

Chatting with the Good Dr. Laura Shook
A chiropractor who puts the CARE back into Health Care.
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Things I learned during Christmas vacation: If you are traveling somewhere pack your own food. Especially if you're going to an airport for most of the "food" at the airport could easily have come from a vending machine. Trust me its better to pack your own peanut butter and jelly sandwich; a piece of fruit and some veggie's to provide sustenance and munchies during your journey. In fact pack two sandwiches for you never know when flight delays will leave you stranded well beyond feeding time. Of course beverages must be purchased once past security. Be sure you read labels and attempt to avoid artificial flavors and colors. I personally stick to the overpriced bottled water.

When it comes to breakfast during the festive feasting holidays (deep sigh) chocolate chip cookies continued to fail as a breakfast food. Slowed cooked oats with fruit and yogurt, a muffin fortified with nuts and bran or an egg placed atop a slice of crusty whole grain bread. This is the type of breakfast food that carried me into my day and on into lunch without a stopping to graze upon sugary holiday treats. When away from home I take extra care to read the ingredients list found on food labels. Try it and you'll see for yourself that flavored instant oats, many yogurts, granola bars and muffins can contain a lot of sugar, artificial flavorings, sweeteners and hydrogenated fats all of which should be avoided.

Breakfast is an important meal and should not be skipped. Eating breakfast jump-starts metabolism and keeps energy high all day. It's no accident that people who skip this meal are 4 1/2 times as likely to be obese. Research has shown that children who regularly ate a healthy breakfast had better standardized test scores, better behavior, and were less hyperactive than children who skipped breakfast.

A hardy farmer's breakfast of pancakes with bacon and eggs, perhaps biscuits and gravy, can be scrumptious and filling, perhaps too much so. However I'm not a farmer, I don't work like a farmer so a breakfast that provides me with an overabundance of calories and fat has nowhere to go except my belly, thighs and the lining of my arteries.

One of my favorite breakfast, which also works well for lunch and supper, is a bowl of cooked vegetables (onions, garlic, zucchini, spinach, peppers ...) topped with a poached egg (or some other protein) and a generous sprinkle of ground flaxseed. This is the breakfast that fills me without leaving me bloated and satisfies me until noon without stopping for a snack. This is the breakfast which can provide 3 or more servings of vegetables before leaving the house each day.

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