

6 bad things will happen if you regularly skip meals

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We all have missed meals at least once or twice, haven't we? Perhaps we often skip the most breakfast compared to the meals of the day and especially, breakfast can be just toast or cereal. So what exactly does abstinence have on our health?

We don't even think about it or we think just giving up an easy meal can eat more at the next meal - that this will somehow deny the lack of food and not be harmful to health. However, this is not normal. Quitting meals regularly can have bad effects on the body and is an **extremely dangerous** act - obviously it can **reduce performance** in the work, making the spirit **negative**. **Also**, it affects health and health. Here are 6 bad consequences that will happen if you regularly skip meals or fast:

1. Unstable mood



Perhaps one of the most noticeable influences when you skip meals or fast is the mood. Exactly so, because our blood vessels occupy a certain amount of sugar added regularly through every daily meal. If you skip the meal, your blood sugar will decrease, making you feel stressed. When the energy reserves in the body are nearly exhausted, our bodies produce stressful reactions that are ready to resist the dangers. At this point, the level of stress hormones increases suddenly, which is the cause of stress, mental instability and even mild depression.

2. Influence concentration



Reducing blood sugar not only affects the mood, but also reduces the ability to concentrate on solving any simple task. This is because our brains work on a certain amount of sugar, if there is a lack of sugar that can help the brain function to work at full capacity, if there is a lot less, it will reduce the ability to pay attention. If you skip the meal because you are too busy and think that at that time you can produce more work, you should think again. Quitting daily meals only worsens your performance in the short term, and if done regularly over a long period of time will have a great impact on your health. So, don't work " *through* " lunch and skip breakfast because you think you can get more done - you'll be more focused and alert if you fully load the food.

3. Will eat too much after skipping meals



When hunger reaches its limit, your brain will constantly signal, irritating your body and then you'll eat a lot. Because the two hormones that control hunger are leptin and ghrelin, they are weakened, so you will eat more

than normal and consume more calories. Moreover, you also eat more snacks in the meal, meaning that meal " *bigger* ". This not only makes your stomach indigestion, it can even endanger your life.

4. Easy to gain weight



Eating improperly will affect your body's metabolism, you will eat more and the amount of calories will increase, making too much excess food reserves in your body. This results in a rapid increase in your weight. Basically, you will be affected by metabolism and store everything you eat, such as fat. **So, never think that giving up breakfast, lunch and dinner will help you lose weight.** In fact, it may have the opposite effect to what you think.

5. Serious appearance



Skipping meals throughout the day will make your skin dry, wrinkled with poor texture and lack of vitality due to lack of collagen. Even your mouth may smell bad. We all need nutrients to keep our bodies healthy in all conditions and regular meals will make the necessary nutrients less. When fasting, our body loses an amount of water containing minerals in foods, especially vitamins and proteins. Protein is the unified block of everything in the body and if limiting these blocks in your daily diet will directly affect your appearance. Therefore, you should supplement your body with protein and vitamins. Most soluble vitamins are found in fat, meaning that if you don't absorb enough fat for your body it will basically be ineffective, not valuable to the body.

6. There are stomach problems



To prove the consequences of skipping meals have a bad effect on the body, our digestive system also begins to work inefficiently. Each time, the amount of acid in the stomach is still generated although there is nothing to digest. This amount of acid causes the gastric mucosa and leads to ulcer disease or some other related disease.

Besides, eating food on a regular basis is the way that our stomach, digestive and gastrointestinal systems manage and operate in a regular and orderly manner. Skipping meals will cause the body's discharge needs to be disturbed, leading to constipation or abdominal pain. This can happen often if you do not use (*or use less*) fiber in your diet, affecting the quality of life.

Too busy to have time to eat?

If you feel that you have to work too busy or do something that doesn't have time to eat that makes you skip meals on a regular basis, I hope you've read the points above and understand the bad effects. From fasting can cause you. However, there are many ways to make your life easier and still get the essential meals of the day:

Prepare before breakfast or lunch the night before : You may feel tired after a day of work and just want to go to sleep, but take 10 minutes to make yourself a breakfast to be ready eat the next day. There are many great ideas to help you have a quick breakfast or lunch without taking too long to prepare.

When you have time to cook dinner, do more than you need : This way you will have a good amount of food for other meals when you don't have much time to cook.

Eat less but often : If you really don't have time to eat three meals a day, eating less and often is absolutely necessary. Make sure you always provide all the nutrients your body needs. This will keep the metabolism more stable, reduce hunger and prevent you from overeating.

Bottom line: Ignoring a meal doesn't affect you too much. However, if this happens regularly will reduce your mental and physical well-being a lot. So do not skip any meal of the day, especially breakfast. If you're too busy and don't have time to eat, breaking up your meals throughout the day is absolutely essential, helping your digestive system balance and ensure the body's essential nutrients. Think carefully if you want to stop eating breakfast - your body and mind will thank you for it.

Refer to some more articles:

1. 9 types of foods that help you improve your mood quickly
2. 10 simple strategies to eat healthy without thinking
3. 4 reasons why you should not "stop" eating breakfast

Having fun!

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