



LUKE COUTINHO

Integrative & Lifestyle Medicine | Holistic Nutrition

A New Way of Living *Circadian Rhythm*



Luke Coutinho

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Foreword by Luke Coutinho

What contributes to healing and recovery or even prevention of diseases and ailments?

You can have the best medicine and conventional treatments.

You can have the best alternative medicine.

You can follow diets, exercise programs, and have excellent sleep and solid emotional health.

You can have fancy organic superfoods and oils.

You can have all the best knowledge in the world, but...

What is more important to make all of the above work is the environment, both external and internal. The external environment is the one that surrounds the person, which includes air, pollution, sunlight, weather, and so on.

Then, there is the internal environment of the body. What if it is too acidic? What if it is too alkaline? What if it has low vitality and energy? What if the immune system is weak? What if cognitive health is poor? What if there is a poor digestive capacity and an incomplete microbiome?

Imagine giving a person the best of all medicines and lifestyle changes, but putting them in an environment that is toxic, unhealthy, dirty, non-supportive, lonely, and damp. The person will not heal, but instead, they will only get worse.

You can knead the best dough, but if the environment of the oven is poor, damp, or has the wrong temperature, then, the bread will not bake or rise.



If we challenge the laws of nature, if we go against the circadian rhythm that governs thousands of functions in the human body at a cellular level, then, even the best treatment, medicines, doctors, nutritionists, spiritual healers, or yoga experts will not work.

What if we align ourselves with the laws of nature, and add in the right medicine, lifestyle, food, and so on? That is when we begin to see prevention, healing, recovery, and healthy improvement occur.

We deal with end of life patients, cancers, rare syndromes, metabolic diseases, diabetes, kidney and organ disease, cardiovascular and endocrine issues, hormonal disorders, Alzheimer's, Parkinson's, cognitive disease, obesity, skin and hair problems, and many more. And, the one thing that has worked powerfully for all of our patients over and above their medications and treatments (We are not against medication or integrative medicine that integrates the best of allopathy, conventional treatments, nutrition, exercise, sleep, emotional wellness, spirituality) is our ability to coach them into aligning their lives and lifestyles with the laws of nature - the circadian rhythm, because when we put the patient into the circadian rhythm cycle, the body's intelligence begins to kick in, it is harnessed to work, repair, identify and fix. So, imagine the possibilities of prevention, healing, and recovery when that intelligent power is made to work with everything else - the medicine, food, and so on.

Over the last few years, people following the circadian rhythm way of living have had positive experiences and unbelievable changes and improvements in their health. From the reduction of arthritic pains, swellings, better sleep, fat loss, hormonal balance to improvements in migraines, gut issues, hair and skin health, immune systems, improvement in allergies, and so on. It is clear to us that we have missed two gaps in our health care system, one is creating the right environment for the patient and the other is coaching them to live in alignment with the circadian rhythm and laws of nature. Does it cost money to live and follow the circadian way? No, absolutely not.

I encourage everyone to try this. It is not debatable. The laws of nature never change, like the law of gravity, motion, electricity, cause, and effect. It is common sense for us to know what happens when we go against these laws, and so is it with the circadian rhythm and nature's way of living as per the cycles of light and dark.

We have had millions of people align their lives to this way of living with massive

changes, and I hope that change comes to you too.

Sometimes when we come across several patients, where nothing can be done anymore, where no medicines work, the doctors send them home to just be. We strongly encourage them to align to the circadian rhythm, because we don't want to give up on one more possibility which is when they align, only then can the infinite intelligence of the body kick in, get harnessed, and explode into a miraculous recovery.

My love to you and your families! If this changes your life, there is only one thing for you to do. Teach others to live the circadian way and be part of their healing, recovery, and improvement of their health and life.

Much Love

Luke

Introduction

Anyone who has pulled an all-nighter, worked in nightshifts, or travelled across time zones will know the unpleasant consequences of disrupting the biological clock that include haywire eating patterns, bowel movements, and sleep patterns associated with it.

“A new way of living” is apparently new to us because we have moved too far from nature, but in reality, it is how we were always designed to live, and I am of a hundred percent belief that if we are able to live, or start living most of our life this way, there is going to be a lot of improvement in health, life, and everything we find ourselves complaining about.

I have been in this field of health and integrative lifestyle for a very long time, and when I reflect, I realize that even though we have the best of doctors, nutritionists, superfoods, and gyms, the statistics of diseases is only getting worse by the day. The number of people dying because of cancer, diabetes, cardiovascular conditions, and kidney failures is only increasing year on year. Something certainly is wrong and has to change.

Today, social media and the amount of content that exists in it, has fooled and brainwashed us to believe that, we need to live a particular way to be successful. We need to compromise on sleep to be a successful employee and achieve our targets. We count success in terms of position earned, status earned, money earned, the kind of cars we drive, handbags and clothes we wear, not realizing that all of this means NOTHING without health. As a matter of fact, human beings are the only species that sacrifice health and sleep, to live and achieve more. Burnout, due to lack of rest, sleep, and focus on health or on eating right is a common phenomenon today. This results in chronic lifestyle diseases, deaths, more unhappiness and a feeling of emptiness, and this has been identified by the World Health Organisation (WHO). Unfortunately, this is not just limited to working professionals, but also to students.

This is not to say that you should not make money, aim for high designations, or own fancy things. Have all of this, but with a parallel focus on health, and how you were meant to live considering we are all products of nature. True success is when we can have all of this, and we can still maintain our physical and emotional health, a peaceful state of mind, and happy relationships. The bitter ugly truth that we need to wake up to now is that people do not care about fellow human beings and health anymore. This is not to pull down anyone, but companies and organizations actually do not care about

how much health you are sacrificing in the process. When they do not need you, they can kick you out and when they do, they will use you to the best of their ability. There are very few who genuinely care; for the rest, it is all about greed, money, status, and showing off. This becomes a stimulation to our minds and hollow hearts, that everyone including the generations below us want to wake up and live a life that is so superficial (in reality).

Well, each of us is already going through this, but my whole point is – what are we getting out of this go-go-go attitude? More sickness? Unhappiness? Low immunity? Weak relationships?

A couple of years ago, in Denmark, the night-shift workers, especially women were able to actually make monetary claims and got official recognition from the company for millions of dollars, due to breast cancers they developed eventually. Today, there is scientific data that shows how night shifts can affect and increase a women's risk of developing cancer from anywhere between 33 – 55%. Often people in their defense say – "...but I am resilient". This is a very carelessly used statement. All of us need to understand that each of us has a set point, a threshold, beyond which our bodies will crash. Abuse your body how much ever you want to, but there will be a point when your body will not be able to take it anymore and will crash in the form of sickness, depression, and anxiety. No one is a superhuman. We are all creations of nature, and nature is above all of us.

Kids today look at social media and stories of billionaires, business tycoons, and others who have only shown the good and flashy side of their lives, but not the pain, suffering, restlessness, anxiety, and pills they are popping, or the drugs they are doing to maintain this façade. Like I said earlier, the outside world has to be stimulating to keep people engaged, and this is what is messing up human health today.

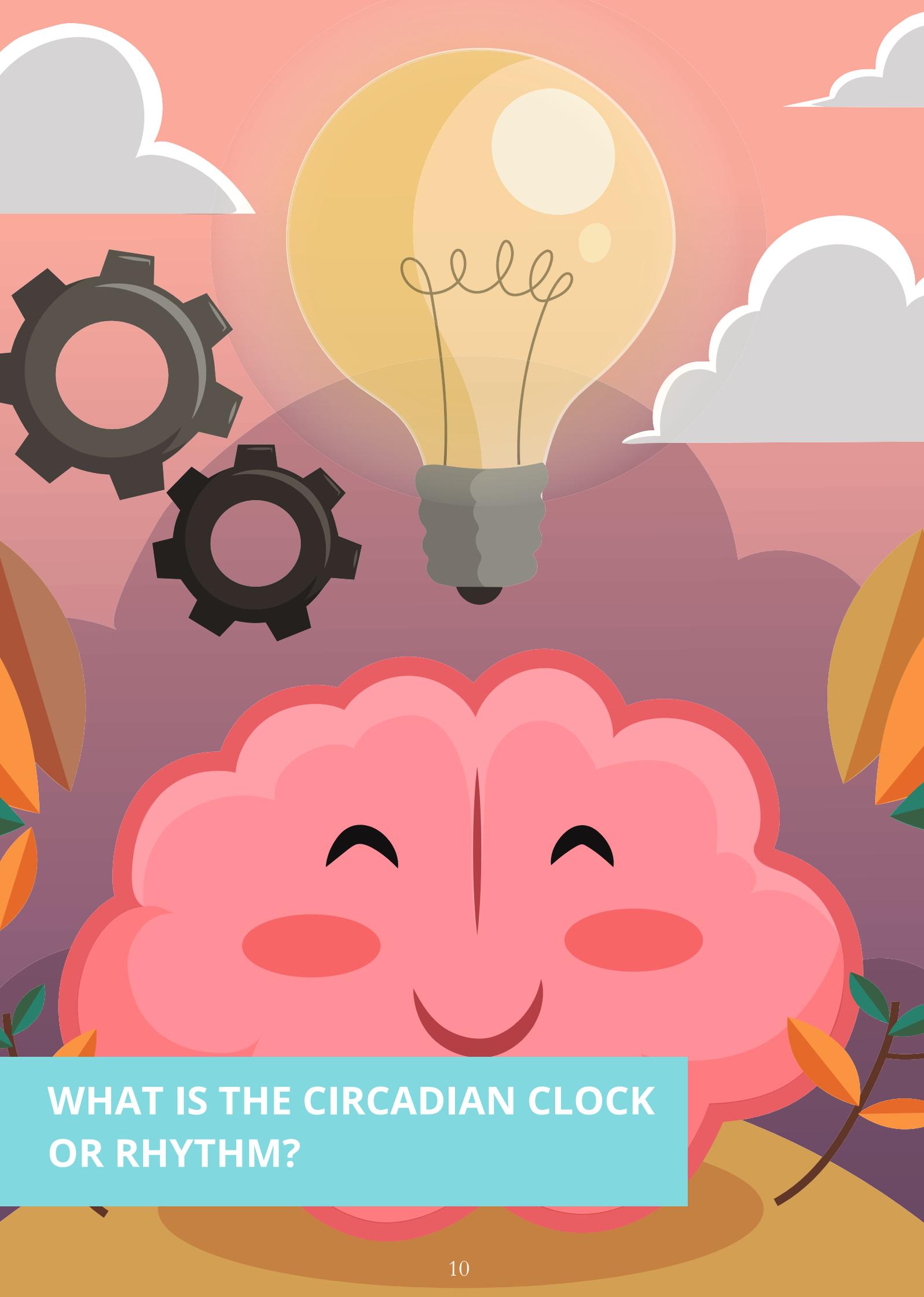
Even though our generation has a lot more than what our grandparents and parents had, human happiness is at its lowest, and suicides, depression, and broken relationships are at its highest. Whether you are reading this document to improve your diabetes, cardiovascular disease, or simply looking at preventing it or improving every sphere of your life, what is shared in this document is the way to go about achieving anything you want in life.

