

Conclusions:

The health experts until now promoted that ***“How much we eat and how much we exercise”*** is the secret to keeping a lean body and good health. That old concept of “eat less and move more” has cost the global population billions of dollars year after year. However, the epidemics of diseases such as obesity, type 2 diabetes, high blood pressure, cancer, and heart disease have continued to multiply with each passing year.

The recent research on the science of the natural circadian rhythms has provided revolutionary insights into the cause of new food and lifestyle diseases. Every biological process in the body—digestion, metabolism, hormonal balance, sleep, activity, immunity, and gene expression follow a set rhythmic pattern called circadian rhythms. These are under the control of an internal clock system of the body, which is controlled by the brain clock. The clock system resets itself every 24 hours. To preserve health and prevent disease, it is critical that humans, like other living beings of the universe, live in harmony with the body’s circadian rhythms concerning the three essential survival behaviors: Sleep-Wake, Fasting-Feeding, and Activity-Rest cycles.

The current scientific knowledge supports that ***“How much we eat and how much we move is not good enough.”*** To preserve health and prevent disease, other parameters outlined below need a serious consideration. These parameters are:

- ***What we eat***
- ***When we eat***
- ***How often we eat***
- ***What time we eat***
- ***When we wake up and when we sleep***
- ***What is meant by healthy activity and exercise***

Humans are born with robust circadian rhythms. However, when they lose harmony with natural rhythms concerning sleep, feeding, and activity behaviors, they end up with disease and disability. A good example is night shift workers who eat and sleep at ungodly hours and end up with obesity and metabolic diseases such as type 2 diabetes, heart disease, and cancer. The modern city dwellers in this respect are no different than the shift workers and therefore, suffer from similar conditions.

One may think that the first thing to do for fixing circadian rhythm harmony is to normalize the Fasting-Feeding Cycle. Interestingly, it is the Sleep-Wake cycle, which lies at the core of the three survival behaviors. Therefore, if one normalized the Sleep-Wake cycle, the other two survival behaviors of Fasting-Feeding and Activity-Exercise would get synchronized naturally.

“Sleep is the golden chain which binds health and body together.”

- Thomas Dekker (English playwright, 1572-1632)

The best indicator of optimal rejuvenating sleep is a spontaneous refreshed wake up in the morning without any help from a screaming alarm clock. Our ancestors were wise when they declared that the early morning time is ***“Amrit Vela,”*** which means the time or moment when one can taste the nectar to empower the self.