

Mind what you eat on empty stomach

Despite an increase in the prevalence of cancer and liver failures, many people still don't mind what they eat and when. Yet good health begins with being conscious about what we eat and learning how to optimise the good choices. Most importantly, when you eat is as important as what you eat. I always see people in the morning buying oily food stuffs for breakfast alongside coffee or tea. Some people in offices even feast on toast with margarine and other related fatty foods not knowing the effects on their health.

When one wakes up, their stomachs are empty and they ought to take plain water in order to rehydrate the body, boost metabolism, flush out the toxins and reactivate the kidney. Drinking tea or coffee increases the acidity hence causing heart burn and indigestion. A healthy body is key and should be the first priority if one wants to become a successful person. Foods like chapatti, rolex, samosas, etc, seem cheap and delicious, but they are unhealthy, especially when eaten on an empty stomach. But less acidic fruits, porridge, eggs, etc, are good to have for breakfast.

--Carol B Nyangoma

cnyangoma.22@gmail.com