

# 3 Keys to Sync with Natural Rhythms

**A Guide to Living in Harmony with Natural Cycles**

# About the Author



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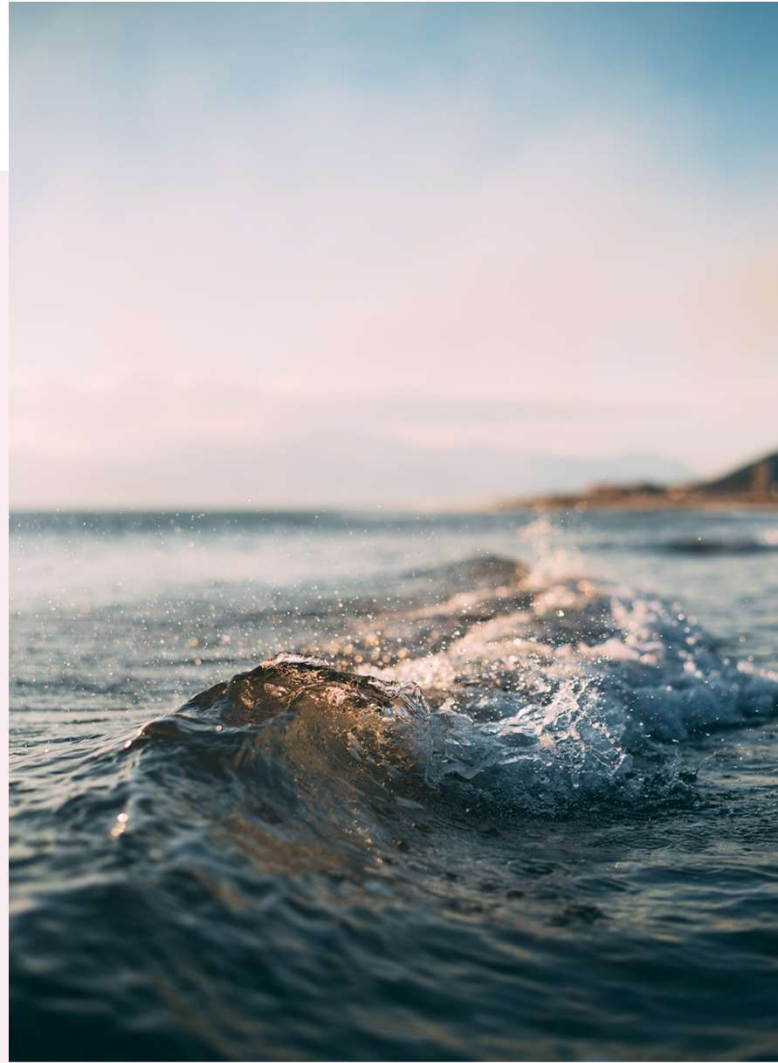
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As the founder of Inner Power Health Coaching, Laura's mission is to guide clients in restoring their bodies to optimal energetic balance by blending integrative health coaching practices and wellness astrology



# Contents

- 1 Introduction
- 2 The Rhythm of Day and Night
- 3 Sunlight, beyond Healthy Tanning
- 4 The Effects of Blue Lights
- 5 Sunscreens
- 6 The Rhythm of Rest
- 7 The Rhythm of Seasons
- 8 The Lunar Cycle
- 9 Exploring your Chronotype
- 10 Grounding
- 11 Maximizing Your Daily Routine with Natural Rhythms
- 12 Transform your wellbeing
- 13 Disclaimer



# Introduction

There are seven essential pillars we must master in the pursuit of pure health: emotional intelligence, restorative sleep, mindful movement, yoga and pranayama, nutritional alchemy, stress resilience, and alignment with natural rhythms. This guide delves into the often-underestimated realm of aligning with our natural rhythms, a concept that holds the potential to revolutionize our approach to well-being.

We live in an artificial environment with constant connectivity, and we've strayed from our inherent connection to the natural world. As mammals, we are intimately linked to the rhythms of the Earth, rhythms that govern our physiology and influence our overall well-being.

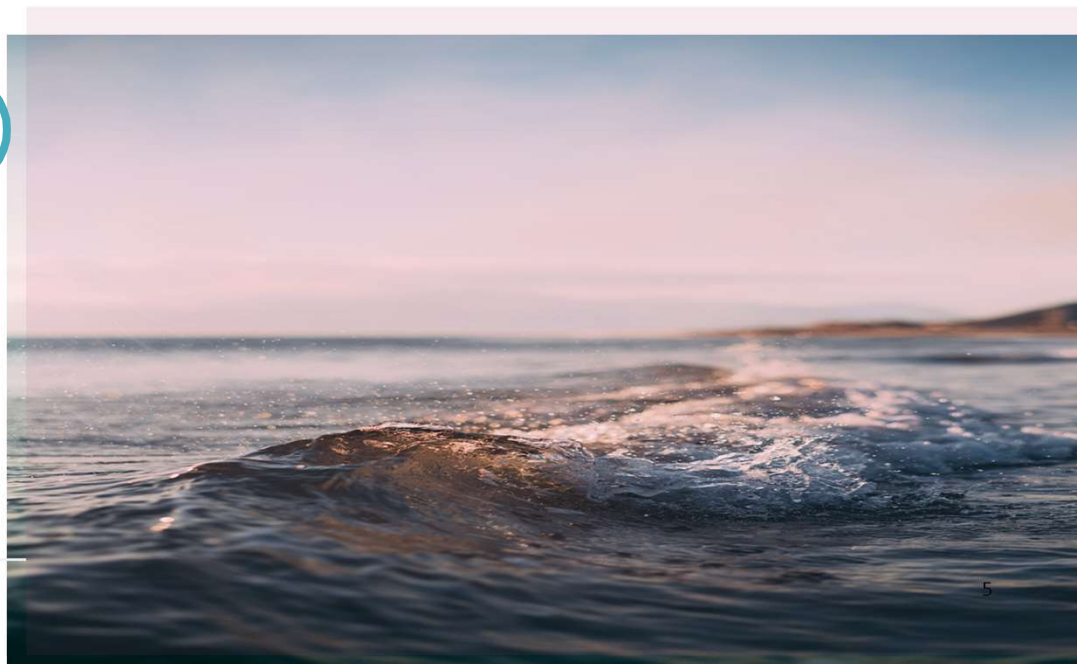
By exploring how our daily routines, sleep habits, and activities harmonize with these natural rhythms, we can uncover a dimension of well-being that transcends conventional health advice. This overlooked aspect may hold the key to achieving a more comprehensive and enduring approach to a healthy life.