This way of living is going to align us with the laws of nature and respect it, without

having to compromise on fun, socializing, or entertainment time. You can still socialize, eat what you want, but in a smart way. Half of the things we try to do, in order to attain good health and great bodies may not even be required with this way of living, because this covers everything. All you need to do is understand how it works and change your mindset. Times may have changed, but our bodies and the way it functions remain the same. The fundamentals and principles of nature have not changed and never will. There is no point in challenging these laws, just because we have advanced in terms of status, technology, and power. Understand the science, physiology, and how your body functions, because then we understand why it is important to make lifestyle changes in a better way.

So, this way of living helps align with our circadian rhythm, an intelligence that nature has designed for us to perform certain tasks during certain times of the day, to avoid chaos in your body, right from hormones, blood sugar levels, heartbeats to hunger, cravings, memory, digestion, and everything else.

While plenty of information on circadian rhythm and its benefits already exists on the internet, today, we can share this with you with immense conviction because of the real-life experiences. Thousands of patients, who have come to us for various conditions, have noticed their health conditions start to fade away by adopting this way of living.



WHAT IS THE CIRCADIAN CLOCK OR RHYTHM?

Humans are products of nature, and we thrive when we live according to the cycles of nature. An important aspect of how nature and human bodies have been designed to work is our circadian rhythm, sleep-wake, or the day-night cycle. It is an intelligence that generates feelings of wakefulness and sleepiness, hunger, and satiety during an entire 24-hour cycle.

Pretty much, how we sleep, eat and digest, secrete certain hormones, bowel movements, and detoxification – everything works according to this circadian rhythm. In simple words, it is about how different processes in our body are designed to be carried out during different times.

The human body is intelligent and works on the concept of rhythm, which is driven by nature. Every cell in our body vibrates at a frequency and is controlled by a rhythm. One cannot have a liver operating at a different frequency to that of the kidney and heart. Our heart, pulse, heartbeat, blood pressure, digestion, menstrual cycle – everything works according to a rhythm and they keep changing throughout the day. The rhythm at which our digestive system functions when we wake up is different from what it is in the evening and at night. Even our eyes tune into different frequencies called the photic frequency according to the light exposure. Now, if we are synced in with the right rhythm our body needs to be in, we evolve and thrive. On the other hand, if we are out of sync, we can have anything from cancer, heart disease to hormonal imbalances, and depression. It is simple! We have a disease when our body is not at ease; that means when the cells are not working in harmony with each other. Imagine a music band and one of the musicians in it is playing the guitar that is out of rhythm! The output will be nothing but noise to our ears. And if everything is in rhythm, the output is music to our ears, and it is peaceful. Our body works the same way.

Talking a bit more about music, certain kinds of music can make us feel energetic, whereas some can make us feel peaceful, meditative, and calm. All of this is due to different frequencies and rhythms that we connect and sync with. If we did not have frequency and rhythm within us, we would not be able to connect with any of the external frequencies and rhythms, right from light, sound, animal sounds, to the laughter of a baby or adult. The New Way of Living is all about aligning ourselves with the laws of nature. You can have a great life, socialize, party, and still follow this way of living, without taking away any of the fun elements. Generation after generation, people have lived according to the laws of nature and yet socialized, sung at night, celebrated rituals, festivals, ceremonies, and lived a healthy and happy life. We can do it too. We may have advanced and evolved in terms of technology and connectivity, but the basic needs of the human body are still the same. The laws of nature never change. Has the law of gravity changed in an advanced world? No, right?

When we start operating beyond the laws of nature and challenge our circadian rhythm, we become out-of-sync and rhythm. This is when we will not only have a disease, but feel bad, sad, lonely, start looking outside for stimulation, and compare our health and weight with one another.

Coming back to circadian rhythm, what is it?

In the hypothalamus of your brain, there is a master clock called the Suprachiasmatic Nucleus (SCN). This master clock controls all the other clocks in our body. There are clocks in every cell of our body, including our heart, brain, immune system, and so on. The SCN controls simple to complex things like:

- Energy levels through the day
- Quality of sleep
- Hormone secretion (insulin, cortisol, melatonin, estrogen, progesterone, testosterone, and many more)
- Neurotransmitter production
- Regulation of the heartbeat
- Blood pressure
- Sugar levels
- Digestive system activity, enzyme, and acid secretion
- Immune system functions
- Hunger and cravings
- Body temperature
- Weight
- Stem cell regeneration
- Gut microbiome
- Emotions

In short, SCN controls everything. Hence, it is a master clock.

Imagine if our clocks, watches, and phones are taken away from us for a day. Nothing would work. There would be chaos, stress, agitation, and frustration, because we run our day according to time, and time is everything. Everything that happens in a typical day – the time you wake up, bathe, plan your day, submission of an assignment, and all the other activities revolves around time, and without that our entire day will be chaotic.

Now, take that analogy and imagine the Suprachiasmatic Nucleus (SCN) that controls the circadian rhythm like a pacemaker, stops working the right way. The body will be in chaos, right from hormones to emotions and digestion. This is why, no matter how much we have in terms of technology, medicine, chemotherapy, drugs to make us happy, entertainment, and gyms, we still have innumerable diseases and unhappiness,

because the basics of our human body, and how it works are not addressed. Today, we are operating beyond the biological parameters. We will continue to get new drugs or treatments introduced into the market, but until we change the way we live, nothing will be effective.



Why a New Way of Living?

Based on years of experience in the field of nutrition, if there is one lesson that I have learnt so far, it has to be the fact that nutrition is 5% and exercise is another 5% of the entire health game. Sleep and emotional wellness are two of the biggest players, which is why I focus on these parameters so much.

Today, even if you are on the simplest diet with only the basics of what your body needs, but are operating within the laws of nature, that simple diet is sufficient for you. In my practice, one of the main approaches is to take a sick or dying patient from their current lifestyle and put them on a path of this new way of living, which is simply operating according to the biological parameters that define us. This includes aligning their eating, sleeping, exercising, and working cycles with the laws of nature. There is no drug on the planet more powerful than the healing cycles of nature, and our body's intelligence. The same intelligence that created you is also going to heal and recover you. Every scientist and doctor knows that no matter how strong the medicine or treatment is, it is ultimately the body that heals itself. Take medicines and undergo treatments, if you have to, but also allow the intelligence of your body to work for you, and for that intelligence to work at its best, it has to be in sync with nature and its rhythm. When that is taken care of, your medicines will work better, and eventually, you may not even need these medicines.

This in no way is to divert your attention from medicines and doctors. We have medical doctors in my own team. This is to encourage you to see the possibilities that lie beyond the first medical protocol. It is about time we realize that, if we want different results, we need to use a different approach, and the approach followed today is definitely not working for human health. The results seen out of the new way of living approach is without complications and comes with an intelligence which we already have, but only need to harness.



How does the SCN function and control Circadian Rhythm?

The SCN and biological clocks are groups of complicated molecules that are driven by proteins and genes. Just like how a clock works on a battery, the SCN functions by taking cues from the amount of light in the environment. It responds based on two stimuli: light and dark or day and night. This clock's main role is to send signals to regulate the functions in our body.

Scientists have done experiments to understand SCN closely by putting human beings in dark rooms for 24 – 48 hours and realized how they lose the sense of everything because the biological clock (and everything connected with it) cannot work without light. Additionally, they also found that stimulation could also be nature's sound like the chirping of birds. This is enough to stimulate the body to wake up.

So, the moment, light hits SCN, there are signals relayed to other parts of the body, and different functions will be activated and deactivated. When SCN experiences an absence of light (darkness), a hundred or more functions will be activated and deactivated again. This is how our body is in sync with the other environment through changes in light intensity. However, when there are fluctuations in light and dark, due to sleeping at wrong times, exposure to bright lights at night, traveling across time zones, there is going to be chaos and confusion in the body, and certain functions may get activated and deactivated at inappropriate times. The basic biology, chemistry, and physiology of our body are going to be out of whack, and no amount of exercise, meditation, or superfoods can change that. The only solution then is to realign our bodies back to the rhythm of nature.

