# Chronophysiology

### Chronophysiology : The Timely Organization of Our Functions

How does our immune system learn when stress becomes unbearable? What enables help after a serious injury? What controls the ebb and flow of hormones and blood pressure on a daily basis? The correct answers, found in recent decades, are of the most fascinating mysteries of the human body. Almost all previously investigated life processes in the body are subject to any rhythmic variation. Hormones, neurotransmitters, sugar molecules from the food we eat, and the fighters among the blood cells show over the course of a day alternately different concentrations in the blood. For some changes the time of day is important for various reactions of the organs. However, the occurrence of disease and the intensity of their symptoms follow the impulses of internal clocks. This is especially strong for asthma, depression, and epileptic seizures.

### Nothing Happens Automatically, Not Without Reason.

An example of Chronophysiology: An alarming message reaches the brain. Perhaps there is an excess of stress, an infection, or a serious injury. In the regulation center, the nature and intensity of the response of the immune system is defined, as is the location of use. Transmitters keep our defenses informed and activated. Parallel news goes in the endocrine and autonomic nervous system. They provide necessary feedback of what the regulatory system needs to know so we are ready for interactions of hormones, nerve cells, and the immune system during every second of the day.