Live Lifestyle Medicine

Eugene Plant-Based Providers monthly newsletter

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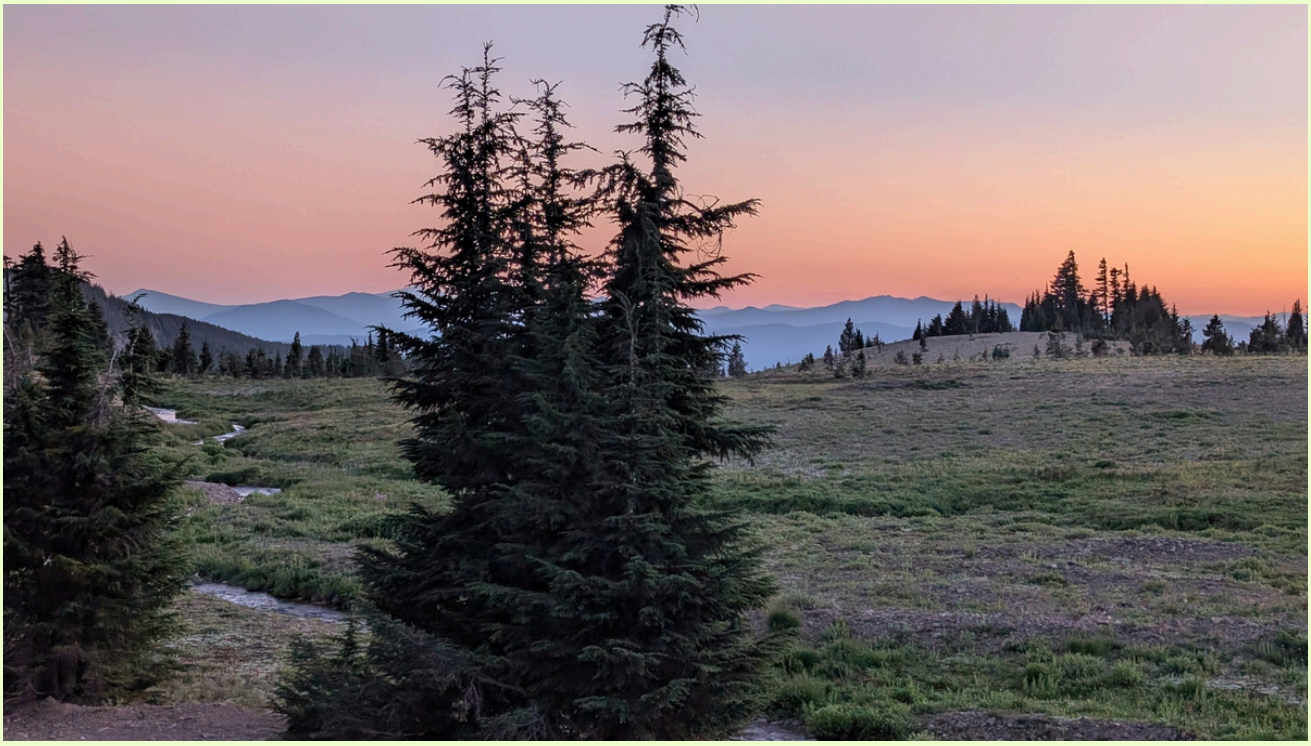


Photo by Auriana Koutnik

The Circadian Code

Article by Jamie Gorbet, Eugene Plant-Based Providers board member

Satchin Panda, PhD, grew up in India between two worlds that were 100 years apart. In town, where he lived with his parents, there was electric lighting and a fairly modern existence, but during summer and winter breaks, he visited his father's family at their rural farm where for most of his childhood, there was no electricity. The only nighttime light that existed came from kerosene lamps that were lit for just a couple hours in the evening due to the expense and government rationing of kerosene at that time.

This provided a firsthand experience in how a rapidly evolving industrial society disrupts the interconnectedness of life, including our own biological rhythms. Losing his father in junior high to a sleep-deprived driver likely gave him insight into the importance of our biological rhythms and the motivation that eventually propelled him to devote his life to

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Live Lifestyle Medicine is a program supported by the Eugene Plant-Based Providers. To learn more, see: www.livelifestylemedicine.com. Newsletter edited by Auriana Koutnik.

PLANT-POWERED 50K PERFORMANCE

Live Lifestyle Medicine newsletter editor Auriana Koutnik ran the Perpetua Coast 50K last month, traversing approximately 31 miles of sandy beach, coastal highway, and steep forest trails above the Cape Perpetua Scenic Area on the central Oregon Coast.



