healthy cholesterol levels and cardiovascular health. They are constituents in many cells and are particularly abundant in brain and retina tissue, nerve synapses, and adrenal glands. They have many roles in the body with involvement in two main areas, cardiovascular and nervous system health.

Studies have shown that eating fish oils reduces cholesterol levels moderately and triglycerides significantly. In both animal and cell cultures, EPA and DHA have been shown to halt cardiac arrhythmias by stabilizing the membrane excitability of heart cells that lead to the arrhythmias. The use of fish oil should be considered to reduce the risk of primary cardiac arrest and certainly as a post infarct secondary prevention. Researchers have also shown that more frequent consumption of fish oils appear to protect against late age-related macular degeneration and reducing incidents of strokes.

Additionally, proper nutrition with omega 3’s during pregnancy and lactation are especially important for the health of both mom and child. Fish oils are crucial for healthy development in children both visually and cognitively. If you plan on enjoying a healthy, long lasting life, if your overstressed lifestyle is getting you down, then you need to consider a daily intake of special fish oils from the sea! All of us need to consume more of these fish oils on a daily basis to optimize everything else we’re doing to maintain good health.

Our high quality fish oil supplement, **Little Fish Oil** is a high dose premium grade fish oil providing over 700 mg of the omega-3 fatty acids, EPA and DHA per capsule. Take it from the docs, we’ve searched high and low to find the best fish oil supplement on the market! **Little Fish Oil** is our answer to your “Daily Fish Oil Taking Requirements.”

**Little Fish Oil** contains eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). These polyunsaturated omega-3 fatty acids nutritionally support healthy cholesterol levels, cardiovascular health as well as clear eyes, supple skin and shiny hair.

**Featured Benefits**

- **Highest Available Concentration of EPA/DHA**
- **Tested & Free of Heavy Metals & Pesticides**
- **Reduces Inflammation**
- **Supports Cardiovascular Health**

**“LITTLE FISH” OIL HealthQuest Special**

60 softgel caps - Buy 2 get the Third One 1/2 Price!

Get your copy of our **HealthQuest Radio Patient Education CD** titled “Fish Oils-One Fishy Discussion” for more information!

If you’re looking for a new way to serve tuna, ask for Dr. K’s “Tuna Salad Recipe” . . . it’s free with purchase of our Patient Education CD including . . . a bonus copy of the **Blue Ocean Fish Guide to Ocean Friendly Seafood.**

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**Check out these “Worst Foods in America”**

<table>
<thead>
<tr>
<th>#1 Worst Food</th>
<th>#2 Worst Drink</th>
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<tbody>
<tr>
<td><strong>Outback Steakhouse</strong></td>
<td><strong>Jamba Juice</strong></td>
</tr>
<tr>
<td>Aussie Cheese Fries with Ranch Dressing</td>
<td>Chocolate Moo’d Power Smoothie (30 fl. oz.)</td>
</tr>
<tr>
<td>2900 calories - 182 g fat - 240 g carbs</td>
<td>900 calories - 10 g fat - 183 g carbs - 166 g sugar</td>
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<tr>
<td><strong>Uno Chicago Grill</strong></td>
<td><strong>Bob Evans</strong></td>
</tr>
<tr>
<td>Chicago Classic Deep Dish Pizza</td>
<td>Caramel Banana Pecan Cream Stacked &amp; Stuffed Hotcakes</td>
</tr>
<tr>
<td>2310 calories - 162 g fat - 123 g carbs - 4470 mg sodium</td>
<td>1600 calories - 78 g fat - 15 g carbs</td>
</tr>
<tr>
<td><strong>Chili’s</strong></td>
<td><strong>Macaroni Grill</strong></td>
</tr>
<tr>
<td>Chocolate Chip Paradise Pie with Vanilla Ice Cream</td>
<td>Double Macaroni ‘n’ Cheese</td>
</tr>
<tr>
<td>1600 calories - 78 g fat - 15 g carbs</td>
<td>1210 calories - 62 g fat - 3450 mg sodium</td>
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<tr>
<td><strong>Bob Evans</strong></td>
<td><strong>Ruby Tuesday</strong></td>
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<tr>
<td><strong>Bella Turkey Burger</strong></td>
<td><strong>Wendy’s</strong></td>
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<tr>
<td>1145 calories - 71 g fat - 56 g carbs</td>
<td>1150 calories - 86 g fat - 17 g carbs</td>
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<tr>
<td><strong>Chi</strong></td>
<td><strong>Pink’s</strong></td>
</tr>
<tr>
<td><strong>Double Macaroni &amp; Cheese</strong></td>
<td><strong>Baja Turkey Burger</strong></td>
</tr>
<tr>
<td>1540 calories - 48 g fat - 32 g carbs</td>
<td>1200 calories - 60 g fat - 2550 mg sodium</td>
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Visit our blog at [www.AdventuresInHealth.com](http://www.AdventuresInHealth.com) to listen or download our HealthQuest Radio shows
Step by Step toward Better Health

