

The Rhythms of Health

Human beings are a part of nature, and therefore good health requires that an individual's internal rhythms be in harmony with the natural cycles of the environment. Contemporary science has yet to understand exactly how universal rhythms and biological rhythms interact, but simple observations brings into focus four natural cycles that contribute their rhythms to ours. They are:

1. The rotation of the earth on its axis, which creates the cycles of day and night.
2. The orbiting of the earth around the sun, which creates the cycles of the seasons.
3. The motion of the moon around the earth, observed in phases of the moon, which creates cycles of the lunar month.
4. The shifting gravitational forces of the earth, moon and sun throughout the year observed in the rise and fall of the tides.

These cycles of time influence the physical immune and hormonal systems, as well as mental and emotional responses. The condition called seasonal affective disorder (SAD) in which people become depressed during the winter months, is one example of biological responses to cycles of nature. Nature functions in cycles of activity and rest. Synchronizing one's daily routine with the natural daily rhythms of activity and rest greatly enhances health conversely; to be out "out of sync" with natural rhythms may be detrimental.

Perhaps an ideal routine would be as follows:

- Awaken without alarm clock, wake with your own inner clock
- Drink a glass of warm pure water 8-10 oz to encourage elimination (immediately upon rising)
- Empty your bowels and bladder
- Brush your teeth, scrape or brush your tongue if coated; gargles with sesame oil
- Dry brush your skin before you bathe to help stimulate good lymphatic circulation
- Eat breakfast and take food supplements
- Walk in the morning sunlight, or trampoline (rebounding) if unable to go outside
- Drink pure water throughout the day (at least half your body weight in ounces)
- Eat lunch between Noon and 1 P.M. (largest meal of the day)
- Sit quietly in a restful, peaceful state for 5 to 10 minutes after eating
- Take food supplements
- Walk to aid digestion (5 to 15 minutes)
- Enjoy aerobic exercises after work or school
- Drink more water
- Dinner: 6 to 7 P.M.
- Eat a light to moderate dinner
- Sit quietly in a restful, peaceful state for 5 to 10 minutes after eating
- Take food supplements
- Walk to aid digestion
- Enjoy light activity in evening, reading; listen to music, dancing, massage
- Drink more water
- Bedtime: 9:30 to 11:00 P.M.
- Avoid food 2 to 3 hours before bedtime to prevent nighttime fermentation