

Re: What to do about low energy?

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- *From:* TC <tdcomeau@xxxxxxxxxx>
 - *Date:* 28 May 2007 10:57:05 -0700
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On May 28, 12:16 pm, tii...@xxxxxxxxxx wrote:

On May 28, 9:05 am, Ron Peterson <r...@xxxxxxxxxxxxxxxxxx> wrote:> On May 27, 11:19 pm, tii...@xxxxxxxxxx wrote:

Eat breakfast every day with skim milk and some meat. Cut out the sugar soft drinks.

Is it the sugar, or the soft drink part that's the worst? I mean if I just replace them with other drinks that have equal amounts of sugar, is that going to be just as bad? Honestly though, I know you're

My father in law drinks Sunny Dee and thinks it is a better choice, it's orange, and contains traces of vit C and says 1/2 the sugar as regular, but it's is still way too much friggin' sugar.

You are right. Cut out all sugary beverages. Even regular orange juice will have as much as nearly 40 grams of carbs in one glass.

probably right on the money there, but I also know myself. These types of drinks can become something of an addiction, especially after you've been drinking them for 15+ years. Unfortunately I don't see me cutting them out anytime soon, although I can certainly try. As for the breakfast, I've grown accustomed to whole milk. I always justified it to myself by saying that since I'm unusually thin, there's no compelling reason for me to use anything other than whole milk. Is there a specific reason why I should choose skim?

My take on milk is that today's milk is not your grandfather's milk. We used to drink fresh whole milk and were healthier because of it. Now our milk is low fat, highly processed, high temp pasteurized, homogenized and generally badly beat up. It is no longer a whole food and has lost its inherent "wholesomeness".

If you can get real milk, great, but the white shit that sits on the

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grocers shelf for a month is crap food.

Don't eat out, pack a sandwich or have a low calorie TV dinner.

Start exercising.

It may be possible to cu