Science, today, shows that a messed up biological clock can lead to:

- Inflammation in the heart, thus leading to cardiovascular conditions
- High blood pressure
- Platelet aggregation
- Low immune systems
- Depressive systems



The rhythm in a nutshell and what happens when you disrupt it

When you wake up in the morning, your blood pressure and cortisol surge a little bit naturally (this is why, you should never check your blood pressure early in the morning. Do it 2 – 3 hours after you wake up.) Melatonin, your sleep hormone, starts to dip so you have energy to start your day. Thus, a sleep deprived individual will never have the energy to start a new day.

Moving towards the afternoon, the metabolic rate of your body is at its peak. This makes your lunch time really important, and gives you the opportunity to have a really good meal. Breakfast is also important, but it is ideal to listen to your body and appetite during the morning hours.

Towards the early evening, between 4 – 6 pm, your metabolism peaks a little again, and then, starts to fall gradually.

As the sun starts setting, your body starts to slow down. While during the day, your body was focused on accumulating calories and energy to get through the day, but, as the sun sets, your body starts to focus towards repair and re-growth of the immune system and balance the secretion of hormones.

Now, consider all of these events, how the body has been designed, and what may happen when you disrupt this circadian rhythm. The moment you have a late-night meal, you disrupt every part of the rhythm, because it is all connected.

The body is NOT designed to digest and break down food, as the sun starts setting. If you do have a late-night meal, because you tend to take everything for granted, your body will still try to digest, but at the cost of:

- Irregular blood sugar levels
- Constipation
- Acidity
- Bloating
- Sluggishness the next day

Ideally, you should wake up feeling fresh, but you do not. This is because the circadian rhythm is challenged. Every cell and vital function in the body like, breathing, digestion, blood pressure, blood sugar, movement, secretion of hormones like insulin, estrogen, thyroxine, and testosterone, literally everything is controlled by this little clock. In fact, the very process of falling asleep happens according to the circadian rhythm, when the light-sensitive sleep hormone called melatonin is secreted under appropriate conditions like dimmer lights. This is why, not living or acting in accordance with your internal clock

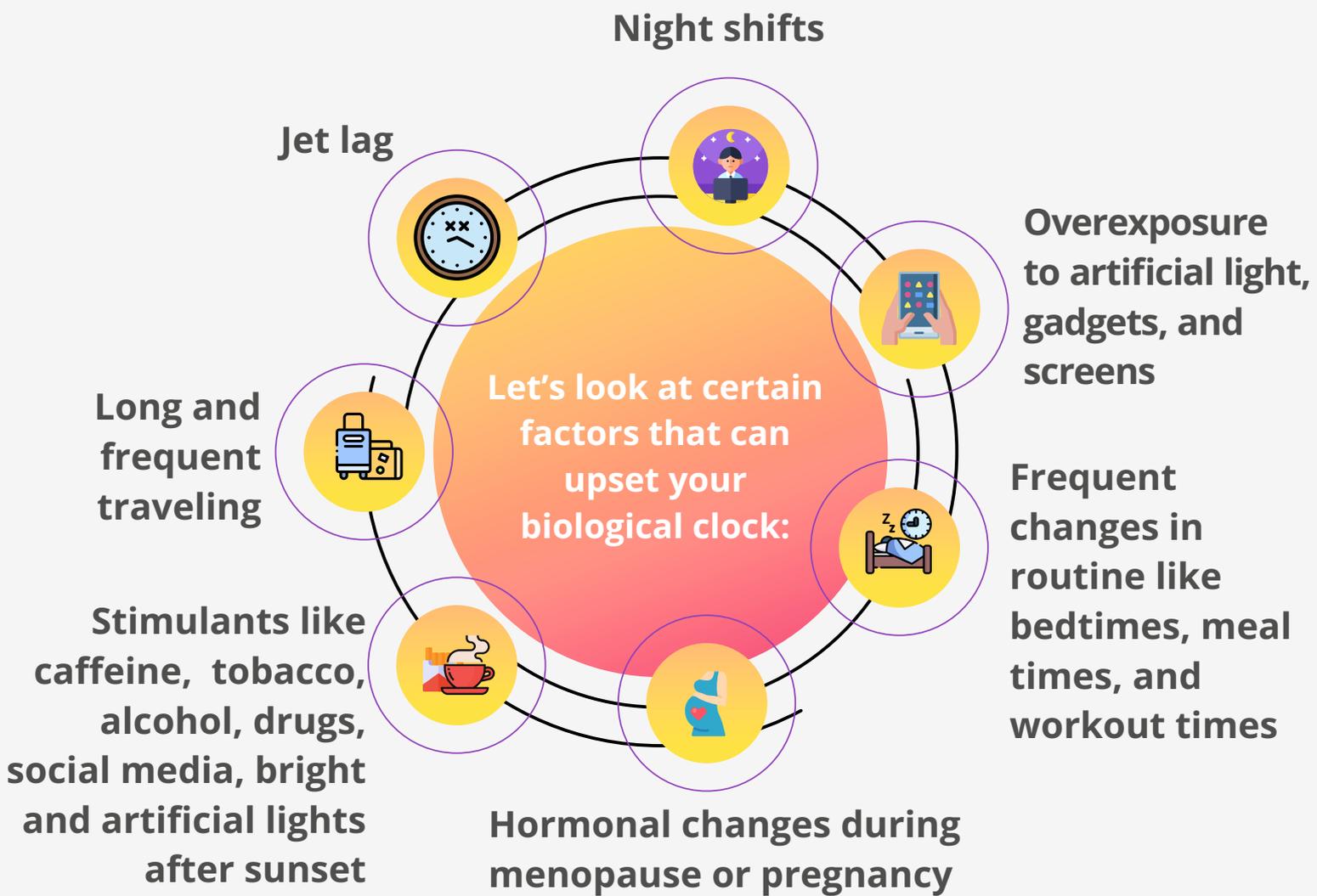
can prevent all the processes that are vital for human health.

Messing up with your circadian rhythm can disturb every single aspect of human health and function. This also means aligning yourself to the biological clock or circadian rhythm, is perhaps the only lifestyle change that you could make, for your health to fall in place. There are studies to prove how a disrupted biological clock is connected to chronic health issues, from diabetes to heart disease to cognitive decline. A good diet, exercise plan, yoga, pranayama, chanting, and other such practices are all superficial, if they are not put into a system. Look at cases of hormonal imbalance to understand this. It simply means that the body and hormones are not in sync with the circadian rhythm at all.

Short Term Circadian Rhythm Disruption (a few days or a week)	Long Term Circadian Rhythm Disruption (weeks or months or years)
mental fog, feeling groggy, mood swings, irritable, lack of focus, disrupted sleep, headaches, constipation, bloating, weakness, delayed muscle recovery, blood glucose rise, low immunity.	chronic inflammation, weight gain and obesity, autoimmune conditions, infertility, mental disorders, insomnia, metabolic syndrome, cardiovascular conditions, increases risk of cancer



What upsets your Circadian Rhythm?





**How to reset your Circadian
Rhythm?**

You can achieve this by working with nature and the circadian rhythm, and not against it. The changes that you will experience are amazing and almost immediate, like high energy levels, alertness, better sleep, digestion and water retention, waking up with a flatter stomach, no bloating, clearer skin, lesser cravings, and so much more.

Here's your guide to a New Way of Living:

1. Eating:

- **Coffee or Tea:** A lot of people wake up and consume coffee as the first thing in the morning. This is the most detrimental thing to do for our circadian rhythm. Coffee is classified as a psychoactive drug, and many people may not like me for saying this, but hear out the science behind this.

When we wake up, your cortisol levels and blood pressure rise and stay high for 2 – 3 hours. This is important, because it drives you to get started with your day. However, adding coffee into your system at this point may add more cortisol into the body, which is not required. More cortisol means, more adrenaline and higher blood pressure. This in turn, can turn on the flight and fight mode, raise your blood sugar levels and heart rate. The early morning coffee is adding no value, but only problems.

If you cannot start your day without a caffeine jolt, then you have a bigger problem because you are sleep deprived. Caffeine may help you get through the first few hours of your day, but if your sleep deprivation is not addressed, then there is a possibility of developing a disease, hormonal imbalance, or a metabolic syndrome in the body. So, enjoy your coffee, but let 2 – 3 hours pass, and then find a space to fit in your cup of coffee or tea. Coffee is good for health, but it needs to be consumed responsibly.

Consume caffeine only after your breakfast, as it can erode the stomach linings, if we are on an empty stomach. (For example; if you wake up at 6 am, you can have your coffee only after 3 hours, that is 9 am, after you have your breakfast.)

And, your last cup of coffee? You do not want to have coffee later in the day, because it will then affect your night's sleep. If you find yourself sleeping fine even after a late coffee, it is still not supporting your circadian rhythm in anyway because coffee raises cortisol levels. As evening commences, cortisol levels are meant to dip, so melatonin and other hormones that calm you down, rise up. With coffee in the system late in the evening, you hinder that process and disrupt your circadian rhythm. So, as a rule, finish your coffee, tea, green tea by 2 pm – 3 pm.

- **Meals:** A lot of people have started to embrace fasting today, but they do it at the

wrong time, and thus get no results. Their timings are quite haphazard, like, one day they begin fasting at 1 am, the next day at 10 pm and so on. The beauty of fasting lies in its alignment with the circadian rhythm. According to this, the last meal of the day should be before or at sunset and the first meal after sunrise.

