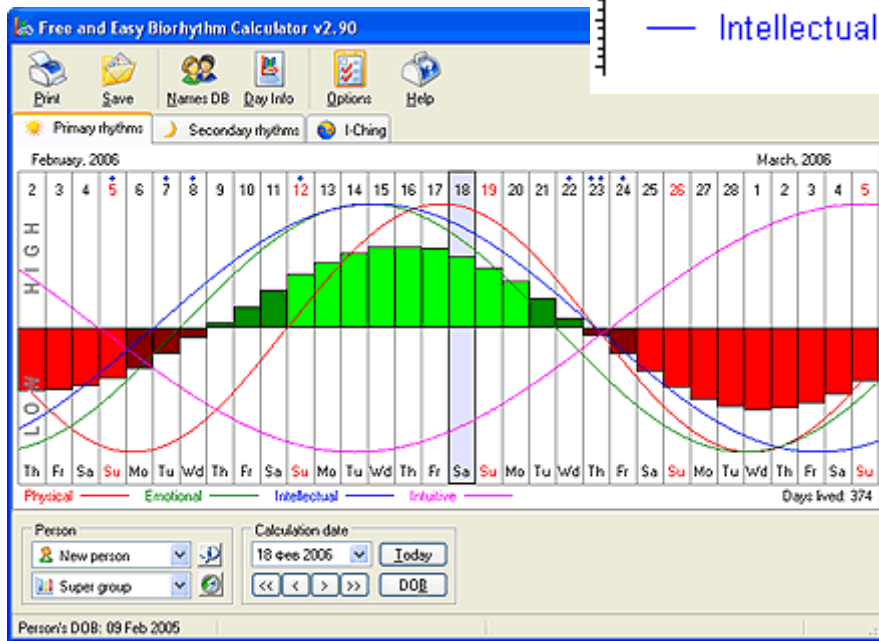
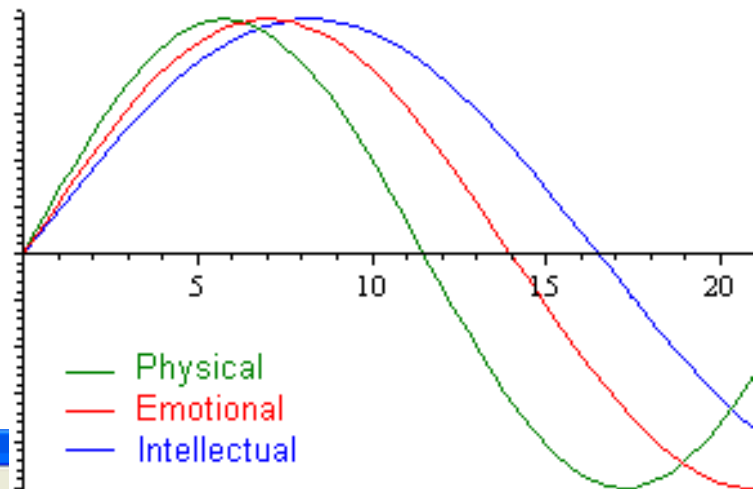


# BIORHYTHM AWARENESS



## **Introduction**

Have you ever had a really bad day?

Maybe you tripped over the cat as you were getting out of bed, ran out of gas on the way to work because you forgot that you needed to fill up, botched up a major project that the boss was counting on you to get right, and burned dinner. When it was all said and done, you probably wished that you had just stayed in bed that morning.

We all have days like that to some extent. But we also have good days. They might not stand out in our minds like the bad ones do, but everyone has them.

So why are some days horrible and others stellar?

Many of us blame it on fate. But what if I told you that you could avoid having bad days? What if you could prevent even the most devastating of mistakes, improving both your physical and mental health in the process?

You're probably thinking, "Yeah, that would be nice, but I don't have a crystal ball." But you don't need one. All you need to turn those bad days into good days is a basic understanding of biorhythms and how to use them to your advantage. There is no rocket science involved, just a few calculations that you don't necessarily even have to do yourself.

Would you like to learn more? In this report, we'll go over the history and concepts of biorhythms and discuss how you can use them to change your life for the better.

## **Is This Biorhythm Stuff for Real?**

Most people have heard of biorhythms at some point in their lives, but many just brush them off as fiction. They lump the concept into the same category as the daily horoscope, a fun diversion with very little basis in fact. They are often surprised to learn just how much research has gone into the concept of biorhythms, and that they have been used successfully to optimize performance for many years. Here is a little bit of background information on the discovery and research of biorhythms.

