



Food and nutrition with naturopath **SOPHIE ATKIN**  
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# Wake up your appetite

- **Getting your digestion ready for food.**
- **If you are the nauseous, low-appetite-in-the-morning type, swap your morning coffee or ‘nothing breakfast’ for a cup of hot water with lemon and honey.**
- **Have this on waking to clear mucous, strengthen digestion and stimulate morning appetite, then follow the tips below.**
- **If you get up very early or just can not possibly eat anything in the morning, have the lemon drink and take these foods to work with you to eat within one hour.**
- **Create a low-sugar, metabolism-boosting breakfast by choosing at least one food from each category to make a muesli, toast or smoothie option.**
- **Follow the guidelines suggested in the box below.**

Over the next month, I will present a series of articles discussing the significance of the meals we eat — breakfast, lunch, dinner, snacks and finally beverages.

The aim will be to give you some tips, strategies and examples to help you fit these meals into your daily life.

You will get to concentrate on one meal a week and then by Saturday you will have mastered this meal and can focus on the next one.

So let’s begin with the most important meal of the day — breakfast.

**Breakfast:**  
Breakfast is the king of meals, it is the meal that sets up your energy reserves and really does change the way you perceive hunger, cravings, and energy slumps throughout the rest of the day.

One of my nutrition lecturers used to teach: “What you start your day with, is what you end your day with”.

This means if you have a sugary breakfast, you will be craving sugar all day, and really want something sweet to finish off after dinner.

Why is breakfast the most important meal of the day?

After fasting for six to 12 hours overnight (if dinner was at 7 pm and breakfast at 7 am it is more like 12



hours) you naturally wake up in a bit of a blood sugar slump.

This may mean that you feel tired, wake with a headache, feel a little nauseated, shaky or with pulse racing.

To compensate for this, most of you will grab something quick and sugary, or just have a coffee to settle your stomach or even skip breakfast because you don't feel like eating anything.

Unfortunately, this makes the whole low blood sugar situation even worse.

Morning appetite — what is that?

**Do any of these excuses for avoiding breakfast sound familiar?**

1. **I feel sick in the morning.**
2. **I am too busy to eat breakfast.**
3. **Isn't a coffee breakfast?**
4. **I'm just not really hungry.**



If this is the case you may need to overhaul your entire day’s eating plan, but make a start with breakfast as it really does set up your metabolism for the whole day ahead, making lunch, snack and dinner choices easier.

**What is the ideal situation?**  
After all this overnight fasting, where your body is using a lot of energy to repair, rebuild and detoxify, you should wake up with enough appetite to eat a steak.

Okay, that probably put most of you off.

If not a steak, you should wake up with one thought in your mind — breakfast.

This is a sign your digestion is strong and your body and metabolism are in balance.

If this is not you, read on for some little tweaks you can make to your breakfast to help.

I challenge you to follow these ideas for 10 days and see if your morning appetite improves.

If you do not see a change, see your nutritional health care practitioner for a more individual food prescription.

■ COMPLEX CARBOHYDRATE	PROTEIN	HEALTHY FATS	SWAP THIS FOR THAT
■ 100% rye sourdough or wholegrain stone ground bread	Eggs	Avocado	Jam for nut butters
■ Rolled oats, quinoa or buckwheat, wheatbix	Nuts and seeds (LSA)	Coconut oil	White toast for rye toast
■ Buckwheat pancakes	Dairy or soy (yoghurt, butter, cheese, milk)	Olive or flax seed oil or coconut oil	Sweet cereals for rolled oats or wheatbix
■ Piece of fruit or vegetables	Tahini	Nut butter (100 percent peanut, ABC or tahini)	Nothing for a banana, LSA, berry and flax oil smoothie
**Once you have done this you can have your morning coffee or other breakfast favourite.			