Let's say, your dinner is done by 7 pm, and you begin your fasting through the evening and night, and continue till sunrise and break it at around 7 am. Once the sun rises, your metabolic fire rises too, and that is when you have the ability to digest food effectively. Even if you cannot dine by 7 pm, try to eat by 8 pm, but 9 pm, 10 pm, or 11 pm is an absolutely ridiculous time to feed your body. It will not support digestion in any way, and even if it does, for how long will it work? Your body will start showing signs and symptoms in the form of bloating, indigestion, acidity, diabetes, and weight gain.

Regarding eating at 5 am or 6 am, it does not serve any good too, because your metabolic fire and digestive ability is not activated yet. The body is still in the detoxification process, and nothing that you eat so early is going to be broken down effectively.

In case you work out at 6.30 am, and eat a pre-workout meal, then this is not to say that your way of living is wrong. If it is working for you, continue doing it, but a better way of living, in case it is not showing you results, is to try the way nature works.

Your current way of living is unnatural, and thus the new way of living is a way to get you back to living naturally. Talking about fasting, if you can manage 7 pm – 7 am fasting (this is just an example), then you actually give your body a beautiful fast of 12 hours in the most natural way. This is called CIRCADIAN FASTING. Now, when the sun has risen, you can have a mid-morning heavy breakfast, and your body will know exactly how to break it down, because it is in a state to breakdown, digest, and assimilate food. Remember, your metabolism is highest in the morning and afternoon, and by the evening it tends to slow down. To be able to support this pattern and rhythm, you want to get most of your calories from your breakfast and lunch, and least from dinner.

What happens when we eat a late-night meal?

Several studies have shown that the pancreas also has a melatonin receptor, indicating that on the release of melatonin when it gets dark, it binds to the receptor on the pancreatic cells, thereby suppressing its function. This speaks volumes about why a late-night meal can mess up your digestion, sugar levels, and you may even wake up feeling acidic and heavy. Melatonin, upon its release, blocks the pancreatic function, because digesting food at night is not what your body is interested in.

If you do end up eating late, since your metabolism is slow, it is a struggle for your body to break down the food. You make your pancreas churn out more digestive enzymes, make your stomach produce more acid and force itself to digest the meal. The Dutch and Europeans enjoy croissants, chocolate pastries and similar foods in the morning, when the metabolism is at its highest.

A lot of people fast for 16 to 18 hours, not because it is working for them, but because this is what they have heard. If it is working for you, go ahead. If it is not, then even if you fast for 12 hours – the circadian way, IT IS ENOUGH!

If you have eaten an early dinner, you can easily give yourself a 12 hour fast, and break it the next day after sunrise. This way, you eat a fantastic breakfast and lunch and will automatically feel the need to keep dinner light. For example:

- 7 pm – (last meal) now start your fast
- Only have water in between
- 7 am (next day) - Break your fast with water or lemon water + dates or fruits
- 8 am – Eat a balanced breakfast
- 12 pm – Eat a balanced meal
- 7 pm – Dinner (lightest meal)

The fast between your last meal of the day and first meal the next day can be either intermittent or dry. Based on what type of fast it is, it is called as Circadian Intermittent Fasting (CIF) or Circadian Dry Fasting (CDF). If you are circadian intermittent fasting, you are only allowed to consume plain water in the fasting phase. No juices, infused water, teas, or coffees. That is not fasting, and it is still making your digestive system work. When you are about to break the fast, do so with some lemon water (if lemon suits you) and a fruit or dates followed by soaked nuts and seeds. In case, you aren't hungry after 12 hours of fasting, feel free to extend (13, 14, 15, 16, 17 hours), and break the fast, when your body is ready.

Breaking the fasting the right way is also important, so depending on which kind of fasting you are doing (intermittent or dry), you may want to break it with plain water or lemon water, dates or fruits. Follow that up with a real good meal, as you enter the building or feeding phase and need to get most of your calories between breakfast and lunch, without overeating. Dinner should be the leanest meal, as at night, your body wants to focus on repair, regeneration, immunity building, and other such functions.

If you complete an early dinner, you also give your body enough time to digest it.

Watch TV, a movie, meditate, relax, and eventually go to sleep. The magic during sleep usually happens before midnight, so try setting up your bedtime accordingly, and go to sleep at the same time every night.

Above all, eat and fast around the same time every day.

Think about this! You have a clock in your body, and you are used to getting lunch at 1 pm every day. One fine day, you decide to eat lunch at 3 pm. What will happen? Between 1 pm and 3 pm, you may be fine, but your body and the clock are expecting food at 1 pm, and if it does not receive food around that time, it perceives this as a famine and gets into stress mode. It does not know that you have planned to eat at 3 pm, instead. Now, cortisol rises, breathing becomes shallow, hormones go out of balance, blood pressure fluctuates, blood sugar rises, and everything is out of order, because your internal clock is not in sync with nature. Thus, it is important to eat at the same time every day, whether it is at 1 pm, 2 pm, or 3 pm. Choose what suits you, and maintain discipline around that.

Now, imagine, today you start fasting at 9 pm and fast for 16 hours. Tomorrow, you start fasting at 12 am, and the day after, you start your fast at 8 pm. Your body will be in complete chaos. You may lose weight, because at the end of the day, you are putting in fewer calories in your body, but you are still not in alignment with the circadian rhythm, which is more important than losing weight. In fact, when you fast according to circadian rhythm, you may not even have to fast for longer hours like 18, 20, 24, or 36 hours. You can select two days in a month to pull off a long fast, but other than that, just follow the circadian cycle.

You want to keep an 8-10-12 hour eating window, and leave about 16-14-12 hours for the body to take complete rest from food and digestion, depending on what suits your body. For example; if you complete a circadian rhythm fasting at about 8 am or 9 am in the morning, you want to consume food for the next 8 - 10 hours. This works like magic.

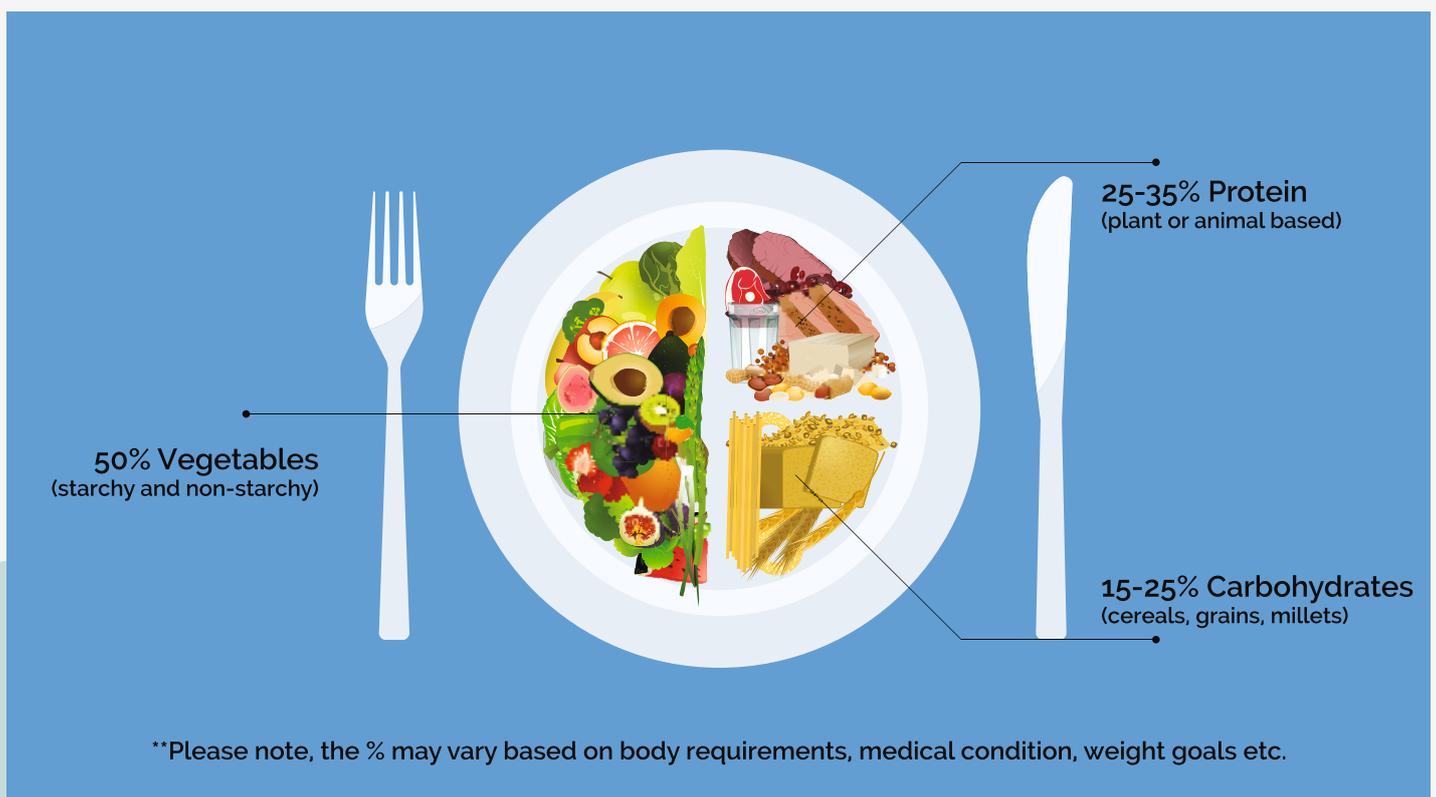
Your energy levels will be ridiculously high, and cravings for caffeine and sugar will be low. Your body will run on pure and clean cellular energy. If one cannot keep an eight or 10-hour eating window, the best bet is to follow 12:12 (12 hours of fasting and 12 hours of feeding). This is the most natural way to fast. However, observe your rhythm and see how you feel. 12 hours of fasting and a respectful break for the body works for most people.

