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Demolishing Obesity via a Circadian Cutting-Edge Public Science

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Abstract

This article describes an innovative circadian methodology to optimize timing of nutrient assimilation to prevent obesity and minimize risks from diabetes and cardiovascular complexities. The approach is based on distributing frequent small meals during day and taking no major starchy and fatty meal overnight. Creating a circadian rhythm of food intake that does not overload splanchnic cells with torrents of substrates at wrong times of the 24-period, when insulin and the interconnected endocrinology do not work properly, is the rising public science in preventing obesity.

Key words: Obesity; Diabetes; Circadian rhythm; Public science

Introduction

Recent discoveries on ruminant animal models established a novel circadian rhythms science based on which timing of food consumption over the 24-period is of high significance in modulating cell physiology and overall body health [1-3]. As such, the future global guidelines of dietary reference intake will be obliged to take this entity into account towards healthier human in the overly modernized time of the third millennium [1,4]. The objective of this article was to create a baseline for a new global understanding of the circadian nature of life rhythms to establish disciplines in timing of food consumption and spending over the 24-h period. Principally, such a healthy program must not contradict with human evolution of cell physiology and endocrinology involving the light/dark cycle and wake/sleep period [4-7].

Innovation and Elaboration

Obesity has already gone beyond tolerance. At the very least

2.8 million people globally die each year due to overweightness or obesity. The epidemic problem of the modern age has astonished the man such dramatically that has left no momentum for thoughts and solutions. The more severe than obesity is the predisposition for a variety of deadly diseases namely cancer. Based on the World Health Organization, the pervasiveness of overweight (body mass index of 25-29.9) and obesity (body mass index of >30) were highest in the Americas (62% overweight of both genders, and 26% obesity) and lowest in South East Asia (14% overweight and 3% obesity). In Europe, Eastern Mediterranean and Americas over 50% of females were overweight [8].

Thus, demanded more than ever progressively is a feasible public science that can innovatively address how to everlastingly help prevent obesity and maintain a balance between nutrient input and output especially in the static style of the modernized life. Any effective doable strategy to knock down the mechanisms underlying obesity must involve extent, rate

and, as now becomes obvious, the timing of nutrient intake and use [9,10]. Creating optimal circadian rhythms of nutrient intake (e.g., feeding, drinking, inhalation, skinning) and outtake (e.g., exercise, pregnancy, secretion, lactation, excretion) will be an eventual frontier to synchronize cell dynamics with the environment. In other words, internal and external conditions of human physiology must optimally match [10-13].

Limiting the extent of food consumption for each and any meal, lowering the rate of intake at each meal, stably distributing the frequent meals during day time (dawn till dusk), restricting serious night eating of starchy and fatty foods (except from light fruits and vegetables), and shunning any large evening and night high-energy food meals are amongst the workable guidelines being developed. Although they may sound very simple to follow when just writing or reading, but in reality what makes the modern human embarrassed is simply overlooking, reluctance, and most likely the lack of willpower to practice them. Therefore, education, education, education and then practice are priorities in establishing such circadian rhythms in today's life of nutrient intake and outtake.

Pragmatic Conclusion

A global pragmatic circadian approach is being developed to establish rhythms in timely consumption and expenditure of nutrients. Optimizing the timing of food intake and accordingly regulating nutrient outtake via physical activity involves reducing intake extent and rate for each meal and eschewing sizable meals in evening and overnight when instead fruits and vegetables may be more healthfully taken. Research escorted with education and practice must flourish to enable everlasting success in razing obesity.

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