



February 4, 2016 – Grand Rapids, MI

## Ten O'Clock Zombie

The second tip of the week leading up to The 6th Super Bowl Webinar on Sunday is something I think we've all experienced at some time. You eat a carbohydrate-based breakfast before work—cereal and milk, bagel and cream cheese, even one of those breakfast sandwiches you can now buy all day long. Somewhere between 10 and 10:30 a.m., your head drifts toward your chest and you could go to sleep. Just like a zombie, you cannot function. You're in what some people call a carb coma.

The obvious solution is to restrict those carbohydrates, but let's say that you don't want to. You enjoy the foods except for this side-effect. It's most likely related to the quantity of carbohydrates and the fluids needed to digest and absorb them. The typical bagel can have 50 grams of carbohydrates. Multiply the number of grams of carbohydrates by 0.6 and drink that many ounces of water during or after the meal. That would be about 30 ounces of water and in this case, caffeinated beverages do not count.



Why these numbers and quantities? The logic is based on the proportion of carbohydrate to water in sports drinks, but the details would take too long to explain in this message. Just try it and see if you can avoid being a 10 o'clock zombie.

Final tip on Saturday, the day before the big game and the [6th Annual Super Bowl Webinar](#). Sign up today!

What are you prepared to do today?

**Dr. Chet**

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