

Eat during the daylight hours and never after 8 PM - During the daylight hours body requires more energy for physical activity. Insulin is the hormone which helps the body use glucose for energy. The body remains highly sensitive to insulin during daylight hours to boost energy production. At night the body is in rest, repair and rejuvenate mode and has minimal energy needs. So the body shifts gear and insulin converts glucose into reserve fat energy for later use. Late-night eating after 8 PM will lead to higher blood glucose levels and more fat storage, even if one eats the most holistic food. Fat collection in liver, belly, and muscles is the main culprit in causing insulin resistance. Late-night eating also disrupts the deep rejuvenating sleep because intestines slow down after 10 PM, so the food fails to get adequately digested. That causes acid reflux, indigestion, bloating, and poor sleep.