



Circadian Rhythm Rocks!

Circadian Rhythm:

Our body's rhythm is set to that of the sun. When the sun comes up, body temperature rises which means the metabolic state is turned on. It gradually builds throughout the morning and peaks from 12:00-1:30. The body temperature then decreases in the middle of the afternoon (2:00 – 5:00) ...that is why you feel tired in the middle of the day. *Don't go for Caffeine or food ...take a 10 min relaxation period to build up your energy.* AND HYDRATE. The body temperature takes a slight rise from 5:00-7:30 (not as high as mid-day) and then begins the decline to prepare for sleep mode by 9:00pm.

This is "not so" good news for the "night owl" or for the one who works midnights. Our body physiology is designed to be in sync with the sun. My suggestion is to work with this rhythm as best you can.

What does this mean for you as an eater?

In a nutshell...

1. *The bulk of one's calories are consumed EARLY in the day.*
2. *The largest meal of the day is lunch, which is when the body's metabolic rate is at its highest.*
3. *Late afternoon and evening call for SMALL portions.*

SLEEP:

If a LARGE meal is eaten late at night, the body will be so busy going through the digestive process to rid itself of the meal that it will not be able to do its nighttime functions.

What I mean by that is this.... SLEEP is necessary. I recommend 7-9 hours sleep and there is a reason for it. This is the time when metabolic energy is spent on maintenance, detoxification, repair, and growth. If you eat a large meal right before bedtime, then the metabolic energy is rerouted to digestion and not taking care of the necessary business of healing and repair.

The result is waking up feeling lethargic and heavy.

This begins the endless cycle of not eating breakfast, eating a small lunch...then everything but the kitchen sink for dinner, which leads to a restless sleep and feeling lethargic and heavy in the morning time.

Important processes during sleep for ideal rest.

3 parts:

10:00-2:00am – Body repair. The Immune cells are released to seek out and destroy cancer cells, bacteria, viruses, and other harmful agents.

2:00am-6:00am psychic regeneration. The Immune system is supported by chemicals released from the brain.

Rapid eye movement – deep dream state. Alternate between REM and Non-REM throughout the night. This allows the mind to process emotional events from the previous day and clear the slate for the next day.



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Missed sleep or late to bed

If sleep is missed or delayed, this time cannot be made up. You will operate at a deficit. You will never be able to “catch up on” missed sleep. It isn't possible.

Sleep Wake Eat cycle for Optimal Health

- Metabolism wakes up w Sun.
- Hottest at noon to 2:00 - caloric intake highest from sunup to 2:00
- 2:00 – 5:00 – slower rate – hydrate, workout, stretch, meditate, grounding activities
- 5:00 till sun goes down – moderate burn – smallest meal of the day
- Catch the Angel Train at 10:00 pm

The bulk of one's calories are consumed EARLY in the day. It makes sense that the largest meal of the day is lunch, this is when the body's metabolic rate is at its highest. Late afternoon and evening call for SMALL portions.

Steps to Change the Cycle

- For high energy...start by shrinking the size of dinner...you may go to bed mildly hungry....BUT you will be READY to "break the fast" first thing upon rising.
- Eat a moderate size breakfast that contains protein and good essential fats.
- Fruit with seeds is great for a mid-morning snack.
- Lunch will be the largest meal of protein, essential fats and veggies and/or complex carbohydrates.
- Do not to eat between 2:00-5:00. I know it sounds tough.... but give it a try and see what happens. :o) Instead, spend 10 min breathing DEEP, relax, and/or stretch the body. (Actually, increases cognitive function!)
- Eat a small snack at 5:00 to tide you over for dinner. Examples: fruit, hummus and veggies, seeds or nuts (be aware of portion size).
- For dinner, eat from a small salad plate to help keep the size of the meal small.
- It is recommended that your last meal of the day be 3-4 hours before bedtime.
- Heal, repair, and restore at night. – NOTE: if you eat late your body is spending time digesting instead of doing important metabolic work like heal and repair. You may find that you awake up sluggish those nights you eat late.

Being in alignment with circadian rhythm will impact your health in a VERY powerful way. Increased health, vitality and energy are right around the corner for you. Begin making the shift with slight time adjustments (15 min increments). Then gradually move the time until you are catching the angel train at 10:00 pm. If you love to get up before 6:00am and your body requires 8-9 hours' sleep, then you may consider catching an earlier angel train 😊