As we embark on this journey, we will explain these natural rhythms and provide **actionable insights** on the best strategies to align our daily lives with these natural cadences.

Our bodies and minds are intricately connected with the natural world, and our well-being hinges on our alignment with its rhythms. The Earth's rotation dictates our circadian rhythm of light and dark, the Earth's translation around the Sun creates our changing seasons, and the moon's cycle, all influence our physiology and behavior. Understanding these main rhythms is crucial for optimizing our health and happiness.

This guide will serve as your compass, pointing you towards a life in harmony with natural rhythms, a life of vitality, resilience, and well-being.

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KEY 1

# Circadian Rhythms

The Rhythms of Day and Night Shaped by  
the Sun ☀

# The Rhythm of Day and Night: Circadian Rhythms

Our circadian rhythms, the natural sleep-wake cycles that govern our daily lives, are orchestrated by the suprachiasmatic nucleus (SCN), in the hypothalamus, a brain region sensitive to light cues. Exposure to sunlight during the day stimulates the SCN to produce cortisol, a hormone that promotes alertness and wakefulness. As darkness falls, melatonin, the sleep-inducing hormone, takes over, signaling the body to prepare for rest.

## Disruptions to Circadian Rhythms and Their Consequences

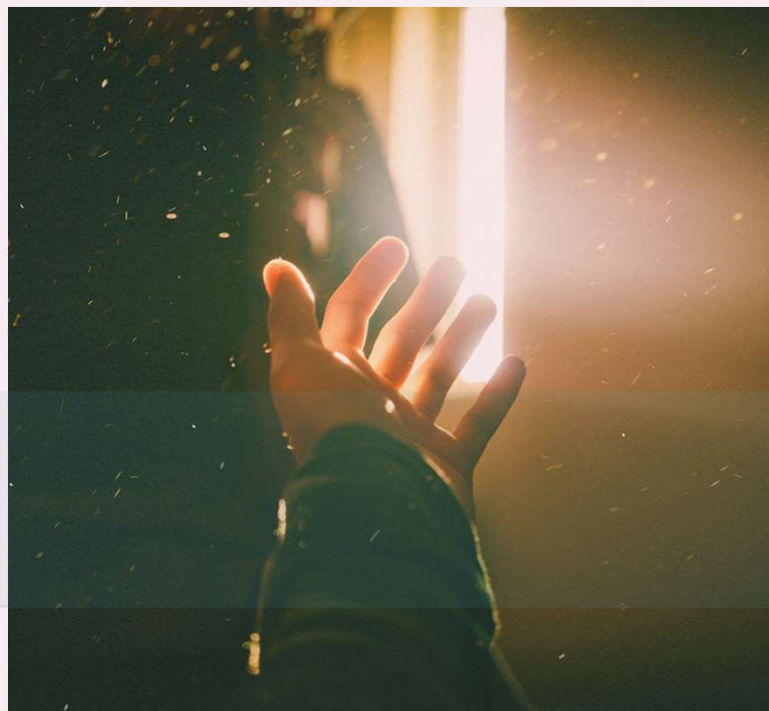
Modern life often disrupts our circadian rhythms, leading to a range of adverse effects. Artificial light at night, particularly from electronic devices, suppresses melatonin production and delays sleep onset. Jet lag and shift work further disrupt our internal clock, causing fatigue, cognitive impairments, and an increased risk of chronic health problems.

A disturbed circadian rhythmicity in humans has been associated with a variety of mental and physical disorders and may negatively impact safety, performance, and productivity and even resulting in diseases such as metabolic syndrome, cancer, or cardiovascular disease. It is now becoming clear that the intestinal microbiome is also regulated by circadian rhythms via intrinsic circadian clocks as well as via the host organism

. Microbiota rhythms are regulated by diet and time of feeding which can alter both microbial community structure and metabolic activity which can significantly impact host immune and metabolic function.

CLOCK and BMAL1 are two key genes that play a role in regulating the circadian clock. They also regulate the expression of genes that control the transport of lipids in the blood. Disruptions in the circadian clock can lead to changes in lipid metabolism and an increased risk of metabolic syndrome, diabetes, and atherosclerosis. Lifestyle interventions, such as exposure to sunlight and regular exercise, can also help to regulate the circadian clock and improve lipid metabolism.

Studies have revealed circadian (~24 h) rhythms in drug absorption, distribution, metabolism, and excretion can result either in drug toxicity or efficacy.



# Sunlight, beyond healthy tanning

Sunlight plays a profound role in regulating various physiological processes in mammals.

We have photoreceptors in our eyes' retina which convert light into signals that stimulate biological processes.

Non-visual photoreceptors, specialized cells that can detect light without the conscious perception of vision, are distributed throughout the body, including the skin, eyes, and gut. These photoreceptors continuously monitor light signals from the environment and transmit information to various organs and tissues, influencing a range of physiological functions.

## **Non-visual Photoreceptors and Cellular Signaling**

Non-visual photoreceptors activate signaling pathways that modulate cellular metabolism, energy production, and hormonal signaling. One key pathway involves mTOR, a protein kinase that regulates cell growth and proliferation. Sunlight exposure can influence mTOR signaling, promoting cellular repair and regeneration.

## **Sunlight and Biochemical Alterations**

Sunlight exposure triggers a cascade of biochemical alterations within cells, affecting various metabolic pathways that influence cellular energy production, substrate utilization, and hormone production, contributing to overall metabolic health.

