

Dying for a good night's sleep?

LIGHTS OUT

SLEEP, SUGAR, AND SURVIVAL

Get 5-plus hours of sleep a night and:

- Lose weight
- Cut your craving for carbohydrates
- Eradicate depression
- Lower your blood pressure and stress levels
- Reverse Type II diabetes
- Minimize the risk of heart disease
- Help prevent cancer



**T.S. Wiley with
Bent Formby, Ph.D.**

T. S. Wiley

Lights Out: Sleep, Sugar, and Survival



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With regards to obesity, diabetes, cardiovascular disease, cancer, and depression, everything you believe is a lie. With research gleaned from the National Institutes of Health, T.S. Wiley and Formby also reveal: -That studies from our own government analysis prove the role of sleeplessness in diabetes, heart disease, tumor, infertility, mental illness, and premature ageing -Why the carbohydrate-rich diet programs recommended by many medical researchers are not only ridiculously ineffective but deadly -Why the lifesaving information that can turn issues around is among the best-kept secrets of our time. It began with the invention of the lightbulb. Our lifestyle wasn't literally dying for a good night' Our own survival instinct, honed over millennia, is now killing us. We't always this way. Diabetes, heart disease, cancer, and major depression are rising inside our population. m.t get more than enough rest in sync with seasonal light direct exposure, we all fundamentally alter a stability of nature that has been programmed into our physiology since day one. This sensitive biological rhythm rules the hormones and neurotransmitters that determine appetite, fertility, and mental and physical wellness., midnight, and beyond, we fool our bodies into surviving in a perpetual state of summer. When we don' When we rely on artificial light to extend our day until 11 p. Anticipating the scarce meals supply and pressured inactivity of winter, our bodies begin storing fat and slowing rate of metabolism to sustain us through the a few months of hibernation and hunger that never arrive.s rest. Wiley and Bent Formby deliver staggering findings: Americans really are sick from being exhausted. Lights Out is a single wake-up call non-e of us are able to miss.



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How Modern Lifestyle Impacts Our Health Lights Out: Sleep, Glucose and Survival by T. Finally, there is something that makes sense in the turbid bowl of soup we contact our health system. Wiley and Brent Formby is a superb book. I have browse it twice and also have purchased a duplicate for my personal library.) During Summer months, the longer amount of daylight caused us to crave carbohydrates (esp. Everything starts with a issue: Why are we all so sick? Other alternative explanations include rest deprivation itself; Why perform we have problems with diseases and syndromes that have never existed before, are present only inside our culture and have no known cures or particular treatment? From that stems other questions: What is health? What changed? In our culture we have impressed upon the thoughts of our people that healthy equals a six pack, the sexual stamina of an 18 year outdated, a wrinkle free brow and the right BMI. We are off course because our answers to these queries are incorrect. Teicholz's "Big Fat Surprise"). Rather, we should be searching backward, to the beginning, seeking the foundation of the issue and noting what changed at its inception. When it's summer time - light - we are to hunt and eat, just as much as we can for as long as we can, there is no off switch. I bought this publication and it turned place to be among the most informative, profound & most helpful book I've ever read. Following the body's biological clock designed for sleep is practical too . What will it mean to become healthy? Light. We took over the night and our bodies have already been freaking out ever since. Early humans were not exposed to artificial light during the night. Conserve our energy. That's just what the authors did in Lighting Out. Our job is to prepare for the wintertime months - dark - when food will end up being limited and we'll need to live from our accumulated fat shops. During summertime, we stay up past due, experience tremendous stress (of the hunt), eat too much and push our bodies and minds to their limits.. To sleep even more. The essence of the argument is that the human body was designed and adapted for certain cycles. Experience much less (or no) stress. Our bodies survive on kept energy and heals and fixes itself in planning for the arriving summer time. Both seasons balance each other. Inside our lives, balance does not exist. Darkness NEVER comes. Highly recommend it!" All of this light registers in your body as "summer months," it cannot fully relax or rest - it continues your systems up in anticipation of an strike or threat. Light desires sugar. Carbs! This book carries and urgent message for policy manufacturers and for all those. Inside our society, winter under no circumstances comes. A good read about sleep, modern lighting extending our times, and Circadian Rhythm. There is also, of training course, the "consensus" theory that our diet has an excessive amount of saturated fat and we exercise inadequate. It fuels our overall economy. We eat, snack, consume, snack and drink all day long and in to the "night." Our bodies do not know how to proceed. Moral of the story. Go to bed. Get some sleep, at night. Doing so will go quite a distance in helping limit your appetite for carbs, allow your body to reset itself and improve mental and physical functioning. from fire) has beneficial health results. It is not a difficult read. Totals around 200 web pages. Still reading it. Go through "Why we Sleep" (2017) and "Circadian Code" (2018) instead for much more balanced takes on the most recent science of sleep/circadian rhythms. Published back in 2000, "Lights Out" can be an ambitious book that was remarkably ahead of its time. The primary recommendations are to sleep more (in total darkness), and to avoid sugar as much as possible. The complicated hypothesis is definitely that LAN (light at night) has profound effects on human wellness as summarized below in 1-4:1. They cannot adapt because we create an ever increasing quantity of distractions and light resources - stuff that keep us heading 24/7, without rest. At night, we therefore slept a lot longer and produced more melatonin+prolactin which has many health benefits. The discovery of fire reduced our levels of melatonin (and modified our sex hormones) therefore we became fertile year-long instead of only giving birth in Summer when it had been warm. It is among those books, for me, that placed into terms, in a cohesive context, many of the thoughts and inklings I have had my entire life. sugar) so we're able to fatten up for Winter. Also, suggested are "The Big Fat Surprise", "The Case Against Glucose" and "The Salt Repair". Best things Are Free I believe Ms Wiley is a genius! (Light at