Biorhythms were discovered around the turn of the twentieth century. Dr. Wilhelm Fliess, an ear and throat specialist at the University of Berlin, was one of the early pioneers of the concept. He noticed patterns in his patients' symptoms and had a mathematician take a look at them. They found that the sickness cycle was different for men and women. He discussed his findings with his friend at the University of Vienna, Dr. Sigmund Freud.

Another early biorhythm researcher was Dr. Hermann Swoboda, a psychology professor at the University of Vienna. He found patterns in pain, swelling, fevers and heart attacks that were identical to those proposed by Fliess. He also found that the male cycle was related to certain traits associated with males, while the female cycle was related to certain traits associated with females. In addition, he found a correlation between dreams and thought processes and biological cycles, and proposed the theory of "critical" days, which are very important in biorhythm awareness.

Although the traits associated with these two cycles were considered male and female, the researchers believed that both rhythms pertained to both sexes. Sex hormones had not yet been the subject of studies at that time, but it was later found that hormones associated with both sexes are produced in every human body, male or female. The so-called male cycle was then associated with the male hormone levels, and the female cycle with female hormone levels.

Dr. Friedrich Teltscher of the University of Innsbruck also studied biorhythms through experiments on 5,000 students. This led to the discovery of a new biorhythm: The intellectual cycle. Dr. Lexford Hersey of the University of Pennsylvania confirmed the existence of all three of these biorhythm cycles through efficiency and accident prevention experiments involving railway workers.

Dr. Hans Swing at the Swiss National Institute of Technology did a study of 700 accidents and 300 deaths in 1939. He determined that 401 of the accidents and 197 of the deaths were related to unfavorable biorhythms. That works out to 57% and 66%, respectively.

Other studies include one involving the sanitation department of the city of Hanover. It was determined that 83% of the garbage and watering truck accidents in the city occurred on caution days. Yet another study, performed by Dr. Reinhold Bochow in Berlin, involved 499 agricultural accidents. He found that 62% of the accidents studied were related to biorhythms.

In addition to the physical, emotional and intellectual cycles, several other biorhythm cycles have been proposed and even charted. But these original three are the only ones that have been subjected to intense scientific study, and therefore the only ones that have been proven valid. That's not to say that none of the others have merit, just that they haven't been studied sufficiently.

There has been much debate over the years about the validity of biorhythms as a whole. While most scientists and medical professionals agree that man's physical and emotional states are always fluctuating, not all agree that they fluctuate in accordance with regular cycles that begin at birth. But as you can see, there are numerous studies that support the principles of biorhythms.

## **Notable Uses of Biorhythms**

A concept as useful as biorhythm awareness is bound to get some attention from corporations, governments, celebrities, professional athletes and more. Biorhythms have been used by these sectors on numerous occasions for a variety of purposes over the years. A few examples:

- German Olympic coaches have used biorhythms in the selection and training of players. This helped them find teammates who were capable of working together and schedule their training for maximum benefit.
- Many doctors and dentists have used biorhythms to schedule risky procedures such as surgery. This reduced the incidence of complications and death. It also resulted in the patients suffering less pain.
- Some airlines have used biorhythms to schedule flights for their pilots in an effort to minimize human error. A few other transportation businesses have discovered how useful biorhythms are as well.

Biorhythms have also received a considerable amount of attention in the media. They have linked biorhythms to a number of events in the lives of famous persons. For example, did you know that:

- Clark Gable had a heart attack on a physical critical day (November 5, 1960)? He died 11 days later (November 16, 1960) from another heart attack on another physical critical day.
- Marilyn Monroe died of an overdose on a day that was both emotionally and physically critical for her (August 5, 1962)?
- Judy Garland died of a drug overdose on an emotional critical day, with her physical and intellectual rhythms low (June 21, 1969)?
- President Gerald Ford pardoned Richard Nixon on a day when both his intellectual and emotional rhythms were low (September 8, 1974)?

Media attention to such events has, however, been something of a double-edged sword. While the correlations of biorhythm critical days to negative events in the lives of celebrities and politicians (and more often, their deaths) have brought attention to the concept of biorhythms, it's not really the right kind of attention. The media has largely failed to mention the ways biorhythms can be used to help prevent catastrophic events, preferring to treat them as mere indicators of fate.