## **Photon Deficiency and Disease**

Insufficient exposure to sunlight, or photon deficiency, has been linked to a growing number of diseases, including cardiovascular diseases, metabolic disorders (T2 diabetes), and certain types of cancer. This deficiency can disrupt the normal functioning of non-visual photoreceptors and the signaling pathways they regulate, leading to cellular dysfunction and impaired physiological processes.

## **Sunlight and Aging, Immunity, and Metabolism**

Sunlight exposure has been shown to have beneficial effects on aging, immune function, and metabolic health. Sunlight lowers blood pressure, contributes to obesity reduction, improves mood, improves Alzheimer's symptoms. Adequate sunlight promotes the production of vitamin D, which plays a crucial role in calcium absorption, bone health, and immune function. Additionally, sunlight can modulate inflammatory pathways and influence metabolic processes, contributing to overall well-being.



# Sunlight, beyond healthy tanning

## Sunbathing

The best time to sunbathe is when the sun's rays are at their weakest and most direct, which is typically during the morning hours. This is usually between 7:00 AM and 9:00 AM. During this time, the sun's ultraviolet (UV) rays are at their lowest intensity, reducing the risk of sunburn. Additionally, the morning sun is more effective at stimulating vitamin D production in the body. Traditional means of limiting overexposure to the sun, such as wearing hats and adequate clothing and avoidance of prolonged sunbathing, may be more prudent than reliance on chemical sunscreens.

Healthy sun exposure depends on:

Location: The optimal time for sunbathing can vary depending on your location due to seasonal changes in UV intensity. During the summer months, the sun's rays are stronger, so sunbathing earlier in the morning is advisable. During the winter months, when the sun's rays are weaker, sunbathing later in the morning may be sufficient.

Skin Type: Individuals with fair skin are more susceptible to sunburn and should limit their sun exposure. Those with darker skin can tolerate more sun exposure but should still be cautious and use sunscreen when necessary.

Individual Sensitivity: Some individuals may be more sensitive to UV rays and experience sunburn more easily. In these cases, it's important to start with shorter sun exposure periods and gradually increase the duration as the skin adapts.

## Always consider

The best time to sunbathe is when the sun's rays are at their weakest, which is typically during the morning hours. This is usually between 7:00 AM and 10:00 AM. During this time, the sun's ultraviolet (UV) rays are at their lowest intensity, reducing the risk of sunburn.

Additionally, the morning sun is more effective at stimulating vitamin D production in the body.

- **Aim for 15-30 minutes of sun exposure** on your face and arms and legs most days of the week, especially during the morning hours.
- There's no completely chemically safe sunscreen, **check EWG when purchasing your sunscreen**. Your body's melanin remains the best sunscreen however it requires patience to gradually expose your skin to the sun to build up your melanin levels. This will help you get the benefits of the sun without damaging your skin.
- **Seek shade during the middle of the day** when the sun's rays are strongest (typically between 10:00 AM and 4:00 PM). Traditional means of limiting overexposure to the sun, such as wearing hats and adequate clothing and avoidance of prolonged sunbathing, may be more prudent than reliance on chemical sunscreens.
- **Be cautious with tanning beds**, most emit high levels of UV radiation and increase the risk of skin cancer.





# Sunscreens

The benefits of sunscreen are verified in preventing sunburn but appear to be largely presumptive in skin cancer prevention.

Recent scientific advancements have firmly established UVA radiation -which makes up 90 to 95% of ultraviolet energy in the solar spectrum - as a major contributor to melanoma development and premature skin aging, also known as photoaging. This revelation challenges the traditional emphasis on UVB protection in sunscreens, offering a compelling explanation for the alarming rise in skin cancer rates, particularly melanoma. To effectively combat these concerns, a shift towards more balanced UVB/UVA sunscreens is essential, aiming for spectral homeostasis protection.

The effectiveness of some sunscreens is questionable as the chemical's compositions can do more harm than good through the potential toxicity, and interference with the body's natural production of melanin and vitamin D3. Recent studies reveal concerning findings about common UV filters, including benzophenones, camphor derivatives, and cinnamate derivatives.

Additionally, they may block UV-A rays, which are necessary for nitric oxide production.

Melanin, the pigment that gives skin its color, is an effective natural sunscreen. Eumelanin, found in darker skin tones, is more protective than pheomelanin, found in lighter skin tones.

## Always consider

**Choosing products with safe UV filters** is essential for maintaining skin protection without compromising overall health.

You can find in [The Environmental Working Group](#) website a curated selection of healthier sunscreens, make sure you check it out before buying massively produced sunscreens.

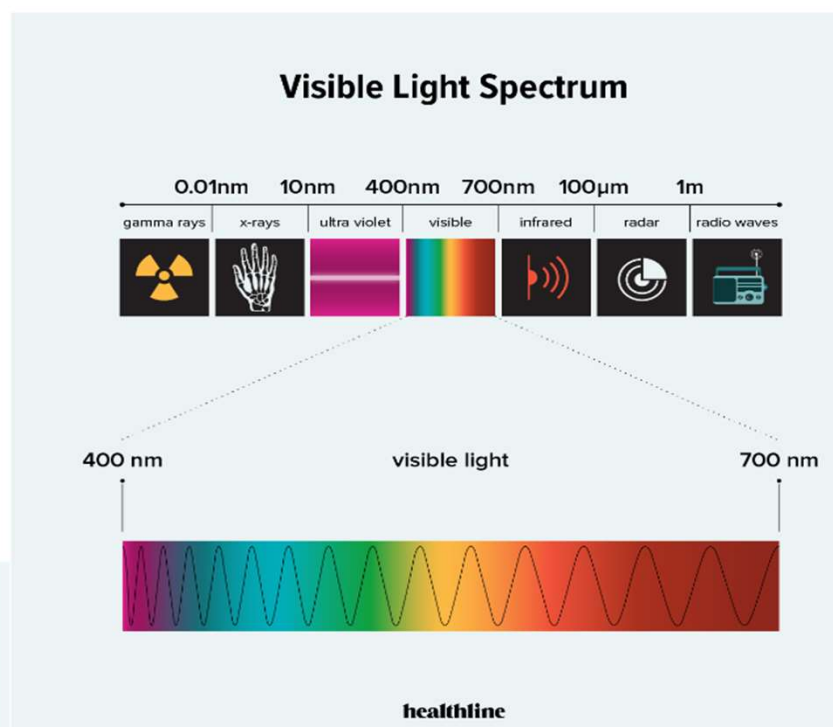


Illustration by Maya Chastain

# The Effects of Blue Light

Blue light is part of the solar spectrum and as such has biological effects in our bodies.

