

Master Your Body's Natural Clock: The Secret to Energy and Weight Loss

What is Your "Internal Clock"?

Your body has a built-in "master clock" that runs on a 24-hour cycle. This clock tells your body when to wake up, when to burn energy, and when to repair itself. It is controlled mainly by the light that enters your eyes, which signals your brain to either wake you up with "energy hormones" or help you drift off with "sleep hormones."

Why This Matters For You

- **Easier Weight Loss:** When your internal clock is off, your body gets confused. It makes you feel hungrier (even when you've eaten) and makes it harder for your body to manage blood sugar.
- **A "Brain Wash" Every Night:** While you sleep deeply, your brain literally "takes out the trash." It flushes out waste that builds up during the day, which helps clear away "brain fog" and protects your memory.
- **Better Mood and Energy:** Aligning with your natural rhythm helps balance your stress hormones, meaning you wake up feeling refreshed rather than "tired but wired."

What You Can Do Today

1. **Find a "Light Anchor":** Within 30 minutes of waking up, go outside for 10–15 minutes. Even on a cloudy day, natural morning light tells your brain to start the clock, which helps you fall asleep much easier 16 hours later.
2. **Follow the "3-2-1" Ritual:** To help your body wind down, try this simple countdown:
 - **3 hours** before bed: Stop eating heavy meals.
 - **2 hours** before bed: Stop working or doing stressful tasks.
 - **1 hour** before bed: Turn off all screens (phones, tablets, and TVs).
3. **Cool and Dark:** Set your bedroom temperature to about 65°F (18°C). Your body needs to drop its core temperature slightly to fall into a deep, repairing sleep. Make the room as dark as possible—even a tiny light from a charger can disrupt your progress.

Questions to Discuss with Your Practitioner

- Based on my health goals, should I consider using a wearable tracker (like an Oura ring or Whoop) to see my sleep data?
 - I noticed I feel most tired at [Time of Day]—how does this relate to my internal clock?
 - How are my current eating habits affecting my ability to get into "deep repair" sleep?
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