In reality, biorhythm awareness is a powerful tool that has numerous beneficial applications. It can help us make the most of our everyday lives, and it can help professionals of all types consistently perform to the best of their abilities. So are you ready to learn about how to use the knowledge of biorhythms to your advantage? Well, let's get started!

## **Biorhythm Basics**

“Bio” is a prefix that refers to life. So by its simplest definition, a biorhythm is a life rhythm. It’s a cycle that our bodies go through repeatedly, starting at birth. First, let’s take a look at the three basic biorhythms.

### **The Physical Cycle**

Originally considered the male cycle, the physical cycle influences the body’s functions. It lasts 23 days.

As you might imagine, the physical cycle is related to strength and energy. It also influences coordination and sexual function. And it has shown a strong correlation with our health and immune function.

### **The Emotional Cycle**

The emotional cycle was originally associated with females. It is 28 days in length.

All manner of emotions are related to the emotional cycle. It influences our mood, creativity, sensitivity, and how well we get along with others. This cycle is unique in that our highest, lowest and critical days (which we will discuss shortly) fall on the same day of the week that we were born.

### **The Intellectual Cycle**

The intellectual cycle lasts 33 days. This cycle has been confirmed through research, yet little is known about the causes behind it. It has been theoretically linked to hormones and to thyroid secretions, but there hasn’t been sufficient evidence to support any one catalyst.

The intellectual cycle influences how our brain works. It has an effect on our ability to think logically, learn and remember, as well as our creativity and decision making.

## **How the Cycles Work**

Biorhythms are calculated using a sin equation. The equations for these three basic biorhythms are as follows ( $t$  stands for the number of days since birth):

- Physical:  $\sin(2\pi t/23)$
- Emotional:  $\sin(2\pi t/28)$
- Intellectual:  $\sin(2\pi t/33)$

Of course, you don't have to do the math yourself. That would be very time consuming, especially if you would like to know all three cycles over a long period of time. A good biorhythm chart can let you know where your biorhythms stand at a glance.

All biorhythms begin on our birthdate at zero. They move up from there until reaching their peak (100%), then back down. They once again reach zero halfway through the cycle, then proceed to dip into the negative until they reach -100%. By the end of the cycle, they have made their way back up to zero, and the process starts over. This forms a uniform wave pattern for each cycle.

Since the cycles have different lengths, we reach highs and lows for them at different times. One can be on the upswing while another is on the downswing. The three biorhythms only become synchronized at zero twice in most people's lives: At birth, and a couple of months after their 58<sup>th</sup> birthday.



## Positive and Negative Phases

The positive phase, as you might expect, is the time when a biorhythm is above zero. This is the time when we are at our best in areas pertaining to the cycle in question, but it is not without its potential drawbacks.

- On positive physical days, we have more energy and stamina, and our health tends to be better. Our sex drives are at their peak. At the highest points in our physical cycles, we might be more prone to reckless behavior.
- On positive emotional days, we are in a good mood and get along easily with others. On very high positive days, we might be overly emotional, impulsive, and prone to outbursts.
- On positive intellectual days, we are better able to solve problems, come up with good ideas, and remember things. We are eager to expand our minds, and may become bored on the highest positive days if we don't have the opportunity to do so.

Negative phases occur when a biorhythm dips below zero. These do not necessarily leave us at our worst, though. They're more like a recharging phase, so to speak.

- Negative physical days find us needing more rest, and our immunity might not be at its best. Our sex drives are usually lower, and we may be prone to overexertion and overindulgence.
- On days when our emotional cycle is in the negative phase, we may be withdrawn, preferring quiet time alone to the company of others. Some experience lower levels of emotion, while others become depressed, especially when their cycles reach the lowest point.

- On negative intellectual days, we might have a tough time trying to make decisions, be unable to concentrate, and have trouble communicating effectively with others.

Positive phases might seem more desirable than negative phases, but they are not without their dangers. And negative phases certainly have their place too. They're a time for rest, which is something that every living being needs. And when we take care of ourselves properly, negative phases do not affect us as heavily. We'll discuss that further later in this report.

## What Are Critical Days?

When analyzing biorhythms, critical days are the days to watch out for. These are the days when a given cycle reaches zero, whether on the upswing or the downswing. The days before and after critical days are known as sub-critical. Critical and sub-critical days are when we are the most vulnerable, and therefore when we need to be the most cautious. The cycle is in a state of flux, and this causes us to experience a great deal of instability.

