

# Two Meals Daily Health Benefits

June 14th, content conversion, Chinese revised English not converted.

'dʒu:n 'fɔ:rti:nθ 'kɑ:ntent kən'vɜ:ʒən tʃaɪ'ni:z ri:'vaɪzd 'ɪŋɡlɪʃ ,nɑ:t kən'vɜ:ti:d

If you need to cut back on spending, try having two meals instead of three.

ɪf ju: 'ni:d tə 'kʌt 'bæk ,ɒn s'pendɪŋ 'traɪ ,hævɪŋ 'tu: 'mi:lz ɪns'ted ʌv 'θri:

This idea isn't mine.

ðɪs aɪ'diə ɪzənt 'maɪn

I read it in one of Feng Tang's books.

aɪ 'red ɪt ɪn 'wʌn ʌv 'feŋ 'tæŋz 'bʊks

It sounds like a joke, but there's some health theory behind it.

ɪt 'saʊndz 'laɪk ə 'dʒʊk ,bʌt ðɜ:z ,sʌm 'helθ 'θiəri bi:'haɪnd ɪt

Switching to two meals fits well with the popular 16 + 8 diet

'swɪtʃɪŋ tə 'tu: 'mi:lz 'fɪts 'wel wɪð ðə 'pɑ:pjʊlə 'sɪksti:n 'plʌs 'eɪt 'daɪət

Most people today have too much nutrition and energy, but their metabolism can't

'mʌʊst 'pi:pəl tə'deɪ 'hæv 'tu: mʌtʃ nju:'triʃən ænd 'enə-dʒi ,bʌt ðɜ: mə'tæbə,lɪzəm 'kænt

keep up.

'ki:p 'ʌp

This leads to various health issues.

ðɪs 'li:dz tə 'veriəs 'helθ 'ɪʃu:z

So, eating two meals a day might be better.

'səʊ 'i:tɪŋ 'tu: 'mi:lz ə 'deɪ ,maɪ bi: 'betə

It helps reduce excess energy and boosts metabolism.

ɪt 'helps ri:'du:s ek'ses 'enə-dʒi ænd 'bu:sts mə'tæbə,lɪzəm

What do you think about this idea?

wʌt 'du: ju: 'θɪŋk ə,bʌʊt ðɪs aɪ'diə

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'hɪt ðə 'fə:ləʊ 'bʌtn ɪn ðə 'bɔ:təm 'left 'kɔ:rnə ænd 'dʒɔɪn ,mi: ,ɒn ðɪs 'dʒɜ:ni tu

improve ourselves.

im'pru:v      əʊə'selvz