Holistic Doctor in Los Angeles Encourages Patients to Eat Breakfast Everyday

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Joseph Sciabbarrasi, MD, a holistic doctor based in Los Angeles, California, is encouraging patients to eat breakfast everyday. He had recently posted an article titled, ?Yes, You Really Should Make Breakfast a Regular Thing?,? and this explains why breakfast is essential. He points out that one reason why eating breakfast is so important is that it comes after fasting for 8 to 12 hours or more. Years of studies have also shown that skipping breakfast can actually do more harm to a person?s health than good, even if skipping it will allow people to get on with their day earlier and faster.

Dr. Sciabarrassi explains, ?Skipping breakfast can disrupt insulin sensitivity and can lead to overeating later in the day. Also, since skipping breakfast is stressful and it can result into higher blood pressure in the morning because of a hypothalamic-pituitary adrenal triggered response. On the other hand, eating breakfast can help in controlling appetite later in the day and in improving glycemic response at the next meal, thus enhancing insulin sensitivity. This will also result in decreased arterial stiffness and lower blood pressure. Studies have also shown that skipping breakfast results into a higher risk of cardiovascular disease.?

Dr. Sciabarrassi suggests that people make it a habit to have daily breakfast. Lack of time is the most common reason for skipping breakfast. Other reasons include lack of appetite and the common perception that preparing breakfast involves too much work. However, there are easy and quick ways to prepare breakfast. There are many suggestions online and people can also make use of a meal kit service. Although the meal kit service may be more expensive, it is a convenient way of having the most important meal of the day.

Joe Sciabarrassi, MD, provides state-of-the-art holistic and integrative medicine, using original and innovative strategies. The clinic provides a path that combines conventional and complementary therapies to help patients achieve optimal health, usually while undergoing conventional care.

Various state of the art biotechnologies and treatments are offered. These include bioidentical hormone replacement therapy for men and women; sleep supports; optimal wellness programs; HCG diet; sexual

health support; comprehensive thyroid disease / Hashimoto?s / central hypothyroidism evaluation and treatments; weight management programs with comprehensive nutritional evaluation; mold and mycotoxin detoxification; Lyme disease and co-infections; chelation therapy for mercury, lead and other heavy metals; IV drip therapies including glutathione, rehydration, PC, vitamin-minerals, amino acids; treatments for atherosclerosis and coronary artery plaque; and more.

While Dr. Sciabarrassi chooses to focus on holistic and integrative medicine, he is also knowledgeable on conventional medicine. He obtained a BS degree in Biology from Georgetown University and he finished an MS degree in Microbiology at the George Washington University, where he was also able to complete his medical degree. He finished his internship at the New York Hospital. Later, he served in the military for four years, where he stared practicing Emergency Medicine.

He has received several five star reviews from patients. For example, Sean S., who gave the clinic a five star rating, said, ?The pain in my shoulder joints has been getting worse over time and I decided to have it checked. [...] During my visit with Dr Joe, he suggested trying an Ozone treatment to relieve my shoulder discomfort. [...] The treatment was painless and I felt relief almost immediately. I am very pleased to say that my shoulders have no pain since and I have regained the full range of painless motion that I had in my younger years. I believe this a much better solution than surgery for my situation. I would recommend this procedure to anyone suffering pain in their joints. [...] I highly recommend Dr Joe and his professional staff to anyone with similar aches and pains to make an appointment ASAP! He truly works miracles.?

Those who are looking for a Los Angeles holistic medical practitioner can check out Dr. Sciabarrassi?s website or contact him on the phone or through email. His clinic is open from Monday to Friday, from 9:00 am to 5:30 pm.

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Joe Sciabarrassi, MD

Dr. Sciabbarrasi offers cutting-edge holistic and integrative medicine in a caring and supportive environment. His focus is on individualized medical care utilizing original and innovative approaches.

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