- Critical days in the physical cycle find us more likely to have health problems. We might catch colds more easily, or preexisting health problems such as high blood pressure might flare up. We often tire very easily on these days. This is also the time when we are most likely to become injured.
- In the emotional cycle, critical days are when we are most prone to depression and other negative feelings. We often have a hard time getting along with others, and tend to be more sensitive than usual. This can also make us more accident-prone in a roundabout way. When we're upset, we sometimes fail to think before we act, making mishaps more likely.
- Critical days in the intellectual cycle adversely affect our ability to think, learn and remember. We might be less articulate, and we often misjudge or miscalculate things that would normally come quite easily to us. We might misplace our wallets or lock our keys in the car. This fluctuation in mental abilities might also cause us to be more likely to have accidents, because we just don't have the presence of mind that we normally have.

It's usually best to try to avoid activities that are governed by a given biorhythm on its critical and sub-critical days. It won't always be possible to do so, but if we know our cycles and plan ahead it will be much easier.

- On intellectual critical days, we might not want to make important decisions if we don't have to. If possible, it's also advisable to avoid important exams or job interviews on these days.
- On emotional critical days, it might be best to avoid confrontations with your friends, family or significant other. Even if we have the best of intentions and try to keep things constructive, they could become heated.
- On physical critical days, it's probably a good idea to avoid strenuous physical activity as much as possible. It's also smart to steer clear of activities that require a great deal of coordination.

Sometimes we reach a critical phase in more than one cycle at the same time. It's especially important to look out for ourselves when this occurs. It can lead to even greater instability, especially if we don't know how to handle it.

## **Should I Just Stay in Bed on Critical Days?**

Hiding under a rock on critical days might seem like the only solution. But that's not an option for most people, given the fact that we face several critical days each month. Calling in to work every time you have a critical day is not likely to win you any points with your boss, and laying low on those days isn't very convenient in our personal lives, either.

The key to surviving critical days is taking good care of ourselves every day, whether it's a critical one or not. This helps us build up reserves that we can count on when our cycles are hanging in the balance. Here are some general things we can do to minimize the effects of these natural fluctuations:

- Eat a healthy, balanced diet. This is one of the most important things we can do for our bodies. Getting the nutrients we need makes our bodies stronger and more resistant to illness and injury. It also boosts our energy levels, which can be adversely affected by changes in biorhythms.
- Exercise regularly. Sticking to a regular exercise regimen is good for us, and it can help us avoid problems on critical days. We can still exercise on critical days, it's just important to use caution and listen to our bodies so that we know when to say when.
- Get enough rest. The amount of sleep we get each night has a profound effect on our physical, emotional and intellectual wellbeing. If we fail to get adequate amounts of rest, days that should be full of positive energy might not be, and our critical days become even more critical. So make it a point to get the right amount of sleep each and every night.
- Give your brain a workout. Subjecting ourselves to mental challenges on a regular basis allows us to use parts of our brains that might otherwise be underused. This increases our alertness and makes our mental resources more readily

accessible when we need them the most. It's especially important to make sure you're using both sides of your brain.

- Protect yourself from environmental hazards such as electromagnetic fields as much as possible. These can compromise our bodies' natural defenses and sap our energy levels. Some environmental hazards can also directly make us sick, so be as aware of your surroundings as possible. While exposure to some harmful elements is unavoidable, it is possible to be safer than we would be otherwise if we are aware of these hazards.
- Take precautions. Always wear your seat belt when driving, for example, and put on protective equipment when participating in sports. These kinds of things only take a minute of your time, and in the event of an accident, they will greatly reduce your chance of being seriously injured.

Critical days are not the end of the world, they're just days when we're not usually at our personal best. But when we take care of ourselves like we should, even our worst days are not so bad. We can eliminate the wild fluctuations in mood and abilities, and just use a little extra caution on our critical days.

## **Critical Is Not Always Bad**

Still afraid to walk out the door on critical days? You might be interested to know that sometimes critical days can actually be good days. The added energy that accompanies them can give you the extra push you need to achieve more.

By definition, critical days are days of transition, either from positive to negative or vice versa. When we reach them, the cycle in question becomes unstable. This often results in a reduction of ability and control in the areas affected by that cycle, but in some cases the opposite is true. Sometimes critical days are when we have our greatest breakthroughs.