The results of in vitro, in vivo, and clinical studies show that blue light produces direct and indirect effects on the skin. The most significant direct effects are the excessive generation of reactive oxygen and nitrogen species, and hyperpigmentation. Indirect effects of blue light include disruption of the central circadian rhythm regulation via melatonin signaling and local circadian rhythm regulation via direct effects on skin cells.

Additionally, blue light exposure can affect various hormones and neurotransmitters:

## **Cortisol and Stress Hormones**

Artificial blue light exposure can elevate levels of cortisol, the stress hormone. Cortisol is released by the adrenal glands in response to stress and plays a role in regulating various bodily functions, including energy metabolism, inflammation, and immune response. However, prolonged, or excessive cortisol production can contribute to chronic stress, which is associated with various health problems.

## **Pituitary Gland**

ACTH (adrenocorticotropic hormone) is a hormone produced by the pituitary gland that stimulates the adrenal glands to produce cortisol. Exposure to artificial blue light can increase ACTH levels, leading to a surge in cortisol production. ACTH (18-39) is a fragment of ACTH that has similar effects on cortisol secretion.

## **Decreasing Testosterone**

Pregnenolone and DHA are steroid hormones that are precursors to other hormones, including progesterone, testosterone, and estrogen. Artificial blue light exposure has been shown to reduce the levels of pregnenolone and DHA, potentially affecting the synthesis of other hormones and their downstream effects.

## **Melanin Degradation**

Melanin is a pigment that gives skin, hair, and eyes their color. It also plays a protective role against UV radiation. Artificial blue light exposure has been shown to degrade melanin, potentially increasing skin sensitivity to UV radiation and contributing to premature aging.

## **Growth and survival of neurons**

Brain-derived neurotrophic factor (BDNF) is a protein that promotes the growth and survival of neurons. It is also involved in learning, memory, and mood regulation. Artificial blue light exposure can suppress BDNF production, potentially impairing cognitive function and contributing to mood disorders.

## **Appetite increase**

Leptin is a hormone produced by fat cells that signals satiety and regulates appetite. Artificial blue light exposure can increase leptin levels, potentially leading to overeating and weight gain.



# The Effects of Blue Light

## Dehydration

Vasopressin, also known as antidiuretic hormone (ADH), is a hormone that regulates water balance and blood pressure. Artificial blue light exposure can disrupt vasopressin secretion, potentially leading to dehydration and electrolyte imbalances.

## GABA

GABA (gamma-aminobutyric acid) is a neurotransmitter that inhibits nerve impulses and plays a role in relaxation and sleep regulation. Artificial blue light exposure can suppress GABA production, potentially leading to anxiety, insomnia, and other sleep disturbances.

## Thyroid Hormones

Thyroid hormones play a crucial role in regulating metabolism, growth, and development. Artificial blue light exposure can suppress the production of thyroid hormones, potentially leading to fatigue, weight gain, and other symptoms of hypothyroidism.

## Sleep and Melatonin

Melatonin is a hormone produced by the pineal gland that regulates sleep-wake cycles. Artificial blue light exposure is a potent suppressor of melatonin production, making it harder to fall asleep and leading to daytime fatigue and impaired cognitive function.

## Protecting from Blue Light

Staring at too much blue light can mess with our melatonin production, the sleep-regulating hormone. It's not just about sleep, too many blues can crank up our anxiety and make us irritable. Additionally, blue light might be playing a part in that macular degeneration.

Here are some practical measures to keep blue light at bay:

- **Limit screen time:** avoid using screens for at least an hour before bed. This will give your body time to produce melatonin, a hormone that helps you sleep.
- **Use blue light filters:** viewing of intense visible light or blue light cannot be avoided, amber-tinted eyeglasses or goggles should be worn. Human sensitivity in normal daylight peaks in the yellow part of the spectrum, so wearing a yellow lens that allows predominantly yellow light into the eye can provide the sense of increased visual acuity.
- **Install low blue light-emitting bulbs:** when choosing blue lights, here's what you should consider;
  - o **The amount of blue light it emits:** the amount of blue light emitted by a bulb is measured in kelvins (K). The lower the kelvin rating, the less blue light the bulb emits. Look for bulbs with a kelvin rating of 2700K or lower.
  - o **The type of bulb:** there are two main types of low blue light bulbs: LED and incandescent. LED bulbs are more energy-efficient than incandescent bulbs, but they may emit more blue light. If you are concerned about blue light exposure, choose a LED bulb with a kelvin rating of 2700K or lower.
- **Modifying your display settings** to block blue light in your phone, tablet, laptop or desktop, can contribute to a healthier lighting environment. For more granularity some prefer buying a blue light software.



# The Rhythm of Rest: Ultradian Cycles and Their Benefits

Ultradian rhythms are biological cycles occurring within a 24-hour period, lasting from 30 minutes to 3 hours.

Unlike circadian rhythms (24-hour cycles) and infradian rhythms (cycles longer than a day), ultradian rhythms influence various physiological processes like sleep, hormone secretion, body temperature, and mental alertness.

In the sleep cycle, well-studied ultradian rhythms involve alternating periods of REM and non-REM sleep, repeating four to six times per night in approximately 90-minute cycles.

Hormone secretion, including cortisol, growth hormone, and melatonin, follows predictable patterns with regular intervals of peaks and valleys throughout the day. Body temperature exhibits daily rhythms with larger peaks and lows, as well as smaller cycles throughout the day. Mental alertness follows a daily rhythm with smaller cycles influencing peaks and valleys.