The Perpetua Coast 50K, which also serves as a trail national championship course, features 5,700 feet of elevation gain and loss. Auriana finished the course in 7:36:22, placing third in her age group. This was her third 50K.

Auriana has been vegan for nearly 9 years, and credits her running achievements in large part to the power of a plant-based diet and other Live Lifestyle Medicine principles.

“It's wonderful that the Eugene Plant-Based Providers group offers the Live Lifestyle Medicine courses free to the community,” she said. “And the program's social events, like the potluck and movie nights, are a great opportunity to meet like-minded people who aim to live a healthy lifestyle.”



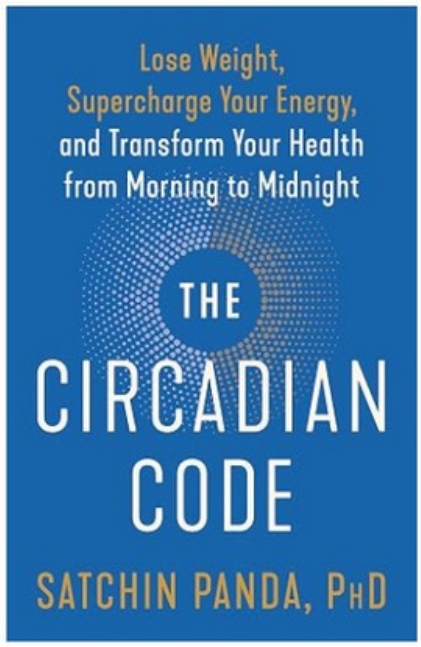
Photos by James Holk, courtesy of Daybreak Racing

Running through the sun-soaked old growth forest above Cape Perpetua. Top photo: Cruising above the clouds after climbing up to the Cape Perpetua Overlook, 800 feet above the ocean.

THE CIRCADIAN CODE

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understanding the function and necessity of them.



His book, The Circadian Code, is divided into three interrelated sections. The first section describes in minute detail how our body responds to outside cues such as light and timing of eating, the second is about how to sleep better, and the third how to eat in a way that works with your circadian code, exercise, work, learn, and adapt your environment to protect your circadian code. He emphasizes the importance of getting bright light first thing in the morning, preferably outside, but in any way you can, including driving w/out sunglasses, sitting by a window at breakfast, or just turning on bright lights.

He believes that any person who stays awake for more than 3 hours between 10 p.m. and 5 a.m. has the same compromised sleep pattern that an average shift worker does. So, he asserts that in essence we are all shift workers.

Through his research and that of others, it is now known that we don't just receive cues from our outside environment that affect our wake and sleep cycles, every single organ in our body contains its own clock cells. This means that any slight disruption in bed, timing of first exposure to light, or eating times, creates a cascading mess of organ disruption that can take days to reset. Even an hour difference in sleep, wake, or eating time is problematic.

Why do we care? Because it is well documented that all “shift workers” (all of us) have more diabetes, obesity, gastrointestinal, and cardiovascular diseases. He advocates for careful, nutritious eating but also states that with an 8-12 hour eating window, most mammals will much more easily maintain a healthy body weight. He calls this practice “Time Restricted Eating” and mentions that the notion of night owls and morning larks has not been shown to be true in the research. Also, he notes that Time Restricted Eating has been shown to assist with sleep longevity and quality.

In addition, it is vital, he says, to realize that your last sip or bite of the day and your first, even coffee, start the clock. If we fudge on the circadian rhythms of eating, essential bodily cleaning functions are compromised and we will wake up feeling foggy or not refreshed. Snacking after our dinnertime is not an option at all because it compromises our complex and interdependent restorative bodily functions. We can all build our Circadian muscle a little bit at a time and reap big benefits from these small and sensible bits of wisdom.

LIVE LIFESTYLE MEDICINE POTLUCK

The Live Lifestyle Medicine program held its end of class series plant-based potluck for program participants on Sunday, October 11.

Several dozen people gathered for the event, held at the Seventh Day Adventist Church in Springfield. Attendees brought their favorite whole-foods, plant-based appetizers, entrees, desserts, and more. Salt, sugar, and oil were kept to a minimum, in alignment with Live Lifestyle Medicine principles.

Participants brought their own plates and silverware, smiles, and plenty of good conversation to share.

Stay tuned for details about the next potluck.



Attendees brought their favorite whole-foods, plant-based appetizers, entrees, desserts, and more.



Photos by Dr. Charlie Ross

Potluck participants enjoyed myriad tasty and healthy plant-based dishes.

Bringing lifestyle medicine to the community, to improve lives, one plant-based kitchen at a time...

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