

What Moved Humans Away from Natural Circadian Rhythms

Over the past century, humans have experienced four life-changing revolutions: **Industrial**, **Agricultural**, **Economic**, and **Digital**. These revolutions have lifted human beings from poverty and starvation. However, slowly and stealthily, these revolutions have also moved humans away from nature and its prime source of bioenergy—the SUN. Modern urban humans are spending their days mostly indoors, apart from the natural cues of light and darkness, and into the world of artificial lights as well as the blue light of digital devices. These artificial lights have extended the days and shortened the nights, leaving little or no time for the health-preserving activities of Rest, Repair, and Rejuvenation.

Additionally, the urban human has moved away from Plant-based foods grown under the energy of the sun. Plant foods are the richest sources of vitamins, minerals, and disease-fighting, immune-boosting elements called micronutrients and antioxidants. Commercial diets and animal foods lack these elements.