

The Critical Role of “Circadian Biologic Brain Clock” in Health

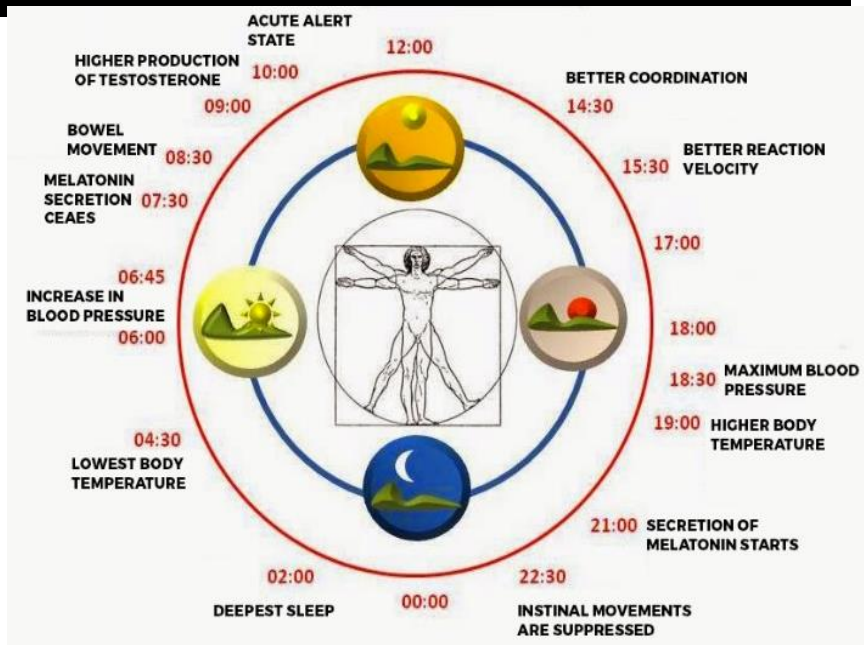
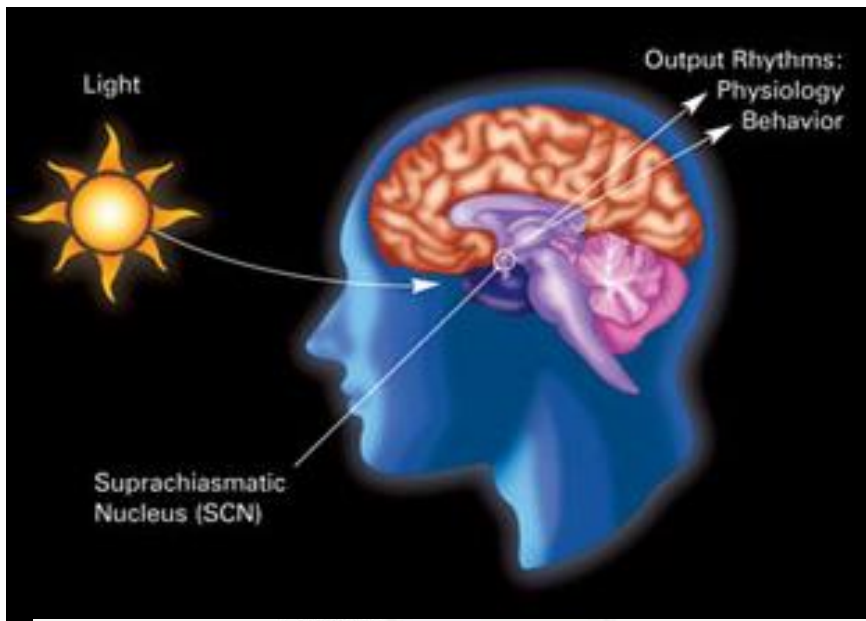
“There are all kinds of lights for sight; but

For health, there is only one light-the SUNLIGHT.”

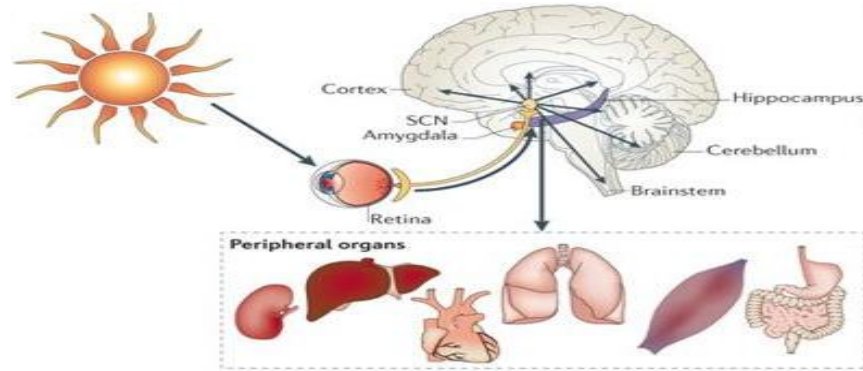


The research into the circadian physiology; its critical role in health and disease earned three medical physiologists- Drs Hill, Rosbash and Young, a Nobel Prize in October 2017. Living in harmony with Circadian brain clock is living a balanced lifestyle. Healthy holistic foods with balanced lifestyle are the key to curing obesity and related diseases like metabolic syndrome, PCOS in females, Type2 diabetes, high blood pressure, and heart disease.

What is Circadian Brain Clock -To adapt to daily changes in the dark and light cycles of the environment, all the living organisms, including the plants, have developed an internal timing system. Circa- means circle and Dian-day.



The Brain clock cycling system synchronizes to the light and the dark cues of the 24- hour day cycle. It controls all the physiologic functions in the body via the peripheral clocks located in all the body organs. Each organ system functions at its peak during the daylight hours; rests, repairs, and rejuvenates during the dark hours of the night. The circadian clock synchrony is critical to the health and normal functioning of the digestive system, metabolism, hormonal balance, genes, and rejuvenation of damaged cells.



Living in harmony with brain clock is living with natural cues of light and darkness concerning :

1. **Fasting- Feeding cycle**
2. **Sleep-Wake cycle**
3. **Exercise-Activity cycle.**