

**Balance Fasting/ Feeding Cycle-keep fasting duration longer than feeding duration in the 24 -hr day cycle.**

Modern human perhaps is the only living being in the entire animal kingdom who has lost harmony concerning a normal healthy eating behavior. The modern human defies the law of nature when it comes to :

- ***What to Eat***
- ***When to eat***
- ***How frequently to Eat***

The digestive and metabolic capacity of the body gets overwhelmed by a continuous activity of eating, and by the poor quality foods. What, when, and how often to eat are critical to preserving health and preventing disease. The simple guidelines on when and how often to eat are:

- ***When to eat*** - Eat during 10-12 hours of daylight with the last meal of the day ending by 7 PM. Do not eat after 8 PM. By 10 PM the digestive tract slows down, and by the law of nature (brain circadian clock system) it goes into Rest, Repair and Rejuvenate mode. Eating after 8 PM has several drawbacks:
  - a) There is minimal need for glucose energy in the body during night hours. Therefore, the body is resistant to Insulin effect at night hours. Late-night eating invariably causes abnormal fat accumulation with obesity and dyslipidemia, even if one were to eat the most holistic foods.
  - b) Late-night eating is disruptive to sleep, as the digestive process raises body temperature, which is disruptive to deep sleep. Lack of deep rejuvenating sleep causes excessive release of the stress hormone cortisol, which causes high blood sugar and dyslipidemia.
  - c) Functionally digestive tract motility and enzymes are at their lowest peak at late night hours, and eating late causes acid reflux, bloating, indigestion, headaches, and migraine. All of these add up on to insomnia and the stress level.
- ***How often to eat*** - For thousands of years until the recent economic and digital revolution of the past 50 years, all civilizations consumed 2-3 meals/24-hour day. The promoters of frequent meals claim low insulin level and better Insulin sensitivity with 2-3 hourly eating plans. However, frequent meals plans have not shown much promise in minimizing epidemics of obesity or Type2 diabetes. Billions of dollars get spent each year on the unnatural diet plans, and the epidemics of modern food and lifestyle diseases keeps expanding. It is, therefore, time to change to take up the traditional wisdom of balancing Fasting and Feeding duration.