

**Do not eat frequent meals-** Frequent eating every 2-3 hours ( as has become the new trend) creates a vicious cycle of a constant glucose supply coming from the digestive tract. A meal of any size (including snacks, which an average human mistakenly does not count as a meal) provides 2-3 hours worth of glucose energy. After this time the body has to fall back on using up stored reserve energy of glycogen and fat. To maximize the use of stored energy; there should be a separation of a minimum of 12 hours between dinner and next morning meal and separation of 6-7 hours between day time meals. That has been the philosophy behind the cultural tradition of three meal a day routine amongst the entire global civilizations. The modern human is suffering from Insulin Resistance diseases because of a disruption in this culturally established three meal routine of thousands of years.