night delays the starting point of sleep and reduces our melatonin levels. This also improved our intelligence (e..4.3. The discovery of agriculture then significantly elevated our intake of carbohydrates. increasing carbohydrates/sugar consumption (due to avoiding saturated excess fat); Interesting theory about ancestral summertime feasting so as to be ready for winter season famine, but we (Homo Sapiens) result from equatorial Africa where circumstances for feeding are great year round, so the theory really just applies to Europe, etc. cave paintings during the night). The advent of electric lighting/displays has now reduced our sleep time and melatonin/prolactin levels even further, causing the modern epidemic of weight problems/diabetes/center disease and actually mental disease and cancer. LAN, which mimics much longer Summer days, also significantly increases our hunger for carbohydrates/glucose, which are now available year-long instead of only during summertime. That is a fascinating hypothesis but that doesn't mean it's right, of course. LAN has negative health effects- but there is no proof it's the primary driver of the weight problems/diabetes epidemic (aside from cancer). The richest, most well fed, preferred and pampered visitors to possess every existed. However, large farm labor burned off the fat due to carbohydrates. and one that is not scared to create it down and share with the world! Eye opening reserve about the changes contemporary lighting has brought Brilliant! It is available All over the place. (But this is mere dogma- a very wrong, bad guess- as referred to in Gary Taubes' books and esp. We are trying to answer them by looking forward, toward obtaining a magical (medical) solution (or pill) which will eliminate the problem. So it's TBD which of the factors, if any, is the true dominant one. This book also overstates its case (too many "this will kill you" assertions) and the tone is misanthropic at times. The last chapter, specifically, is the weakest using its paranoid and irrelevant asides. Also, the book predates the discovery that blue light (from displays and LEDs) during the night has the biggest negative impact on sleep. Thankfully, another person rebutted him later on. There is indeed much great details in this book. Bottom-Line: Definitely well worth reading but take it with a grain of salt. Is Light at Night harmful? We then burned off the excess fat while fasting during Wintertime. changes inside our gut bacteria (microbiome) and reduced salt consumption (due to misguided fears of high blood pressure), etc. Finally, a health book which makes real sense That a person who wrote an extended, very bad and seemingly well-argued review did a disservice to potential readers.). (Carbohydrates boost our insulin amounts which tell our body to store up fat)., and Neanderthals. It'll forever switch how you view daily living in the West. It is usually summer and we by no means stop consuming sugar. non-e which existed on a large scale before..g. Following the body's biological clock intended for sleep is practical too and when you follow the advice out of this book, you are feeling the difference as well. Great ideas, we do need even more sleep in the proper conditions (dark, silent, etc. I almost did not buy this book due to that review. The authors had been also unaware of the research that reddish/infrared light (e. I was saved. They combed a good amount of medical studies and data (nearly a third of the books pages are end notes and citations), seeking the historical introduction of heart disease, cancer, melancholy, mental illness, diabetes and other "modern" illnesses. Calorie consumption for the coming winter.S.! Must read.2. circadian rhythm disruption (due to insufficient exposure to sunlight and our contemporary habit of eating throughout the day); Thank you thus much for composing this book for all of us, and making it simple but thus impactful. Best points Are Free, like simply sleep. In the winter we are designed to rest. We sleep with the TV on, clock radio shining inside our faces, cell phone shining into nowhere, road lights glaring - we are able to now observe in the "dark.g.!Kudos.



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