To synchronize with ultradian rhythms and enhance productivity and well-being:

- **Monitor energy levels, work for 90-120 minutes and take 20-minute breaks** when energy declines, engaging in relaxing activities
- Incorporate **regular exercise**, aiming for at least 30 minutes of moderate-intensity activity most days.
- Maintain a **healthy diet** rich in fruits, vegetables, and whole grains.
- Ensure adequate sleep, aiming for **7-8 hours per night**, and establish a consistent sleep schedule.

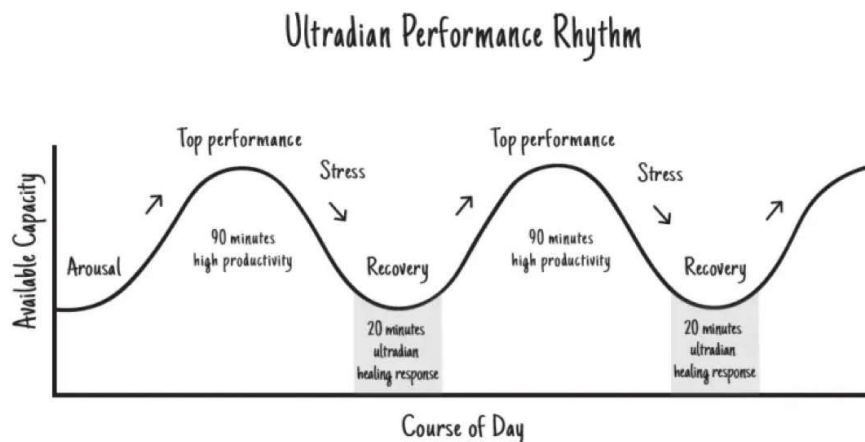


Illustration adapted from *The 20-Minute Break* by Ernest L. Rossi, PhD (Tarcher Putnam, 1991)

# The Rhythm of the Seasons

The Earth's translation around the sun creates distinct seasons, each with unique characteristics that influence our physiology and behavior. Seasonal changes in temperature and daylight hours affect food availability, nutrient content, and our bodies' energy requirements.

Winter is in general not our favorite season, it's cold and rainy, and depending on the latitude where you live, icy. The sky is grey, and trees look sad without leaves. This sometimes drives our mood down, for some other people they feel worse; they experience Seasonal Affective Disorder (SAD). It is a diagnosable mental illness, you can find it in the psychiatrist bible the Diagnostic and Statistical Manual of Mental Disorders, DSM-5 under the name 'depressive disorder with seasonal pattern'. The symptoms are feeling sad, having low energy, changes in appetite, and these symptoms start in late fall. Serotonin levels are lower in the winter when there's less light. The recommended solutions are geared around compensating the lack of light.

## Aligning with Seasonal Rhythms

To harmonize with seasonal rhythms and optimize nutrient intake, consider the following:

- **Embrace seasonal produce:** Consume fruits and vegetables that are in season, as they are generally more nutritious and flavorful than non-seasonal alternatives.
- **Adjust your lifestyle:** Adapt your daily routine to the changing seasons. In warmer months, increase outdoor activities to take advantage of longer daylight hours and warmer temperatures.

- During colder months, make sure to get regular exercise to improve mood and energy levels, 150 minutes a week if moderate to intense exercise.
- **Explore digital therapeutics (digiceuticals)** for mental well-being and pain management. Virtual reality and augmented reality tech are showing promise in managing anxiety and depression.
- **Discover ultrasound neuromodulation** is a non-invasive technique that uses low-intensity focused ultrasound (FUS) to modulate neural activity in the brain. It is a rapidly growing field with the potential to treat a wide range of neurological and psychiatric disorders. It is to be exposed to artificial bright white light for 30' in the morning.
- **Try to avoid the use of drugs**, leaving them as the last resource. Usually SSRIs (selective serotonin reactive inhibitors) are not effective for everyone and the potential side effects (diarrhea, headaches, sexual dysfunction) and interactions with other drugs could be damaging and far outweigh its benefits. Psychotherapy could be another treatment option to beat the seasonal blues. Sometimes a combination of treatments is advisable.



KEY 2

# The Lunar Cycle

An Ayurvedic Approach to Align with the  
Moon ☾

# The Rhythm of the Moon: Lunar Influences on Physiology and Behavior

This is a natural rhythm that is influenced by the moon's phases. Some studies have shown that people sleep better during the full moon and new moon, while others have found no effect. The lunar rhythm is not fully understood, but it is thought to be mediated by changes in melatonin levels.

The moon's gravitational pull exerts subtle yet significant effects on our bodies and behavior. Studies have shown that people sleep less and are more likely to experience mood swings during the full moon. The phases of the moon affect our sleep across the 29.53-long lunar cycle. During full moon deep [sleep](#) decreased by 30%, the time to fall asleep increased by 5 min, and total sleep duration was reduced by 20 min. These changes were associated with a decrease in subjective sleep quality and diminished endogenous melatonin levels.

## Living in Harmony with the Lunar Cycle

Our understanding of the lunar cycle's effects on the behavior and physiology of humans and animals remains limited. The lunar cycle notably impacts human reproduction, specifically fertility, menstruation, and birth rate. Melatonin levels seem to align with the menstrual cycle. Hospital and emergency unit admissions for various reasons show correlations with moon phases. Moreover, events tied to human behavior, like traffic accidents, crimes, and suicides, also appear to be influenced by the lunar cycle.

The release of neurohormones could be triggered by electromagnetic radiation and/or gravitational pull of the moon. While the precise mechanism of the moon's influence on humans and animals awaits further exploration, understanding this type of biorhythm could prove valuable in police surveillance, [medical practice](#), and investigations involving laboratory animals.

The evidence is mounting on diverse human [studies](#) related to how lunar cycles affect our [hormonal levels](#); where melatonin and testosterone levels and neutrophils count are lower during the Full Moon as compared to the New Moon in the morning and evening, however cortisol level is higher during the Full Moon compared to the New Moon, in the morning and evening.