What must you eat? Does the quality of food also affect the circadian rhythm? Absolutely yes! Just imagine the human body, consisting trillions of cells that need

the body tries to seek nutrition from these foods, but it is fed junk food, there is a complete disruption in the way the cells function. Junk food does nothing to nourish the body. It only makes you feel hungrier and more addicted to it. Enjoy junk, but let most of your nourishment come from natural sources. Food will be broken down as energy in the body ultimately, whether it is junk or a wholesome source. You need to make sure the source is clean. Maintenance of the circadian rhythm requires you to eat wholesome foods as far as possible, and that too, most of it in the earlier part of the day. If you want to indulge in desserts, try to plan it in the early hours of the day, because your body will be able to break it down more effectively. At night, you want to eat clean food and provide clean fuel. Your body is not going to work through a piece of cake so efficiently at night.

At the same time, don't eat dinner like a bird. Eat a proper dinner, but limit calories and carbohydrate, especially if you are looking at losing some weight, or managing your blood sugar levels. I am not saying "Go no-carb", I am saying, "Go low-carb". Some people are capable of digesting carbohydrates in an efficient manner, so use your judgement. An ideal dinner should be balanced. Add protein, fats, vegetables, and a little bit of carbohydrates too. The beauty in eating early is that you need not be too choosy about what to eat and what not to eat. Just keep your choices clean and healthy, but your overall consumption during dinner should be lesser than what you had for breakfast or lunch.

Picture a plate with 3 quadrants,



- The largest quadrant will consist of vegetables (starchy and non-starchy) - 50%
- The second largest quadrant will consist of proteins (animal or plant based) - 25-35%
- The smallest quadrant will consist of carbohydrates (grains and cereals) - 15-25%
- Try to follow this rule for all meals, breakfast, lunch and dinner. Just reduce the portions for dinner.

**Please note, the % may vary based on body requirements, medical condition, weight goals, etc.

Snacks: Snacking is an easy way of disrupting the circadian rhythm. Do not snack mindlessly in between meals, as it can confuse your clocks. If you should eat a snack, keep a time for that as well, and choose to snack at the same time. With regard to midnight snacking, your body is not designed to digest food late in the night. It is that simple. All the midnight snacking that you do, while watching your favourite series is only disrupting the rhythm.

For evening snacks, you can have a fruit and maybe some soaked nuts and seeds. Those who have a high metabolism may feel hungry, so keep a fixed time for your snacks in the evening. If you are an evening person, then time your workout after a gap, and post workout, prepare for an early dinner.

Now, this is a choice you make. No one is forcing it on you. Like mentioned earlier, follow the circadian way of living Monday to Friday, and enjoy Friday and Saturday evenings as much as you want to. Our clients, who have religiously followed the new way of living for 2 - 3 months now, report how they continue living this way, and do not enjoy late-night snaking or binge watching television anymore! Well, it is a habit that they have built and you can too.

So, in a nutshell:

- Eat your last meal of the day as close to sunset (7 pm), and fast through the evening and night, till the sun rises the next day, thus giving yourself a good 12-hour break.
- Keep a 2 or 3-hour gap between dinner and bedtime.
- Make your lunch a smart meal. If you wish to have an indulgent meal like a dessert, do it during the day, when your metabolic fire can support it. At night, your body wants clean fuel to be able to break down effectively. It will not be able to break down a piece of cake, as effectively at night, as it would during the day.
- Have coffee only after three hours of waking up. Cut down on coffee in the second half of the day, as you do not need a stimulant in your body during that time. It can hamper your sleep routine.
- Keep your maximum calorie intake between breakfast and lunch. Dinner should be

the lightest meal.

- You can have a snack if needed.
- You should eat at the same time everyday. Remember, timing is everything! It is important and a key factor for circadian rhythm syncing.

2. Exercise/Workout:

The way we exercise can also make or break our sync with the circadian rhythm. Timing is all that matters here too. Exercising one day in the morning, the next day in the afternoon, and then in the evening, confuses our entire circadian rhythm. This is extremely important, because your body expects to workout at a particular time (it is called as muscle memory), and changing times only confuses the body. If you choose to work out today, at a time you are generally relaxing, then there is chaos and confusion. It is okay, if workout timings shift once in a way, due to travel or other commitments, but not, when on a regular basis.

When it comes to the best timing to work out, there are mixed reviews according to science. So, it is best to know what works for you. If you are a morning person, then get your workout done in the morning. If you are more of an evening person, then get your workout done in the evening. Whatever suits you, but, make sure you stick to the same time everyday. You are the best person to understand when your energy levels are at its peak and when it is the lowest. There is no one shoe fits all here, just know what works for you.

Similarly, know when your brain and focus is at its peak. That is when you want to prioritise tasks accordingly. It is true that there are some people who are more creative in the night, and that is why they choose to work at night. Everyone is different, so know your type and align yourself according to your rhythm.

So, in a nutshell:

- Have a regular regime and workout around the same time every day. Your body and muscles have a memory, when it comes to your workouts too. If you have been regularly working out at a specific time, maintain that routine.
- Identify what time of day a workout suits you. Are you a morning person or an evening person with respect to exercise? Identify and stick to it. However, do not get into an intense workout close to bedtime.

3. Sleep and Wake-up:

By far, sleep is the most important aspect of circadian living, and I cannot emphasize enough on it. Matthew Walker, who heads sleep science for Berkeley says: "Sleep is not an optional lifestyle; it is a non-negotiable biological necessity, but we think today that sleep is a luxury because we've compromised our sleep for everything else."

The day you compromise your sleep, you disrupt your circadian rhythm that will have an impact on your weight, your hormones, your immunity, your moods, everything, everything.”

The human body is resilient; hence, a couple of late nights are taken care of by your body, but only till a certain set point. When living according to the circadian rhythm, try to sleep at the same time every night, at least Monday to Friday whether it is 9 pm, 10 pm, or 11 pm but earlier, the better.

Sleep at the same time and wake up with the sun rise. Even if you are an insomniac and struggle with sleeping, re-train your body to sleep at the same time. What can come in the way? Artificial light, blue light from your phone or TV screen, and bright lights around you. Remember, the SCN is light sensitive. The moment you are exposed to any kind of artificial light, melatonin (sleep hormone) secretion is suppressed, and the circadian rhythm is disrupted. Waking up at 9 am is pretty late, because in that case you miss the morning light! Remember, the main messenger for SCN is the morning light and darkness, and based on that, all the other clocks start working accordingly. So, try to wake up by sunrise and not after that.

Melatonin is a hormone that is not just responsible for sleep; it is also connected to our immunity. It is called an anti-cancer hormone, and a lack of it can make a cancer worse. When you sleep, melatonin freely roams around in your body, boosts your immunity, and is like a soldier looking out for cells that are proliferating abnormally. That is why sleep is essential for healing, prevention, and for our entire circadian rhythm. Anyone dealing or dealt with a jetlag will understand what disrupting the circadian rhythm is. Meal timings change, cravings change, energy levels dip, sleep patterns change, moods change, and everything seems off. Imagine living with this disruption every day! You may be able to take it, but your body cannot. Your body cares for survival and not your social life, goals, or dreams that drive you to challenge nature.

Do everything you want to, but if you are stuck with a disease or it gets worse, and you have done everything you could, the only bet left is to change the way you live and align to the cycles of nature, and let nature work for you.

So, as the sun sets, melatonin starts getting produced about two hours after that. Try to switch off all gadgets and phones (if you can), limit television and screen exposure, at least two hours before bedtime (important!). You could read a book, plan the next day, meditate, pray, do pranayama, cultivate a visualization practice, make love, or have pleasant conversations with your kids or family members. These are some of the best ways to switch on the Parasympathetic Nervous System, which is the rest

and digest mode.

In the absence of blue light, we support our circadian rhythm and allow more melatonin secretion. You can still watch your favourite series or movie, but at the right time, and it all comes down to planning your day the right way. For example; I generally eat my last meal at 6 pm and finish by about 6.30 pm. From 6.30 pm to 9 pm, I can watch anything I want to, spend some time on social media, and by 9 pm, I can shut off all gadgets and blue light, and switch to a yellow light environment. During this time, I can read a book, meditate, talk, spend time with family, and finally sleep.

If by now, you are wondering, how that is possible, because you are still working till late night, then, I you need to plan and figure this out, if it is important to you. When there is a will, there is a way. Today, I have billionaires and business tycoons, who are the busiest people in the world, and still make this lifestyle work for them, because it is about their health and wellness. So, if you want to make it work, you will. And, 5 out of 7 days is definitely possible. There is always a way, and it comes down to the choices you make for yourself.

In a research, it was found that blind individuals are susceptible to develop health complications, due to lack of sleep much more easily, because of their body's inability to perceive light, and therefore, establish circadian rhythms. While blind individuals do have a pathway in the brain that functions as their body clock, roughly half of the blind individuals experience non-24-hour sleep-wake rhythm disorder, during which their sleep cycles get later every night, jumps around, or results in waking up later in the day.

So, in a nutshell:

- Go to bed around the same time every night, and try to wake up at sunrise. Maintain the same time all through the 5 days of the week at least. Aim for this, especially if you want to heal your disease.
- Disconnect from blue or artificial light close to bedtime. Such kinds of light suppress the melatonin secretion. This should be done at least 1 – 2 hours before bedtime. The earlier, the better. Plan your day, if you want to fit in television or other modes of recreation.
- Wake up before or with sunrise, and not after sunrise. If you wake up before sunrise, continue fasting till the sun rises. Avoid eating before sunrise (unless you are on a specific religious ritual that asks you to do that). Your metabolic fire wakes up with sunrise, and hence, is at its highest at 12 pm.
- Avoid phones for at least 1 – 2 hours of waking up. Avoid social media too.