If you’ve been in our office in the last few weeks, you may have seen or purchased the new Omron Pocket Pedometer we are offering. Each member of our staff is using one and we’re challenging ourselves to achieve the goal of at least 10,000 steps a day.

We featured our insurance specialist, Kathleen Frederickson, in our last newsletter highlighting her fortitude and commitment to daily walking even in subzero temperatures. Well, she still manages to amaze us by her commitment to health and longevity eating the proper foods and walking daily no matter what the weather, every day! Kathleen walks 2 miles at her lunch break and that’s just a warm up! She is an excellent example to us all!

Since using her new pedometer, Kathleen has clocked over 16,000 aerobic steps in one day, which averages about 8 miles! She wasn’t aware of the actual mileage she was walking from day to day.

“Having the pedometer with me at all times, challenges me to stretch myself to walk further and further each day. It’s a great motivator! It allows me to keep track of my progress.”

The cost of this high-quality pedometer is $32.00. Our staff will personally assist you in setting up your “HealthQuest Approved” Pocket Pedometer so you are ready to use it as soon as you leave our office. We just ask that you enjoy it and take care of it, since we will not accept returns due to damage, defects or malfunctions.

We offer a complete line of products thoroughly researched and tested by Dr. Kolbaba. All the leg work is done, so you can be sure you are purchasing a high-quality product at a competitive price.

- Large easy to read LCD display can separately display aerobic steps and minutes walked more than 10 minutes continuously.
- You can use it to measure calorie consumption during your workout, as well as the distance you’ve traveled.
- Seven day history lets you review a full week of exercise. It resets at midnight automatically so it’s ready to go every morning.
- Highly accurate clock, detachable belt holder and security strap. The device measures 2.8 x 2.1 x 6 inches (HxWxD) and weighs 1.1 ounces. Replaceable lithium battery that will last 6 months.

What our patients are saying:

“It’s the greatest thing I’ve ever seen!” Debbie G.

“I make a point of walking out of my way to add steps to my daily total.” Will F.
“My Healing Story”

My name is Nancy Howser and I am pleased to share my healing story as a HealthQuest patient. I am 64 years old, a wife of 41 years with three grown sons and 7 grandchildren. I became a patient of Dr. Kolbaba’s about 9 years ago after hearing his HealthQuest Radio show. It was an answer to prayer during a tumultuous time in my personal life.

I had reached a point where I was exhausted; not sleeping well, hurting in places I didn’t know existed. I managed to get through the daily work and family responsibilities with coffee, diet soda and of course, sugary snacks. I have battled my weight with “all or nothing” yo-yo dieting, and although I had dropped weight quickly, it rapidly returned.

I had always been interested in nutrition and alternative medicine. I took vitamins and had seen chiropractors off and on for 20 years. I was not a fan of the AMA drugs and the surgery approach as I had lost family members to cancer and watched as they suffered through conventional treatments and soon died. I was frustrated that their physicians were not at all concerned about nutrition, sleep habits, emotional or spiritual needs.