While the moon's influence is all but subtle, we can cultivate a sense of harmony with its rhythms through mindful practices.



# The Rhythm of the Moon: an Ayurvedic Approach

With the moon having a strong influence on the mind, and the mind having a strong influence on our physical body, emotions, and spiritualism, it is priority that we recognize the need to stay in balance with Nature.

While Western medicine has yet to fully explore the potential benefits of aligning with the lunar cycles, ancient traditions like Ayurveda, the Indian holistic system of wellness, offer valuable insights into this practice.

Ayurveda recommends routines for all natural time cycles, including daily, monthly, seasonal, and life stages. The masa-charya is based on the moon's phases. These routines are cleansing and wellness-promoting and include specific do's and don'ts about diet, herbs, and lifestyle. These routines have been culturally incorporated into the Vedic lifestyle and are sometimes misunderstood as religious rituals.

Each phase of the moon corresponds to a specific dosha, or energy type, influencing our physical and emotional well-being. By understanding these doshas and their connection to the lunar cycle, we can make conscious choices to harmonize our bodies with the natural rhythms of the cosmos.

**New Moon:** aligns with **Vata** physical body type (dosha), characterized by air and ether elements. This phase is ideal for rest and rejuvenation, as our bodies are naturally detoxifying. To support Vata during the New Moon, consider these practices:

**Prioritize Rest and Relaxation:** engage in calming activities like meditation, yoga, or spending time in nature.

**Nourish Your Body with Gentle Foods:** opt for light, easily digestible meals that are warm, grounding. Avoid stimulating foods like caffeine and alcohol.

**Practice Gentle Movement:** engaging in moderate, low-impact exercises like walking or stretching can promote circulation and release tension.

**Waxing Moon:** as the moon grows towards fullness, we enter the **Kapha** dosha period, influenced by earth and water elements. This phase is characterized by increased energy and a heightened capacity for focus and productivity. To align with Kapha during the Waxing Moon, consider these tips:

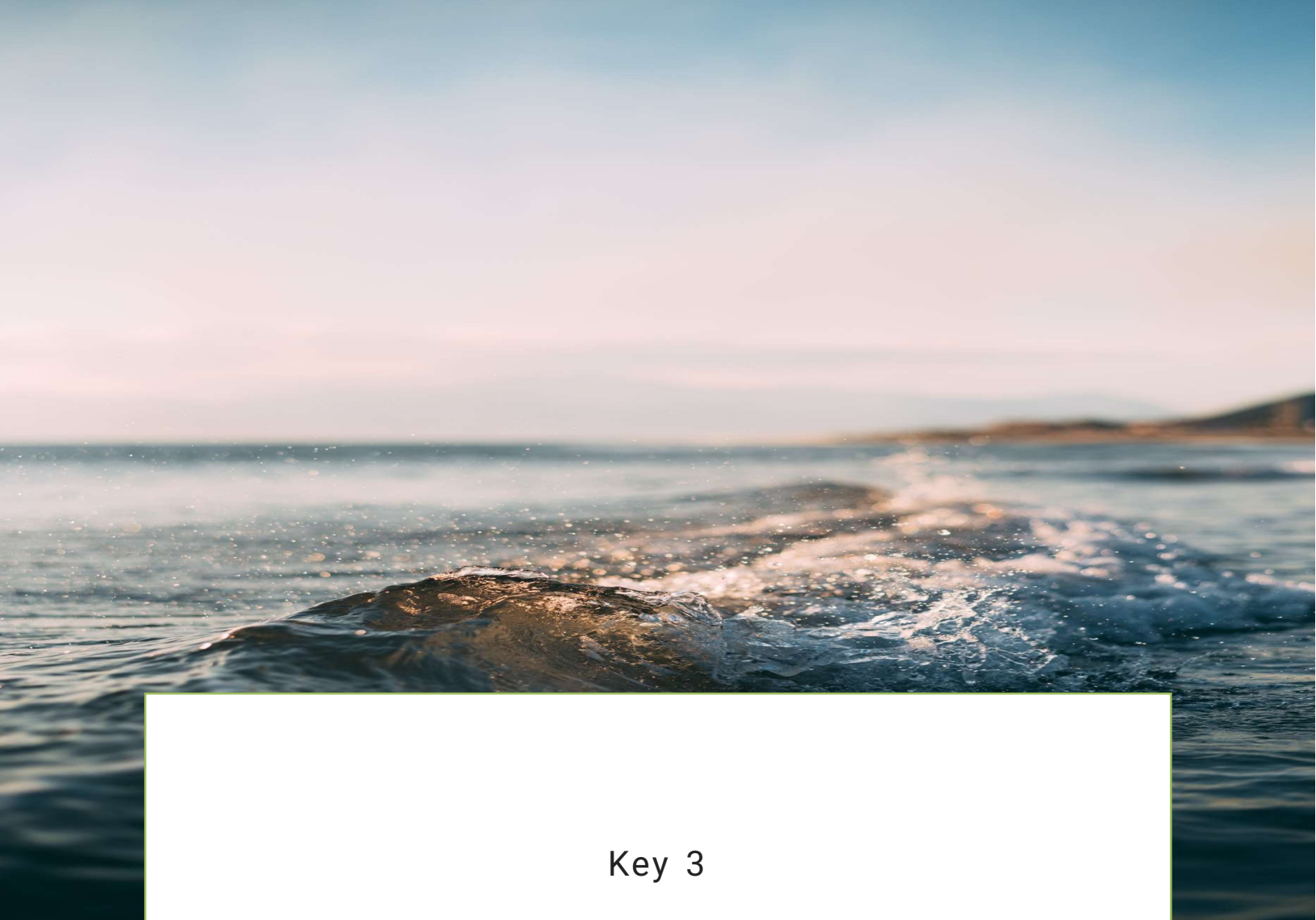
**Embrace Structural Thinking and Clarity:** Utilize this time for planning, strategizing, and making well-structured decisions. Engage in activities that require mental focus and attention to detail.