4. Pooping:

The most natural thing to do in the morning after waking up is, pooping. While we sleep, due to the detoxification process, waste products are accumulated in our colon, and when we wake up in the morning with the natural light, our circadian rhythm opens up our bowel movement and relays a signal that we need to pass bowels. This is ideally the first logical step, as storing up toxins within the body is only going to create more problems. This is how intelligent our circadian rhythm is.

Just like how we sweep our homes in the morning, and not at night, we clean ourselves internally first thing in the morning. In cases of jet-lags, you will experience how disturbed our bowel movements get, because of an entire change in the rhythm.

So, in a nutshell:

Try to clean your bowels first thing after waking up. This is how the rhythm of nature is designed. Clean yourself inside out first, before you begin your day.

Every time we spend time in nature, we reset our circadian rhythm a little bit more. If you are living a stressful life and feel your circadian rhythm is completely disrupted, take some time off, and spend it amidst nature. Go to the mountains or forests, or even a beach, and live there for a few days. It is one of the best ways to realign your circadian rhythm, and it will leave you feeling calmer. We often get stressed, when we are disconnected from nature, and the best way to handle that stress is to reconnect with nature. There is no superfood to change your circadian rhythm. One has to follow these basic rules to realign.

5. Other lifestyle changes to sync your circadian rhythm:

- Once you pass your bowels and brush your teeth, try to open your windows, draw the curtains and look outside. You need natural light to hit your eyes, and that will help you reset your circadian rhythm. It also helps in a complete suppression of melatonin to go about your day. Step out into your garden, terrace or veranda, or simply stand at the window, look out, blink, open up your eyes, and absorb natural light. If you can, try soaking some sunlight, even if it is for 5 mins. When we expose ourselves to nature in the morning, our serotonin (feel good hormone) rises, and that plays a key role in our mood and happiness quotient.
- Use the first 2 – 3 hours in the morning to sync with nature and surroundings, and keep phones away for that time. Do not turn on your gadgets and blue light, as it will disrupt the circadian rhythm. Once you complete all your morning rituals, you can now turn on your gadgets, but again, turn them off 2 – 3 hours before sleeping at night.

- If you must work, or look at your phone screen late nights and after sunsets, you can wear blue blocker glasses that can help filter out the blue light, when looking at the screen. Blue lights are melatonin suppressors, and its exposure is supposed to be minimal after the sunset. The effectiveness of blue blocker glasses is scientifically proven, and it is not a fad.
- Try to make your bedroom as dark as possible, because sleep is a very light sensitive process. Darkness stimulates melatonin, and brightness suppresses it.
- It helps to have no form of light switched on in the room. In fact, once the sun sets, switch on soft lights, but no blue lights. Use dimmers wherever possible. Even a tiny LED can disrupt melatonin release at night, so it is best to keep the room environment, as conducive to sleep as possible.
- There are many applications and in-built features on phones, where the backlight automatically switches to a dimmer one, and turns a little yellow in response to sunset. Activate that feature in your phones, if it helps.
- Sleep at the same time every night, and wake up with sunrise. This is the best way to adjust to your circadian rhythm or clock.
- If you are not hungry by dinner time, but need to eat early, listen to your body, and eat how much ever you can. Do not starve or stuff yourself. Maybe, you have fed your body enough calories already, or did not burn enough, so your body does not need more food. In any case, you can always eat a little earlier the next morning, when you break your fast.
- If your meditation and workout apps are on your phone, and you have to look at them, then use the first hour after waking up to perform all your other morning rituals like, oil pulling, pooping, brushing, and then open your phone. Similarly, during bedtime, just open the app, play the file and shut it down. Avoid prolonged exposure to blue light. You can prefer using audio files, if possible.
- Individuals staying in countries, where the sun sets late, must follow the rhythm, according to their geography.
- If you do experience an energy slump during the day, in spite of living in accordance with the circadian rhythm, then just rest. It is absolutely normal, because our biological clocks cannot run all the time, and they take a break too.

The entire framework of the new way of living is not built on my or your preferences, or likes and dislikes. This is according to nature, and that is above all of us. So, take away what you can, and build your own lifestyle out of it.

Can we start living this way, 5 out of 7 days in a week? If you are someone with a cancer or a chronic illness, then it is all the more important for you to live this way. When you do this, there is a huge chance that you will start feeling better. It is the only way to harness an intelligence that may have been compromised due to a disrupted circadian rhythm.

Try it. You have nothing to lose by trying it. Based on our experience, you will only gain good health. Living this way will help gain the ability to live life to your fullest potential, because you will have your health. Try to practice this for five out of seven days (keep weekends for late nights, if you want to) and notice how you feel.

A NEW WAY OF LIVING - THE CIRCADIAN WAY

MINIMUM 12 HOUR FAST OR MORE (LISTEN TO YOUR BODY)

Step outside, or look out of your window,
connect with natural light after wake up



Scientific Benefits of the New Way of Living

Scientific Benefits of the New Way of Living. The effectiveness of circadian rhythm is based on science and facts, and not a personal opinion. At the same time, this in no way says that circadian living is going to take away your disease, but it surely can help you feel better, and put you on a path of better health. Of course, then there is destiny, on which we have no control. But leaving it to destiny does not help. It only blinds us from taking action and positive steps.

Science is showing us today, how disruption of our circadian rhythm has everything to do with diabetes, cardiovascular diseases, cancer, thyroid problems, obesity, weight gain and everything else. So just imagine if the disruption is creating these many problems, what would happen if we start living our lives in sync with the circadian rhythm.

The benefits of living the circadian way include:

1. A Balanced Life

- **Balanced social life:** The new way of living does not mean giving up your social life and recreation. Instead, it guides us to live a life of balance, and enjoy everything. All you need to do is to follow the pattern 5 out of 7 days, and keep your weekends for enjoyment, social media, movies and late nights, if you want. If we manage this way of living, 5 out of 7 days in a week, it is good for us.

If you are worried about a party invitation that you have received, go for it. Parties and socialising do not have to revolve around food. You can eat an early dinner, and head out for the party. Let not the society define your meal timings. You need to decide it for yourself, based on what your priorities are.

A condition that is plaguing today's society is - "Social jet-lag", which is jetlag brought about by social drinking, smoking and staying up late nights. Research today, has found links between this and a development of diabetes and obesity in the future. Now our body does not bother about socialising, it only cares for survival. If you need five late nights or five nights of socialising in a week to define who you are, then you have a big problem with your self-worth. In that case, you are always going to be unhappy and miserable.

- **Balanced eating:** This way of living allows you to enjoy a wide variety of foods, and still maintain your health. Eat what you want, but know when to eat it, and how much to eat it. Individuals who have followed the circadian rhythm of living for a couple of months have shared how they have enjoyed all the foods they like, but responsibly, and still maintained their health and weight which is commendable. Remember, your body is designed to digest everything, but you also need to honour the timings. It is a two-way process.

- **Work-life balance:** Living this way allows you to honour, both work and your personal life. A lot of people who initially complained about not having enough time left to enjoy with their family, have suddenly started to feel there is plenty of time. They feel more organized and productive, less pressured and have a better time-management capability.

2. Better Mental Health

There is a growing relation between the circadian rhythm and mood regulation and depression, and even cases of seasonal affective disorder. It is when we sleep that feel-good hormones like serotonin and dopamine are activated. So, no matter how powerful anxiety pills are, if the patient does not sleep well, overcoming depression is an uphill task. There is nothing better than realigning the sleep cycle for a patient with depression. Take depression medicines, if your doctor has prescribed, but also start living according to the circadian cycle.

3. Cancer and Cardiovascular Conditions

It has been found that cancerous cells which undergo abnormal cell division are due to disruption of the circadian rhythm. A relationship was concluded between circadian rhythm changes and tumorigenesis in some cancers and adenocarcinomas.

4. Better Heart Health

The circadian rhythm has been associated with cardiovascular diseases (CVD) and its risk factors, including diabetes and obesity, on multiple levels. Heart rate, blood pressure, and endothelial function of cardiovascular organs are related to the circadian rhythm. Studies have found how a disturbed circadian rhythm can eventually develop into arrhythmia, coronary artery disease, and more inflammation and plaque build-up.

5. Weight, Stubborn fat, and Diabetes

The new way of living enables better management of sugar levels. The moment daylight hits SCN in the morning, there is an increased sensitivity to insulin, and the function of pancreas is also activated and works the right way. This is because our body expects food during the day and has a mechanism ready to digest and assimilate it too. As it starts to get darker, insulin sensitivity also decreases. Now, imagine yourself feeding on sugary and processed foods at night, when your sensitivity towards insulin is already at its lowest. This can result in blood sugar level fluctuations, worsened diabetes, indigestion, and weight gain. In fact, research findings indicate that caloric intake after 8:00 PM may increase the risk of obesity, independent of sleep time and duration.

consumption of sweets and sugars, and watch how beautifully you are able to manage diabetes along with other lifestyle changes.

6. Better Sleep

People have reported how living according to the circadian rhythm has helped them to sleep like a baby. They wake up feeling fresh and energy levels soar. You do not feel hungry at odd hours of the day. Your body will tell you when to eat, how much to eat, when to sleep, and how much to sleep. That is how it should be. No one can tell you how much to sleep. Your body is the best indicator. And, the new way of living wakes up that innate intelligence in your body.

