**Laughter, the best medicine, comes in liquid form: Doc’s Spoonful of Medicine**

**#16. Fletton Folk, let’s take a tour around what Doc tucks into for Breakfast**

When you look at a Tupperware capable of catching the crumbs from crunching into the couple of flaky Weetabix therein, ennobled with two apples of different types (typically a sweet gala or a Golden Delicious, and a tangy Granny Smith), benighted by a banana, you might wonder whether Doc’s breakfast is a dog’s dinner? No, Dear Fletton Folk, it is as carefully assembled as a Mercedes engine (other car makers are of course available, but I follow Lewis Hamilton in F1).

Now, I am as partial as the next Flettonian to a “Full English Breakfast” on occasion, or a bowl of porridge when a gardening marathon beckons, but my usual, healthy, “suitable for vegans”, breakfast is saving me, not just the planet.

Apples have no caffeine, but their natural sugar content serves to stimulate the brain, and the muscles via the blood, resulting in energy and enhanced awakening, arguably doing this better than drinking the average cup of coffee, certainly lasting longer than the coffee. If you have a long night-time drive to do, remember to pack some apples, to stay awake. Apples contain three types of sugars, Fructose, Sucrose, and Glucose, in order of quantity, making up 11-15% of most apples. As the fruit ripens, it contains more sugar. Overripening of fruit causes some fermentation of the sugar, forming Ethyl Alcohol, aka Ethanol, or “Booze” to you and me; the other three types of alcohol, Methyl, Propyl and Butyl cause blindness and death; they are not usually served in the bars in Fletton! Wild primates have been observed to deliberately “entertain” themselves by eating overripe fallen fruit. The Doc’s apples are fresh, crunchy, and alcohol free. In fact, I keep them in the fridge to delay ripening and prevent fermentation. Medics at work, do need to stay “jober as a sudge, you know. Hic!” Anyway, you now know that “an apple a day keeps the doctor awake”.

How do you get the dry fibre, which looks after the large bowel, down you? The water in the apples stops the dry Weetabix from sticking to the roof of my mouth. So, you CAN eat a whole one without a sip of water, or was that famous challenge about a whole dry Jacob’s cream cracker? Other crackers, etc., etc. Why DRY? you ask. Well, that peculiar ability of two Weetabix to soak up half a pint of milk in a bowl, is put to good effect in forming and firming up stools, which is invaluable for those of my patients who suffer with IBS, thus reducing prescriptions such as Fybogel, which I advise or prescribe to solidify loose stools. Indigestible fibre helps to regulate the consistency of what the colon is handling, treating the tummy ache, bloating and wind. Meanwhile the water, fruit fibre and sugar in the fruit moves things along nicely in the colon, without cramps. Weetabix is made from wholemeal wheat, but had you previously realised how valuable it can be as a medicine? I assume you are not Gluten intolerant; I thankfully am not so, but other dry cereals have a similar usefulness.

So why the banana? Well, this wonderful fruit, which comes from the largest herbaceous natural plant is very interesting. The banana plant has no wood or bark, and although it looks like a big tree, a banana plant is not a tree: fun fact, when we restart pub quizzes. Bananas contain both types of carbohydrates, simple (sugar) and complex (starch). A “green” banana is 80% starch, and you use it to firm up your loose motions, It mops up the moisture of motions, whereas a very ripe yellow and brown banana is close to only 1% starch and the sugar that the starch has been converted to, is a laxative, effortlessly unbinding you. The starch and sugar supply energy for the morning. Starch lasts longer. Just watch the break between sets in a tennis match or at half time in football. “Banana up and go out there and win this match!” So, pick your type of banana according to how you want it to nullify the opposition, as we say in sport. OMG! If a banana was a footballer, it would command a sizeable get out fee in its contract before you could transfer it out of the fruit bowl, never mind throwing it ono the pitch as a form of abuse! Plantains are large starchy bananas that you cook and are not usually eaten raw. They occur in places a tad more tropical than Fletton.

Breakfast is a very important meal. Use it to improve your health, Fletton Folk.