The more stable you are, the less negatively critical days will affect you. That's another reason why it's so important to take good care of ourselves in every way. If we're prepared for critical days and know how to harness the energy that accompanies them, it's often possible for us to turn them into days of great achievement.

So while critical days are best handled with careful preparation, they are not an occasion to hide under a rock. Biorhythm awareness can help us keep them from being horrible, and maybe even turn them into something wonderfully positive.

## Biorhythms and Health

Maybe you're wondering how being in good overall health can affect our biorhythms. We touched on that earlier, but here we will discuss it further.

The truth is, nothing can truly alter our biorhythm cycles. They are as regular as clockwork. No situation, medication, procedure, spell or potion can change these cycles. But keeping our bodies running efficiently can help us handle their fluctuations much better, minimizing their negative impacts and taking the fullest advantage of their positive ones.

One of the easiest ways to illustrate this point is by considering the immune system. This is the system that attempts to ward off sickness and disease, and to rid our bodies of it when it does find its way in. Its ability to function properly depends greatly on our overall health, and it can be enhanced with the right nutrients, regular exercise, and adequate rest.

It's true that on physical critical days, our immune system's function is often at its worst. But if our bodies are in good enough shape, the immune system is still working quite well, even on such a bad day. So even at its worst, chances are it will provide enough protection to keep us from falling ill.

It's kind of like comparing a professional basketball player to someone who only shoots hoops a couple of weekends a month. The professional will play better on his worst day than the weekend warrior on his best day. This is because the professional gets regular practice and training. Similarly, the immune system that is well taken care of performs better on its worst day than the immune system that barely gets what it needs in order to function.

Or perhaps you prefer car analogies. Imagine two 20-year-old vehicles of the same make and model. One has been kept in mint condition, with regular maintenance and as-needed repairs. The other has only had its oil changed once every few years, never mind



anything beyond that. If you run each one a quart low, which one do you think will fare better? The one that has been taken care of might suffer some ill effects, but the other will be more likely to end up in the junkyard. Applying this concept to our immune systems will keep them from ending up in the proverbial junkyard.

These analogies don't just apply to the immune system, or even just to physical health. They apply to our physical abilities, brain function, and emotional stability as well. The better we take care of ourselves in every way, the fewer adverse effects we will see on critical days. We will still have the same fluctuations in each cycle, they just won't be as noticeable. We won't face the intense ups and downs that we would if our bodies, minds and emotions were in poor repair.

### **Using Biorhythms to Break Bad Habits**

We can greatly increase our chances of success when making changes in our lives by paying attention to our biorhythms. Whether you want to quit smoking, cut down on overeating or stop procrastinating, biorhythm awareness can be a powerful ally in your fight against bad habits.

Finding the optimal time to start trying to break bad habits can be somewhat tricky. First you'll need to determine which biorhythm is most closely connected to the habit, and that might be easier said than done. Since quitting smoking can cause anxiety and other emotional withdrawal symptoms, the emotional cycle is probably the most important one to consider. Overeating is most often triggered by emotion, but it can be tied to physical and intellectual elements as well. Cycles relevant to specific behaviors can vary from person to person. In order to find the right one, you must examine the underlying causes of your bad habit.

Once you've determined the primary biorhythm that affects the behavior, you'll need to find a time when that cycle is at the beginning of a positive phase. That doesn't mean that the other phases are unimportant, though. If possible, you should pick a day

that isn't immediately followed by a critical day in any cycle to begin. It would be great if you could catch all three cycles in an early positive phase, but that's not always easy to do.

By following these guidelines, you give yourself plenty of good biorhythm days to get through the toughest part of breaking a bad habit: the beginning. Starting at the beginning of the positive phase that is most closely related to the habit will get you started off on the right foot, and avoiding critical days in any phase will keep you from getting knocked off track in your efforts. By the time you hit a rough spot, the worst will already be over.

### **Biorhythms in Our Relationships With Others**

Have you ever wondered why there are some people that you "click" with instantly, and others that you can't seem to get along with to save your life? Understanding biorhythms can help us understand the dynamics of our interpersonal relationships. This holds true not only for romantic relationships, but for relations with family, friends, and casual acquaintances.

