

## We are Circadian Beings, Lets Act Like Them

Presented by John Douillard DC, CAP

John Douillard DC, CAP authored seven Ayurvedic [health books](#) with bestsellers *Eat Wheat* and *The 3-Season Diet*. He is a repeat *Dr. Oz Show* guest, former Director of Player Development for the New Jersey Nets NBA team and creator of [LifeSpa.com](#)—where ancient Ayurvedic wisdom meets modern science with 11M+ [YouTube](#) views and 105k+ newsletter subscribers.

Circadian science explores the health benefits of the solar rays at sunrise and sunset. <https://lifespacom/ayurvedic-lifestyle/dinacharya-ritual/sunrise-sunset-ayurvedic-rituals/>

Studies have confirmed that the Ayurvedic dinacharya or daily routine schedule is in sync with nature's circadian rhythms or light dark cycles. Adhering to the proper activity during the vata, pitta and kapha times of day are linked to circadian balance, health and longevity. <https://lifespacom/ayurvedic-lifestyle/circadian-rhythm/circadian-ayurveda/>

Studies show how morning sun exposure can support better sleep cycles, melatonin production, dark cycle detox and mitochondrial energy required to lower evening cortisol. <https://lifespacom/health-topics/sleep/5-ways-the-sun-can-help-you-sleep/>

Soil microbes change from one season to the next. Gut microbes of hunter gatherers change seasonally suggesting the human diet should be seasonal balancing vata in the winter, pitta in the summer and kapha in the spring. <https://lifespacom/diet-detox/seasonal-science/>

Questions:

1. How do the solar rays change from sunrise to sunset and what are the health risks and benefits?
2. What are the best activities morning activities according to Ayurveda?
3. What are the best meal times according to Ayurveda?
4. How much sleep is ideal according to Ayurveda and circadian science?
5. What are the five ways the morning sun can help you sleep?
6. How do the microbes in the soil and your gut change form spring to fall?