

Circadian Code - Satchin Panda

This book explores the importance of circadian patterns in many aspects of our lives, from wake time a plethora of ~~stochastic~~ cascades and general well being. The sun, and the length of day have been two instrumental objects that have been alongside us since the start of our species. These two forces have greatly influenced how we optimize hormonal levels ~~for~~ according to circadian time. One consequence of such patterns we can see is the increase in cortisol within the morning caused by photoreceptors in the lower eye. This is why it is so crucial to get some sunlight in the morning, and possibly exercise to increase the response. ~~That's~~ The main premise of this book, is that the when, is also important to the what when it comes to the modulation of health. This goes from things like when you see light, when you eat, when you exercise, when you sleep. All these factors play an important role in the role of reaching optimal circadian rhythms. Some experimental systems of optimal circadian health include waking up and sleeping at the same time consistently with around 9 hours of sleep opportunity time. Eat within a restricted time period also eat at roughly the same time each day. This way

You can regulate things such as insulin to be released optimally at the correct time. The team that Satchin Panda works with has done many tests, inserting a circadian regime lifestyle into individuals who otherwise could not lose weight. These individuals show much more success while following circadian rhythms even when controlling for caloric input, this is due to the optimization of a plethora of steroidogenesis pathways and improvement in metabolic parameters. Within his work ~~that~~ Satchin Panda and his team also found many genes activating at certain points of the day causing physiological changes. As well as the circadian rhythm there is also the autonomic rhythm of optimal burning. This allows us to learn in an optimal fashion. Overall, the book explores the fundamental importance of routines with the optimization of health. These parameters range from endocrine, metabolic, glucogenesis. These factors are lowkey, not understood when taking health from a piecemeal picture holistic point of view.