7. Better Digestion and Gut Health

Because you eat according to your metabolism, and sync it with the functionality of your digestive organs, your body breaks down, absorbs, and assimilates food very efficiently. People have experienced waking up with flatter stomachs and feeling leaner, no bloating, acidity, reflux, or constipation.

Research has shown how disruption of circadian rhythm, due to sleep disturbance or shift work, may result in various gastrointestinal diseases, such as irritable bowel syndrome (IBS), gastroesophageal reflux disease (GERD), or peptic ulcer disease. In addition to these, the circadian disruption can also trigger a change in gene expression and result in tumorigenesis in the liver and gastrointestinal tract.

8. Better Relationships

Couples who stay up all night to message and call each other have destroyed relationships themselves. Just being in touch more and more does not mean a better relationship. A person is probably going to be in a better mood, say the right things, and have a control over their emotions, if they have had a good night's sleep.

9. Balanced Hormones

Sleep is critical to hormonal balance. When that is fixed in alignment with the circadian rhythm, your body tends to restore balance within hormones like, leptin, ghrelin, growth hormone, insulin, testosterone, prolactin, estrogen, and progesterone.

10. Better Brain Function

Several processes such as oxidative stress, inflammation, dopamine synthesis, and cellular metabolism controlled by the circadian clock, and its disruption may contribute to neurodegeneration. Sleep quality also deteriorates with advancing age, as do other circadian rhythms. Thus, more of our ageing population is likely to experience a circadian rhythm disruption. Hence, the new way of living is one of the

most powerful lifestyles change your ageing parents and grandparents can make, to prevent and manage Alzheimer's, Parkinson's, and dementia better.

11. Better Bone Health

Research suggests that, both sleep time and duration may be important for optimal bone health. Various bone metabolism-regulating hormones such as melatonin and parathyroid hormone (PTH) display a close connection with the circadian rhythm. Thus, the disruption of the circadian clock, due to night shifts or sleep restrictions are associated with osteoporosis or other abnormal bone metabolism, showing the importance of the circadian rhythm for maintaining bone health. Moreover, common causes of osteoporosis, including postmenopausal status and ageing, are associated with changes in the circadian clock.

12. Stronger Immunity

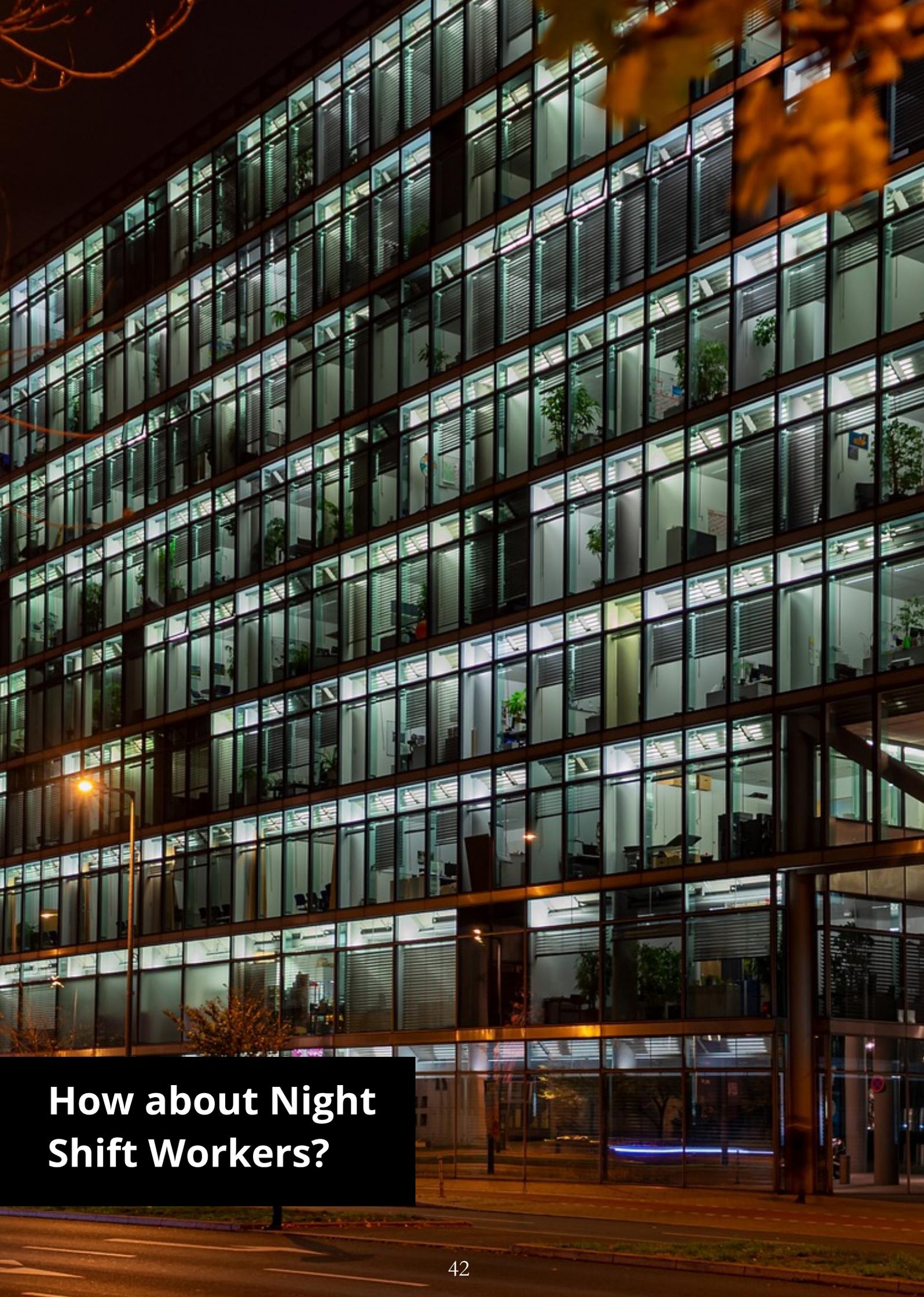
The immune system can only be strong when your circadian rhythm is working the right way. When you confuse your body by waking up late, staying up late, or eating at the wrong time, it cripples your immunity. Yes, you may have done the right thing by eating well and exercising, but not the way your body wants you to do it. So, you need to be smart about how you align your day with nature.

If you are someone who has cancer, maybe a fourth stage cancer or a disease where nothing else is working for you, then I encourage you to start living the circadian way, and let the intelligence of your body kick in. Let your clock start syncing with every rhythm and harmony of nature, and your body will do exactly what it is meant to, that is protection and healing. Whether you have diabetes, cancer, hormonal disorders, or a cardiovascular condition, make these changes in your lifestyle for better health. The power of nature is limitless. It has the power to heal you, change how you feel, get you out of depression, help shed the excess fat on your body, and everything else.

Remember, the cycles of nature have not changed, but our lifestyles have, and that is why we have more diseases and sickness today. If we are willing to move back to how humans were meant to live, we can still socialize, eat what we want, but in a responsible way, and still have a great and healthy life.

Timing is everything, and the circadian living teaches us that. When someone is disorganized and nothing is working well for them, the simplest way to solve this is to align them to the circadian rhythm. No matter how intelligent, wealthy, powerful you are, you cannot challenge the cycles of nature. You cannot change the laws of nature and the circadian rhythm.

There is enough science and research today that shows how disruption of circadian rhythm can cause a number of diseases and makes recovery and management of disease difficult. This should be enough motivation for you to get started. Live according to the circadian rhythm, so that you do not get a disease, and if you have a disease, you also have the possibility of healing.



How about Night Shift Workers?

For all those who work in night shifts, your body begins to adjust to this kind of schedule; however, continuing this kind of lifestyle in the long term can be detrimental to your health. If you genuinely have no option, but to work this way, because you want to provide for the family, then please take extra measures for your health. But for everyone else, it is a choice, and you can choose differently.

Today, you will find science studying the correlation between night shift works and breast cancer, and have found that both are intricately connected. There are around 30+ medical and scientific articles on the correlation between the two.

In 2007, the International Agency for Research on Cancer, a body that is part of the World Health Organisation, classified shift work with circadian disruption as a probable human carcinogen, and classified shift workers as Group 2A cancer risk, which is just one group below confirmed carcinogens like asbestos and mustard gas. Studies also suggest working in continuous irregular shifts causes serious health issues including sleep disorders, psychiatric disorders, cancer, hypertension, chronic insomnia, and metabolic disorders. These health problems arise due to the disruption in the circadian clock, which is associated with alterations in genetic expressions. Alteration in the clock controlling genes, further affects genes linked with disorders including major neuronal dysfunction, depression disorder, bipolar disorder, phase delay, phase advance sleep syndromes, cardiovascular and metabolic disorders, hormonal abnormalities, gastrointestinal, and reproductive disorders. It also affects bone health, causes breast and colon cancer, and increased inflammation.

This is not to create fear, but to educate and inspire the next generation, because night shifts are thought to be the “cool” thing. Maybe, it is not so cool anymore. If you have been living that kind of a lifestyle, it is all the more important to take necessary measures for your health.

Pilots, doctors, and nurses are in a field where they have no option, but then it is all the more important for them to take extra care of their health, and follow night shifts the right way. If you are working all night long, then, you ought to sleep during the day, and at a scheduled time. This is how you train your cycle. Sleeping at odd hours, staying awake during the day, having erratic sleep schedules will cripple your health. If your night becomes your day, your day has to become your night. This way, you not only make your night shifts more effective, but also prevent a lot of health conditions.

A lot of mothers come to us, as their young teenage daughters begin to get PCOD, hormonal imbalances, acne and so on, only because they started changing their circadian cycles, stayed up late in the night, and have more screen time. Did our

mothers and grandmothers ever face PCOD and hormonal issues? Absolutely not, and that is because, they honoured the cycles of nature.

