

Boost Your **Metabolism** &
Balance Your **Hormones**



The Circadian Rhythm *Reset*



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How It *Heals*



Welcome to **How it *Heals***,
Where Healing Begins.

I warmly welcome you to How it ***Heals***, a movement started to help people to reconnect and rebalance their bodies. Today's food system and culture is geared heavily towards chronic illness. Let's work together to buck the trend and improve our health using age old methods of biology,



Circadian Rhythm

Transforming *Health* through
Science and Sunlight.



Your body is essentially **a walking clock**. Circadian Rhythm is the term to describe the processes in your body that follow a 24 hour clock. **Circadian rhythms influence important functions in your body, such as hormone release, digestion, and metabolism.** For example, the reason you get tired around your bedtime or hungry around lunch time, is because your body is keeping track of when these things usually happen.



How Is Your Clock Going?

Here are some *questions* to find out **how good your clock is working.**

1. Do I **wake** feeling refreshed at the same time each morning?
2. Do I get **hungry** within 1 hour of waking up?
3. Do I get **hungry** again around mid-day?
4. Do I feel **energised** at 2pm?
5. Do I feel **tired** at about 8:30pm?
6. Do I fall straight **asleep**?
7. Am I a healthy **weight**?
8. Do I have pain-free **cycles**?



Setting A Sleep Schedule

Going to **sleep** and **waking up** at the **same time** each day is important!

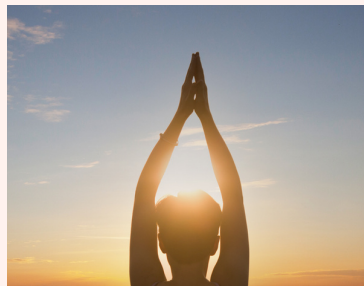
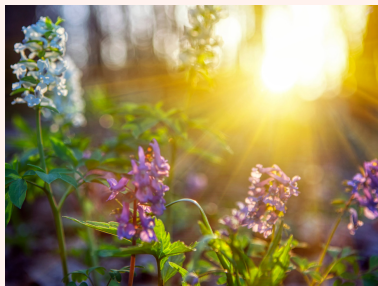
As bedtime approaches, your body starts clearing cortisol (your stress hormone) and increasing melatonin (your sleepy hormone). This change in hormones allows you to fall peacefully asleep. Having a consistent sleep schedule means your body produces a better amount of cortisol or melatonin at the times they are needed. This helps you sleep deeper and wake up energised.

Now, Make it Happen

Time To Set Your Schedule,
Here's an Example:



This is my ideal sleep schedule based on circadian biology. But not everyone can live the exact same life. We have different jobs, different living situations. But, there's always room for improvement in our own, individual lives! Are you able to wake up earlier? Can you move your night-time tasks to earlier in the morning? Can you get more sunshine in the morning and evening? Can you eat breakfast outside?



See The Sun *Rise,* See The Sun *Set.*

Sunrise and sunset are DEEPLY healing thanks to their impact on your circadian clocks, and also their infra red light waves. You can pay thousands of dollars to have somebody shine a light on your body that produces an infra-red signal based off of the light seen in morning and evening sun. All you need to do is get outside in the morning and evening.

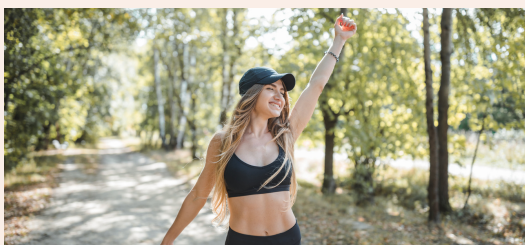
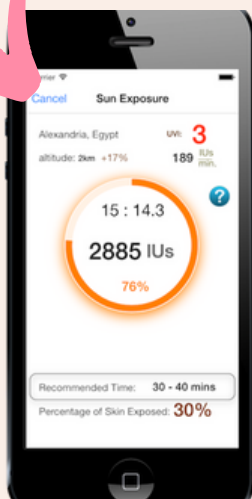
How can you change your routine around to make this happen? What is your current morning routine - does it involve getting sunlight in your eyes and on your skin? Are you stuck at work or in your home as the sun sets? You are missing out on setting your circadian rhythm and reducing inflammation.

Vitamin D & Midday Sun

Have you ever spent a day at the beach and then slept like an absolute champion that night? Have you ever spent an entire day in the office under LED lights and slept like absolute garbage? Getting midday sun exposure is a MUST. Not only does it regulate hormones and metabolism and sleep... it is the **ONLY** way to synthesise vitamin D. You **NEED** vitamin D to survive, and you need a fair amount of it to thrive.

Download **D-Minder** RIGHT THIS INSTANT and aim to get 6k units per day minimum - <https://dminder.ontometrics.com/>

Alternatively, just get outside between 10:30-2pm when the sun is at its hottest and get your bare skin in the sun for about 20 minutes (longer for darker skinned beauties). Eating lunch in the sun is a great way to improve hormones, digestion and save time.



Set An Eating Schedule

Lastly, let's look at how to set an eating schedule that will *improve* hormones, fat-loss, sleep and digestion.

There is a reason that you get hungry at similar times of the day. It is because your body increases ghrelin. This is a hunger hormone that is heavily circadian. It senses when you usually feed yourself, and increases at that time each day. When it increases, it sets the scene for digestion in your stomach. It increases motility, digestive enzymes and stomach acid.

If you do not eat at the same time each day, guess what. Ghrelin obviously cannot do its job. Suddenly your digestive issues may not seem so mysterious. This is often so overlooked!

Here is my ideal eating schedule based on the science and what I have witnessed in my practice:

Breakfast

6am

(1hr after waking)

Lunch

11:30am

(5.5hrs after breaky)

Dinner

5pm

(5.5hrs after lunch)

No food 3.5hrs before bed - this allows for adequate digestion and deeper sleep!





*How it **Heals***

Summary

1. Go to **bed** and wake up at the same time each day
2. Go to **bed** around 8:30/9pm if possible
3. **Wake up** around 5pm if possible
4. **Eat** at the same times each day
5. **Eat** 1hr after waking and every 5.5 hours from then
6. See **sunrise & sunset**
7. Do not eat after 6pm.
8. Fasting in the **pm** is MUCH better than fasting in the **am**
9. Get at least 20 minutes of **midday sun** on your bare skin daily
10. Download D-minder to get maximum **D** with minimal damage