Biorhythms are also useful in situations in which we must work closely with others. They are often used by employers, for instance, to put together teams to work on projects. And if you're having trouble getting along with your boss, comparing his biorhythms to yours could be quite revealing!

In romantic relationships and long-term working relationships, overall biorhythm compatibility is important. This can be figured as a percentage. The higher the compatibility percentage, the better the chance that the two people will get along well. Relationships between people with vastly different biorhythms can work, but both partners or coworkers will need open minds and plenty of patience to keep from constantly butting heads.

For short-term projects involving multiple people, participants' biorhythms can be charted for the time frame of the project, then compared to see how well they can be expected to work together on

any given day. Since biorhythms are constant over time, the percentage method will work as well, but it might be easier to analyze biorhythms for more than two people if they are represented graphically.

The fact that your biorhythms are incompatible with someone else's doesn't mean that you're doomed to have a horrible relationship with that person. It just means that you will have to work harder to get along. You'll have to be understanding of one another's strengths and weaknesses and tolerant of your frequent differences in mood and energy level.

Sometimes cyclical differences can even work out to your advantage. If one person is having a negative or critical intellectual day, for example, it might not be a good idea for him to take on the responsibility of making important decisions. But if his partner is having a positive intellectual day, he can defer the decision making to her. By understanding biorhythms, they can use their differences for the good of the team instead of clashing with each other.

Understanding biorhythms can not only save us from physical pain, it can also help us in our relationships with others. And having good relationships with others is good for our mental and emotional wellbeing. So by using biorhythms to understand our relationships with others, we can actually increase our ability to adapt to our own biorhythm changes in a roundabout way.

## What Biorhythms Are Not

By now you should have a pretty good understanding of what biorhythms are and how you can utilize them to your advantage. But it's equally important to remember what biorhythms are not.

A common misunderstanding that people have about biorhythms is that they are an indicator of luck. This is not the case at all. You won't have a better chance of winning the lottery if you play on a good biorhythm day, because you have no control whatsoever over the outcome. The numbers are chosen by random draw, and that random drawing has absolutely nothing to do with your body's cycles.

Biorhythms are also not acceptable excuses for bad behavior. If you try to tell the cops that you were driving eighty miles per hour in a fifty-five zone because you're having an intellectual critical day, you might as well start counting out the money to pay your ticket right then and there. Just because we're predisposed to bad judgment on such a day doesn't mean that we have a license to take advantage of the fact.

Similarly, good biorhythm days do not give us permission to throw caution to the wind. It's important to take certain precautions all the time, not just on critical days. Going back to the driving example, we don't get in the car and drive down the road without fastening our seat belts just because our intellectual cycle is in a high positive phase. Don't forget, overconfidence can sometimes lead to mistakes as well. And even if we drive perfectly, the driver of the car in front of us might be having a critical day and cause an accident that despite our alertness and lightning quick reactions, we just can't avoid.

And, as you've probably figured out by now, biorhythms are not our downfall. How biorhythms affect us is, in a sense, a matter of our own choosing. If we fail to properly take care of ourselves and view negative and critical days as the bane of our existence, we'll either keep making the same mistakes or find ourselves holed up in the basement for most of our living days. Keeping our bodies and minds

in good shape and using biorhythm awareness to our advantage, on the other hand, can tremendously improve our lives.

### **Biorhythm Awareness Can Change Your Life for the Better**

If you're experiencing intense ups and downs in your life, your biorhythms might be to blame. But they can also be the key to turning things around. Knowing your cycles is important, but it's only the first step toward making your life more stable. For maximum benefit, you must use that knowledge to prepare yourself for the peaks, valleys and critical days, and you must work toward improving your body, mind and spirit so that the ups and downs are less intense.

Biorhythm awareness isn't a hard concept to grasp.

But implementing it takes dedication.

It takes a sincere desire to improve yourself by making better, more informed choices. The good news is that anyone can do it. You don't need to be a math whiz or a biorhythm expert.

You just need the desire to avoid mistakes, injuries and disease, and the willpower to use biorhythms to your advantage. A biorhythm chart can do the hard work for you, but it's up to you to use what it tells you to make your life less turbulent and more enjoyable.

Understanding your biorhythms can greatly reduce your chances of having an accident. It can help you avoid sickness. It can virtually eliminate mistakes in judgment and help you improve your relationships with others. It will require some work on your part, but it's less expensive than seeking medical and psychiatric care and doesn't require potentially dangerous medications.