

Risks of Late-Night Eating

- A. ***Weight gain and metabolic diseases.*** Overweight and obesity lead to type 2 diabetes, high blood pressure, metabolic syndrome, PCOS (Polycystic ovarian syndrome of young females), heart disease, and many more. Late-night eating will invariably lead to obesity, even if one eats the most holistic healthy meal for a reason outlined above.
- B. ***Excessive hunger and overeating.*** Staying up late at night increases the level of hunger hormone ghrelin secreted by the stomach. That is a natural mechanism to get glucose for energy for an awake and active body. Late sleepers are invariably overeaters and obese for this reason.
- C. ***Acid reflux disease and digestive problems-*** As dictated by the natural circadian cycle, the intestinal muscles and secretion of digestive juices slow down after 10 PM. Meals consumed late at night do not get digested, causing bloating, gas, and acid reflux disease. A simple practice of eating meals early before 8 PM will eliminate all these digestive problems.
- D. ***Poor sleep.*** For good sleep there should be a time gap of 2-3 hours between the last meal of the day and the bedtime. Food in the digestive tract raises the core body temperature for 2-3 hours. To get good sleep, the core temperature of the body must come down by a degree. The late eaters are invariably poor sleepers.