**Nourish Your Body with Kapha-Balancing Foods:** Choose nutrient-rich, wholesome foods that are balancing for Kapha, such as warm, cooked meals. Avoid heavy, oily, or sweet foods that might aggravate Kapha.

**Engage in Moderate Exercise:** choose activities that encourage movement and flexibility, such as swimming, dancing, or cycling.







Key 3

# Grounding

Connecting to Earth ♂

# What is your Chronotype?

Exploring ways to bio hack your health and productivity includes aligning your eating habits with your body's natural rhythms. Disruptions in the circadian rhythm, which regulates the body's 24-hour cycle, can lead to chronic diseases and sleep disturbances.

The circadian rhythmicity in humans is intricate and varies from person to person, forming a complex phenotype. Throughout the day, individuals exhibit preferences for being more active or sleeping, encapsulated in the morningness–eveningness concept. This is represented by three distinct chronotypes: **Morning** (rooster), **Neither** (hummingbirds or dolphins), and **Evening** (night owls)-types.

About 60% of the adult population is classified as N-types, and the remaining 40% in one of the other two. Roosters go to bed and wake up early and achieve their peak mental and physical performance in the early part of the day, whereas night owls get up and retire later and reach their best performance during the second half of the day.

Chronotype can also influence attitudes, lifestyle, cognitive function, athletic performance, and personality traits; rooster have been suggested to be more conscientious, agreeable, and achievement oriented. In contrast, night owls have been indicated to be slightly more extroverted, exhibit neurotic traits, and are more disposed to mental or psychiatric, mood, personality disturbances, and eating disorders.

Familiarizing yourself with your specific chronotype not only offers insights into your preferred times for activity and rest but also serves as powerful information for addressing your bio-individual health needs. Syncing your lifestyle, including meal timings, with your circadian rhythms can contribute to an overall enhancement of well-being.

You can identify your chronotype by tracking your sleep patterns over a period of time. If you consistently go to bed and wake up early, you are likely a morning chronotype. If you consistently go to bed and wake up late, you are likely an evening chronotype.

## Are you a Roster?

You represent about 20% of the population.

You're an early riser and like to go to bed early. You're most productive between early and mid-morning. Make breakfast the most important meal of the day, so you can keep up that productivity!



# Exploring your Chronotype

## Are you a hummingbird or a dolphin?

When you're Neither you stand for 60% of the population that naturally aligns with the rising and setting of the sun.

But we're a little more complex than that, we could be moderate morning types, hummingbirds, most alert in the morning, but we can also be productive in the evening.

Dolphins tend to be most alert in the evening, but they can also be productive in the morning.

Dolphins and hummingbirds might feel drained around 3.00pm – at this time ensure to move, hydrate, or have a healthy snack with complex carbohydrates, protein and healthy fat that can sustain you until dinner.

## If you're an Evening Person

You're a night owl, you represent 20% of the population, and have trouble falling asleep.

You might also forget to eat throughout the day. Irregular eating habits can disrupt your circadian rhythm increasing the risk of metabolic diseases.

Establish a routine and make sure to schedule your meals so you can maintain your activity levels.



# Grounding: connecting to Earth

Grounding, or [earthing](#), is a method that **all chronotypes** that can safely connect their bodies to the electrical energy of the Earth. Our planet carries a negative electric charge and facilitates the transfer of free electrons to the human body. Many experiments have proven that it is not simply exposure to light, but also exposure to the earth's Schumann Resonance that contributes to a healthy day/night pattern.

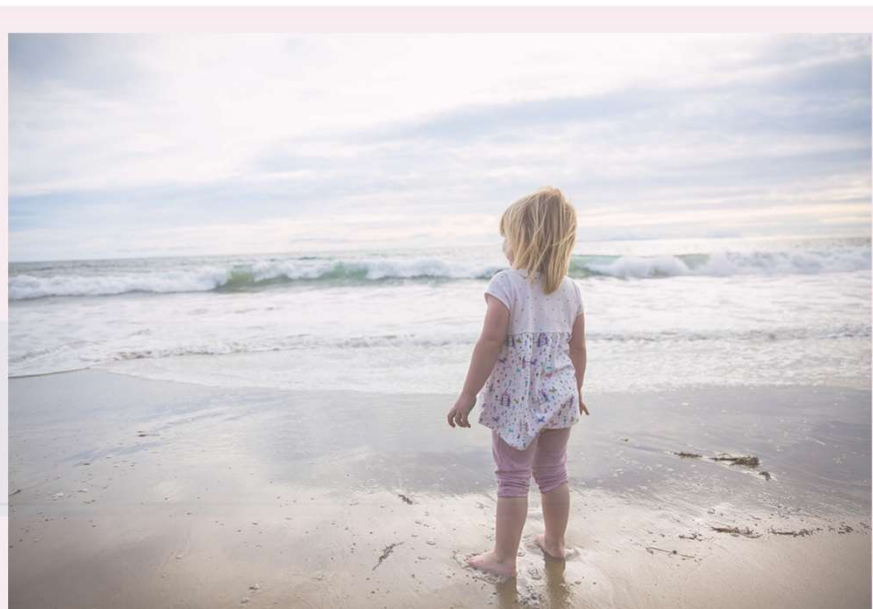
This electrical conduction brings about different [physical effects](#), such as alleviating pain, influencing immune response, promoting wound healing, impacting inflammation, improving blood flow, improving sleep, metabolic rate, and potentially preventing and treating autoimmune diseases and chronic inflammatory conditions.

[Grounding studies](#) have shown that being conductively connected to the earth deepens restorative sleep, normalizes cortisol, helps to relax muscles, and boost mood. There are a number of different ways to earth yourself. Here are a few of the most popular methods:

- **Walk or sit barefoot on the ground:** this is the simplest and most effective way to earth yourself. Simply walk barefoot on the grass, dirt, or sand in the beach.
- **Eat meals grounded outside:** grounding decreases inflammation throughout your entire body, and your gut lining is no exception. Decreasing the inflammatory response of the gut by grounding while you are eating is a great way to allow your food to digest more easily and with less discomfort, and secondarily

because grounding increases blood flow as well, your gut absorption will be enhanced too.

