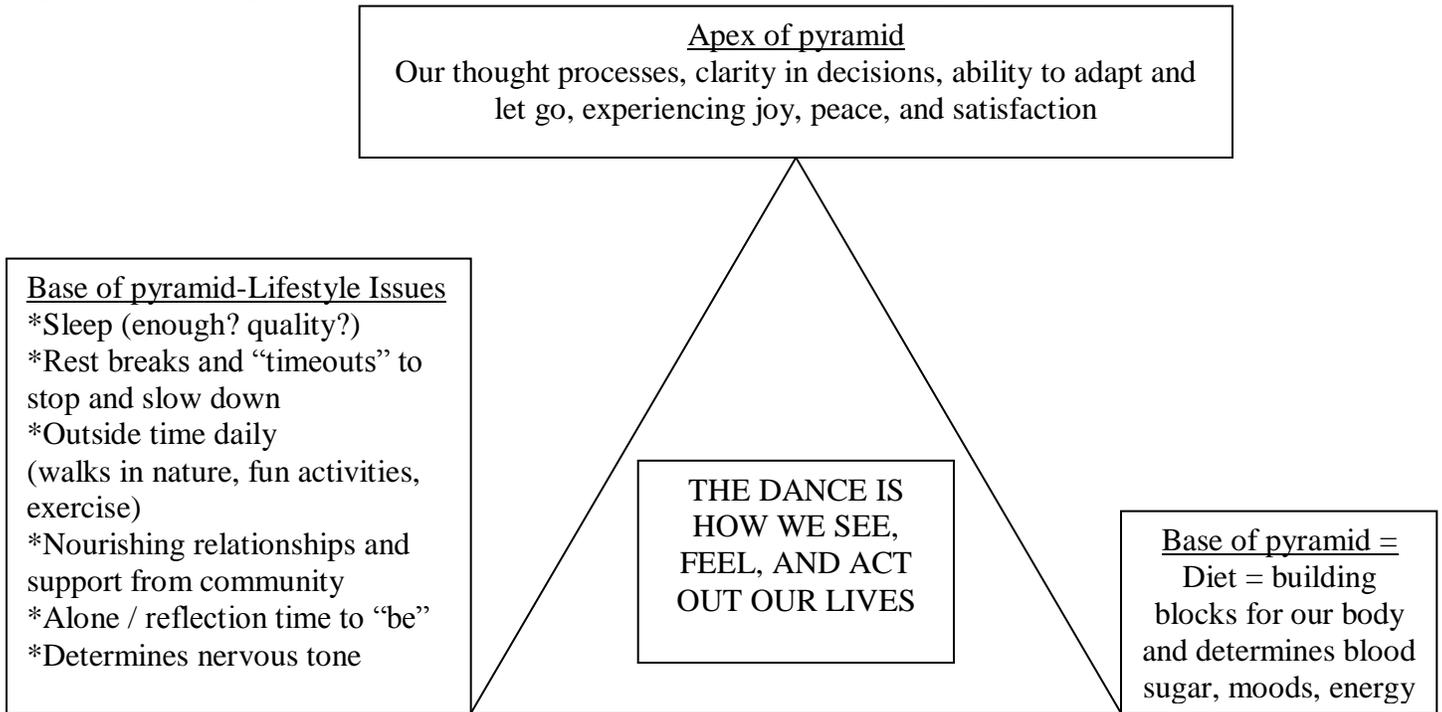




Our daily rhythms are determined by what we eat, how we think and act, and our inherited tendencies of conditioning and genetics.

Below is a diagram showing a simplified model explaining this process. Sticking to a harmonious pattern manifests as well-being, energy, and an ability to embrace life's inevitable challenges. A question we might ask ourselves is, "Am I doing a lovely dance, or a slam-dance?" In truth, most people are doing a biochemical hip hop, and the consequences are lack of ease with life and uncomfortable symptoms.



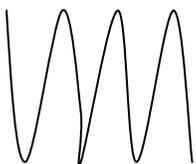
This dance can be tracked by hormones, which is illustrated next:

\*Sleep and early AM = higher cortisol from lower blood sugar. Cortisol raises blood sugar between meals.

\*The First meal = higher blood sugar, which raises insulin and lowers cortisol.

\*Chronically large swings in this dance causes fight or flight alarms to go many times throughout the day and at night (especially evident in those who cannot go to sleep and/or wake chronically during the night and cannot go back to sleep). This puts more strain on the adrenal glands and nervous system, which can eventually lead to exhaustion and disease states (or at least colds, flu's, and "mysterious" sicknesses, pains, and aches no one can figure out!)

Which figure looks more appealing, the roller coaster or the rolling hills?



The wild ride of blood sugar from refined foods and stress with no rest



The smooth dance of good food, rest breaks, recreation, and living from a place of peace

It is your choice. The roller coaster is actually what blood sugar does throughout the day, and one's moods, energy, and quality of life are affected by our choices.