My first visit to Dr. Kolbaba’s office was a wonderful surprise! The atmosphere was warm, inviting and professional; the staff relaxed and caring. I’m so grateful for the patience and concern shown as Dr. Kolbaba has gradually empowered me to take control of all aspects of my health. The Medical Symptoms Questionnaire, Nutritionally Based Comprehensive Physical Exam, X-rays, Blood work and Saliva tests gave me answers to what I had suspected all along. Thanks to years of stress, emotional eating habits and inconsistent exercise, I was now a depressed, menopausal woman with imbalanced hormones and depleted adrenal glands! I also needed orthotics for my back, foot, knee problems and most of all, I came to realize I needed a supervised detoxification program! It was my desire to stop taking hormones and anti-depressants, too. I took advantage of the clinic’s state-of-the-art Comprehensive Body Scan* testing that showed specific areas of my body that needed more attention.

I began my “adventure in health” by scheduling regular Health Coaching sessions and holding strict compliance to my personal nutritional protocol prescribed by the doctors. It has been time, effort and money very well spent! I’m Health Coaching weekly in order to complete my goals with a consistent detoxification program and exercise plan. My journey of 9 years has been slow as I’ve had to work through many emotional food issues and replace old negative coping strategies. Dr. Kolbaba has dealt with me compassionately and helped get me back on track. I have learned to be patient with myself and appreciate this journey we call health!

I feel wonderful now and have a lifestyle I enjoy! I have lost over 32 lbs. so far and I am becoming an even healthier role model for my husband, grown children and grandchildren. The accountability and encouragement of keeping a food journal and attending Health Coaching sessions with Dr. Kolbaba has been critical to changing my thinking and long standing habits.

My health journey with Dr. Kolbaba and his wonderful staff continues to be an answer to prayer. Thank you!

The Comprehensive Body Scan (CBS) uses non-invasive technology that enables you to graphically visualize the current status of your body’s major organ systems. The CBS is an important testing tool for both you and your doctor to monitor your progress when working out a supervised health care plan. Call us today to schedule your Comprehensive Body Scan!
Have You Listened to Your Feet Lately?

How does a nice long walk sound, taking in the sights, smells and sounds of the season? Great! Walking is one of the best ways to exercise each day that is not only completely beneficial for every muscle group in our bodies, but also for our emotional and mental well being.

In order to walk, stand, and move our bodies, we rely on those two appendages called our feet! Are you experiencing soreness or painful episodes in your ankles, knees, hip joints or low back? Do your feet feel painful or fatigued? These issues can definitely take the pleasure out of your daily walk! The cause of your foot and back pain may be the dysfunction of your feet or ill-fitting shoes.

It’s important to know that most people - adults and growing children alike need orthotics. And they are not just for people with extreme foot problems. Custom orthotics will actually help your feet from becoming problematic in the future.

Concerning your child’s proper foot health, a customized orthotic is definitely the answer for everyday comfort and/or to address the abuse their feet experience when playing sports. Early testing and use of orthotics can help correct and avoid potential problems.

A functional foot orthotic is one of the most fundamentally sound tools that can be utilized for the health and well-being of your children. Prevention is the key when it comes to your children’s feet. Don’t wait for pain to be the motivating force to get your child on the “right track!”

Talk to us about any concerns that you may have. With the help of our state-of-the-art computerized GaitScan, we can assess your stance and the exact movements of your feet as you walk across the gaitplate. The information received from this assessment will help us determine how a custom orthotic would benefit you.

And remember, when your feet are happy, your whole disposition and energy level improve! Call us to schedule a GaitScan appointment for the whole family, as soon as possible!

We offer a wide selection of fashion, work, athletic and dress shoes. Ask for our brochure or visit the shoe display in our clinic.

And get your CD copies of our HealthQuest Radio Show series titled “Foot Orthotics”. This three part set features educational information highlighting the benefits of customized foot orthotics.

Call our HealthQuest Hotline 1-800-794-1855 to order.

E-mail Dr. K with your questions at drdavid@healthquestradio.com

If you would like more information on anything you’ve read...please call our HealthQuest Hotline anytime at 1-800-794-1855.

Make your life an “Adventure in Health” not in sickness and disease!