- **Gradually eliminate insomnia:** get up with the sunrise and go outside for 20 min of grounding during the morning hours “Grounding to the earth directly helps re-sync your circadian rhythm to the planet via the global electrical circuit, this helps calm brain waves, deepen sleep, boosts sleep quality, normalize cortisol and makes the sleep you do get more restorative.
- **Grounding during panic attacks:** grounding goes immediately to work directly stabilizing your autonomic nervous system by boosting your vagal tone, it has the power to regulate your racing heart and deepen your breathing.
- **Daily grounding for depression:** inflammation plays in depression, as higher levels of blood markers of inflammation have been found to be directly correlated with a variety of depressive symptom, grounding is not only anti-inflammatory and stabilizing, it boosts mood and energy levels as well, and can work in conjunction with any therapy, medication or treatment for depression that your physician may suggest, Incorporate grounding in your daily routine.



# Grounding: Connecting to Earth

- **Joint, ligament and tendon issues in ground water:** concrete or cement pools in gyms, hotels or your backyard provide a natural connection to Earth and offer therapeutic support as grounding reduces inflammation and pain.
- **Use an earthing mat or sheet:** earthing mats and sheets are made of conductive materials that allow you to earth yourself while you are sitting or sleeping.

There is no set amount of time that you need to earth yourself each day. However, most experts recommend earthing yourself for at least 20-30 minutes per day.

Note that while the terms "earthing" and "grounding" are sometimes used interchangeably, they refer to different concepts. [Earthing](#) involves a physical connection to the Earth's surface, facilitating an exchange of electrons that promotes overall well-being. On the other hand, various somatic practices commonly referred to as "grounding" focus on cultivating body awareness and identifying areas of tension or imbalance within the physical, emotional, and mental realms.



# Putting it all together: Your Daily Routine with Natural Rhythms

To optimize our physical, mental, and emotional well-being, we **can align our daily routines with the natural rhythms of the Earth, moon, and seasons.** Here are some suggestions to consider:

## Waking Up and Morning Rituals

Align with the rising sun: Waking up early helps regulate your circadian rhythm and promote better sleep. Aim to wake up around the same time each day, even on weekends, to maintain a consistent sleep-wake cycle.

- **Embrace the morning light:** Upon waking, open your curtains or blinds to let in natural sunlight. This exposure to blue light helps suppress melatonin production and signals your body to wake up.
- **Practice grounding:** Start your day by connecting with the Earth's energy. Walk barefoot on grass or sand or stand on a grounding mat. This practice has been shown to reduce stress, improve sleep, and enhance overall well-being.
- **Enjoy the morning sun:** Bask in the gentle rays of the morning sun for 15-30 minutes. This exposure helps boost vitamin D production, which is essential for bone health and immune function.
- **Nourish your body:** Fuel your body with a healthy breakfast that aligns with your chronotype. For morning people, a hearty meal with complex carbohydrates and protein can provide sustained energy throughout the morning.

## Mid-Morning and Work Productivity

- **Tackle demanding tasks:** Utilize your peak energy levels in the mid-morning to tackle your most demanding tasks.

This is when you're typically most focused and productive.

**Limit screen time:** As the day progresses, gradually reduce your screen time to minimize exposure to blue light, which can disrupt sleep.

## Lunch Break and Afternoon Rejuvenation

**Nourishing lunch:** opt for a balanced lunch that provides sustained energy throughout the afternoon. Avoid heavy meals that can make you feel sluggish.

**Grounding practice:** Incorporate another grounding session during your lunch break. Walking barefoot on natural surfaces or using a grounding mat can help reduce stress and improve focus.



# Maximizing Your Daily Routine with Natural Rhythms

## Mid-Afternoon Refreshment and Ultradian Rhythm Breaks

**Ultradian rhythm breaks:** Take break every 90 minutes to stretch, walk, or engage in a light activity. This helps refresh your mind and body, preventing fatigue and burnout.

## Evening Wind-Down and Restful Sleep

**Blue light reduction:** Minimize screen time in the evening, especially in the hours leading up to bedtime. Use blue light filters on your devices to reduce the impact of blue light on your sleep cycle.

**Lighter dinner:** Enjoy a lighter dinner earlier in the evening to avoid digestive issues and promote better sleep. Aim to finish your last meal at least three hours before bedtime.

**Grounding for relaxation:** Practice grounding before bed to promote relaxation and prepare for sleep. Walking barefoot on natural surfaces or using a grounding mat can help calm the mind and body.

**Relaxing activities:** Wind down with soothing activities like reading, taking a warm bath, or listening to calming music. Avoid stimulating activities like watching TV or working on the computer close to bedtime.

**Early bedtime:** Aim for an early bedtime to allow for sufficient sleep and align with the natural rhythm of the setting sun. Most adults need around 7-8 hours of sleep per night.

This is just one illustration on how to embed our 3 keys to sync with natural rhythm in our daily routine.

What would yours look like?



# Boost Your Health

Consider embarking on a personalized journey with me, your health coach.

Our 3-month program uniquely combines the insights of wellness astrology, beyond the influence of the Sun and the Moon- to uncover the underlying imbalances and hidden dysfunctions so that we can develop customized healing strategies to restore balance in your body, mind, and emotions.

We'll empower you to radiate with vitality, enhance mental clarity, and cultivate emotional balance.

[BOOK YOUR 20'  
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Do not use the information provided in this document for diagnosing or treating a health problem or disease, or prescribing medication or other treatment. Always speak with your physician or other healthcare professional before taking any medication or nutritional, herbal or homeopathic supplement, or using any treatment for a health problem.

If you have or suspect that you have a medical problem, contact your health care provider promptly. Do not disregard professional medical advice or delay in seeking professional advice because of something you have read in this document.

