

# Circadian Prescription



The first book to provide an easy-to-follow dietary and lifestyle program to enhance the body's natural rhythms for optimum health. All living things are subject to natural patterns of eating, sleeping, and other vital functions. Disrupting these daily, or circadian, rhythms through poor diet or lifestyle results in a wide range of conditions, from fatigue and emotional imbalance to intensified symptoms of insulin resistance and other chronic health problems. The Circadian Prescription offers a breakthrough, scientifically sound 10-point program to help anyone: sleep better and feel energized all day long; alleviate symptoms of menopause, jet lag, and ADD; treat and prevent infertility, prostate disease, and Syndrome X; enhance mental acuity and emotional balance; and achieve and maintain ideal weight. At the core of the program is a powerful eating plan that gives the body what it needs when it needs it by simply increasing protein intake in the early part of the day and moving most carbohydrates to the evening. The straightforward, nonrestrictive diet incorporates specific foods that provide vital information to the body to reduce risk factors for chronic disease. Plus, practical techniques--exercise, breathing, and meditation--help bring the entire body into balance.

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is sacrificed. The Circadian Prescription: Get in Step with Your BodysThe Circadian Prescription has 9 ratings and 1 review. Dante said: I got what I wanted here: useful stats about when in the day you are strongest, most aThe Circadian Prescription: Get in Step with Your Bodys Natural Rhythms: Sidney MacDonald Baker, Karen Baar: 9780399145964: Books - .