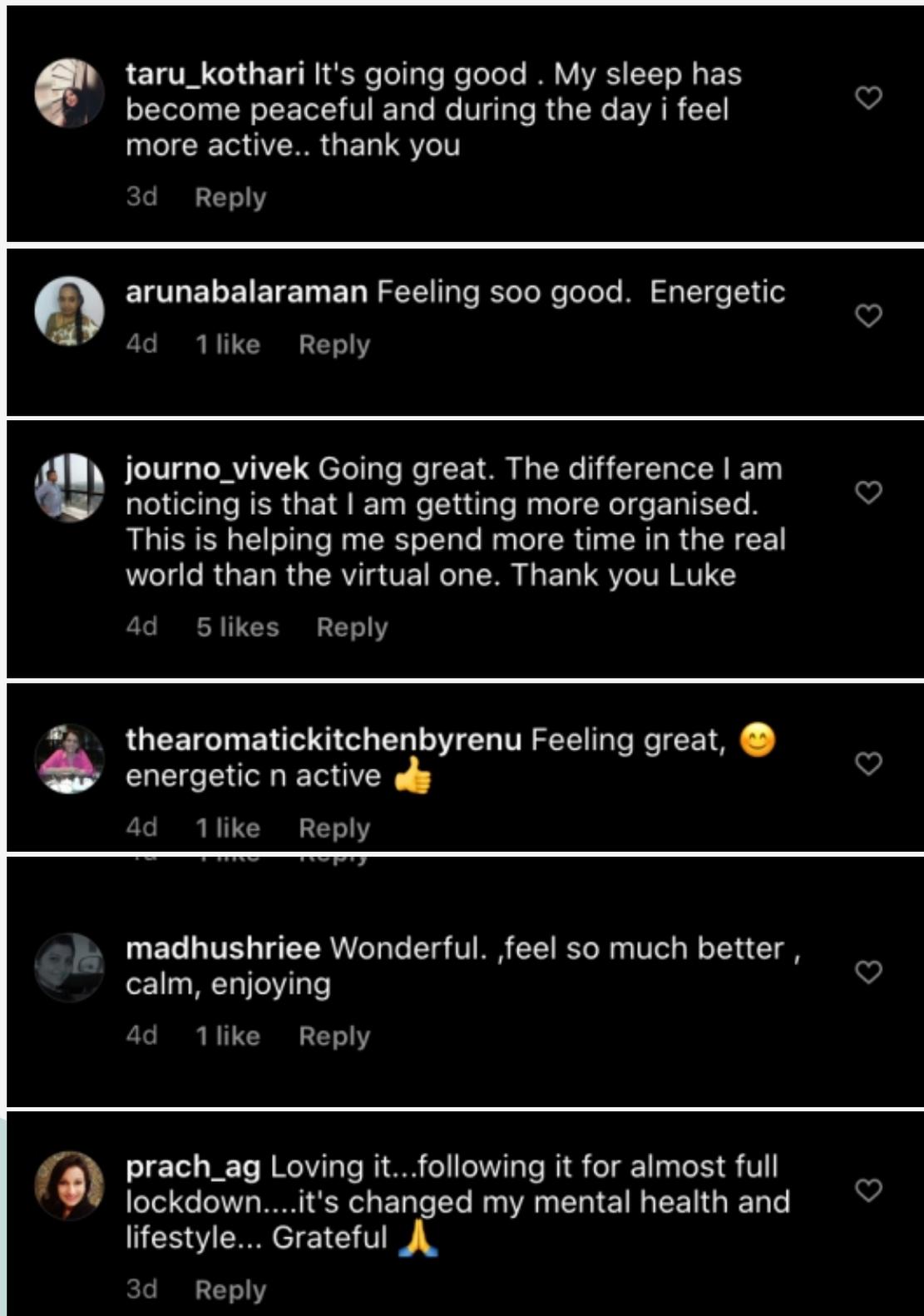
Today, you can be the busiest person in the world reading this, but you can still live the life of your dreams and maintain health, if you live according to the circadian rhythm. You will live healthier, happier, longer, and a life of great quality without any suffering and disease. This is what has worked for our clients and will continue to work. No medicine is as powerful as nature.

“

”

**How has it Benefitted People
from Across the World?**

As you read this, there are thousands of people who have already embraced this way of living, and it is amazing how this has changed their health and life. Here are some of the many experiences we came across.



-  **ghoshripunjoy** A better version of human ❤️
4d 1 like Reply
-  **devganmandeep** Going great!! I can literally feel the difference specifically in morning feel so fresh. Thanks for this challenge and the guidance. 🙏
4d 1 like Reply
-  **fitcoachrobin** I have started following it from last 2 days .. and I am feeling awesome .. thank you @luke_coutinho
4d 2 likes Reply
-  **shaifali2310** Feeling a lot of energy in my body and thinking process has been changed 🙏 @luke_coutinho
4d 2 likes Reply
-  **pearlamrita** It's going superb feels lighter stable and peaceful mind and soul.... thank you Luke
4d Reply
-  **akshat.rana_** Energy levels are alwayssss upp
4d Reply
-  **micwalaprasad** Going good so far 😊 body feels like doing certain things at perticular time
4d 2 likes Reply

 **dr.meeranagaria** It is so amazing. Such good high energy levels and changes in emotional well-being. Less stress and more coping skills! ❤️ Absolutely love it

4d Reply

 **staybelaa** At the greatest energies ❤️ sir! Helping morw to connect with self. To get more of positivism and strength 🙌🌟

4d Reply

 **niveditakoka** Able to Follow the rules of the challenge. Sleep quality better, feeling light and better bowel movement.

4d Reply

 **pushprajsingh_chauhan** Going well and feeling very energetic whole day.

4d Reply

 **atulsavhad** very much well and fit 💪

4d Reply

 **monitabhandari** Following it religiously and feeling much lighter and more energy.

4d Reply

 **shikha.v.chhabra** Getting some discipline in life luke thank you so@much keep reminding 😊

4d Reply



kratika.khanna8 Following this eating pattern and has really helped me with my health.. better metabolism, reduced inflammation no more joint pains or morning stiffness..



4d Reply



ulkeshakadam Check all the boxes 🙌🙌 n m feeling awesome..loosing my stubborn weight as well 😊



4d Reply



heenabisht Thank you Luke for guiding us. My mum and I follow your channels across platforms and reap benefits from your knowledge 🙏🌸



3d Reply



jainchandni85 Its gng very nice. I noticed tht i get gud sleep if i have no screen tym bfr i sleep.



3d Reply



amol9122 Fantastic. Getting back to the sunrise start and early sleep feels great. The lockdown meant that we started sleeping late and got up late and the day wasn't great anymore. But not anymore. Thanks Luke 🙏



3d Reply



glittrpen It feels good. Energised mornings. Getting to the track..



3d Reply



POSSIBLE

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**Commit to a Challenge,
TODAY!**

A few days back, a lady in her forties consulted me, and my only approach was to change her rhythm. She used to sleep at midnight and workout at 7 PM in the evening. We shifted her sleep time to 10 pm and workout time to 7 AM. She did take some time to adjust to it, but settled in beautifully in about 4 – 5 days. In a matter of a week, the way her health and life changed was incredible. The magic was done by her body and its intelligence. There was no superfood or magic pill that was given to her. So, whether it is depression, cancer, cardiovascular disease, or you want to feel better, energetic, stronger, have a clear thinking, and better relationships – all you need to do is operate within the cycles of nature.

The new way of living has changed the lives of thousands of people around the world, including my own. Now, that you have spent time to go through the entire document, make your time worthwhile by actually trying this for the next 7 – 8 days. Just follow all that has been mentioned earlier. It does not cost you any money and has no side effects, and it is going to change your life, emotions and the way you feel.

References and Videos

Links:

- [Physiology, Circadian Rhythm](#)
- [Shift work and cancer risk: potential mechanistic roles of circadian disruption, light at night, and sleep deprivation](#)
- [Not later, but longer: sleep, chronotype and light exposure in adolescents with remitted depression compared to healthy controls](#)
- [Shift work-Mediated Disruptions of Circadian Rhythms and Sleep Homeostasis Cause Serious Health Problems](#)
- [Gut clock: implication of circadian rhythms in the gastrointestinal tract](#)
- [Circadian Rhythm, Lifestyle and Health: A Narrative Review](#)
- [Circadian Rhythms, Sleep Deprivation, and Human Performance](#)
- [Payout for women who got breast cancer after night shifts](#)
- [Shift Work and Cancer](#)
- [Danish night shift workers with breast cancer awarded compensation](#)

Videos:

- [Holistic Living from Home | Luke Coutinho - Circadian rhythm fasting](#)
- [Episode 496 - Learn How to Do Integrated Circadian Rhythm Fasting](#)
- [Episode 453 - The Perfect Fast | Circadian Intermittent Fasting \(CIF\)](#)
- [Episode 464 - Sunset to Sunrise \(Circadian Rhythm\) Intermittent Fasting](#)
- [Episode 494 - Doing Fasting \(IF\) Wrong Can Harm Your Health](#)
- [Health Benefits of Living the Circadian Way](#)
- [Holistic Living from Home | The Circadian Way of Living](#)

Share your experience with us!

If you have tried The New Way of Living, and have an experience to share with us, then please write to us at info@lukecoutinho.com, or share your story via a direct message on our Facebook, Twitter, or Instagram page.

We would love to hear, how this way of living has benefitted your life and health, and we will also feature your story to inspire others.

Have any questions? Please feel free to connect with us.

Ways to connect

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