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Circadian Health Test

How to support your hormonal balance?

What is a Circadian Rhythm?

Hormones control your health and longevity. And hormones can only be optimal when they are released at specific times. One of the major cycles we need to pay attention to is our circadian rhythm - **whether our hormones are released as designed within every 24 hour period.**

Here are some examples of the most commonly known hormones:

- Testosterone: it's supposed to be the highest at around 10am.
- Cortisol: highest around 4am, to start waking us up.
- Melatonin: produced during the day via sun exposure and activated at night, after 3 hours of darkness, to repair our cells during sleep.

The human body has been equipped with elements that are designed to keep track of time: remarkably, there is a clock in front of every gene in your body. And they all synchronize to **the master clock located in your brain...**



A circadian rhythm is a roughly 24 hour cycle in the physiological processes of living beings, including plants, animals, fungi and cyanobacteria.

Hormones reign your body.
You need your hormones releasing timely, to achieve weight loss & optimal health.

Circadian Rhythm's Link to Inflammation

Imagine that your body is an airport.

And your brain is the air traffic control tower.

The traffic control tower cannot do its job, if it doesn't have a grip on precisely what time it is. Incoming and outgoing airplanes will crash into each other.

In the same way, if our control tower - the master clock in the brain - operates on wrong time, all cell clocks sync up to that wrong time, and that creates chaos.

And chaos within our body is called... inflammation.

That's why circadian rhythm is so important. Having a robust circadian rhythm will allow your hormones to fall into place and the necessary cell regeneration to occur, so that you can enjoy optimal health.



Hormonal & Metabolic Health
is Impossible without
Circadian Health.



CHAPTER I

How Different Sunlight Frequencies Benefit the Human Body

The Human Body Decodes Sun's Color Wavelengths

Pro Tip:
Never miss a sunrise.

Red Light

Predominant wavelength at sunrise and sunset. At least 43% of sunlight during the day is red light. Red light is deeply healing. It's the spectrum of light that expands our cellular water the most - increasing our cells' battery charge.

Blue Light

Blue light from the Sun is at its maximum at solar noon. We have photoreceptors in our eyes and our skin that use the blue light signal to determine what time of day it is. That's why blue light from electronic devices and artificial light is so harmful - it sends a wrong time signal.

Ultraviolet

Ultraviolet makes our blood vessels release nitric oxide that dilates our capillaries. Then blood is able to pool to the surface of the skin and get ultraviolet light (that doesn't penetrate deep into the skin). That's the magnificent design of the human body - it allows for hemoglobin in the blood to be close enough to the surface, to be irradiated by sunlight and shuttle it around to all the cells in the body, where it's used for energy production (inside of mitochondria).



Isn't the Sun Toxic?

At the beginning of the 20's century, hospitals were still equipped with outdoor beds where patients would recover in the Sun, post-operation.

Studies show that malignant melanoma skin cancer is considerably higher in office workers. The lowest risk was in people whose main outdoor activity was sunbathing.

A 2016 meta-study done in Sweden concluded that avoiding sun is worse for your health than smoking.

It's the blue-rich indoor lighting and electronic devices that disrupt our natural light environment and lead to disease.

When people have an adequate vitamin D level, it decreases the risk of ANY cancer. The biggest source of vitamin D in nature is the Sun.

Nature's 3.8 billion year research study is the biggest one yet. Connecting back to Nature and emulating our ancestors' lifestyle is the ultimate blueprint for optimal health.



Other Ways the Sun Interacts with the Human Body

The Power of Your Tan

Your tan is made up of melanin.

Did you know that we also have melanin on the inside? A lot of it is in the brain in the area called substantia nigra, and it's present in all glands, and in the gut.

Science is only now starting to catch up with the significance of melanin in human design:

Among other things, melanin converts chemicals into fuel.

Logically, a lack of melanin will lead to a lack of energy, which in turn will lead to disease.

Surprisingly, our body is capable of transferring melanin from the skin surface, when it becomes depleted on the inside.

A lack of melanin leads to localized problems: from discoloration of the skin (vitiligo) to kidney stones (lack of melanin in kidneys), to colon cancer (lack of melanin in the gut), etc.

FUN FACT:

Melanin excretes heavy metals from of your body through the hair follicles.



Other Ways the Sun Interacts with the Human Body

Good Mood & Regeneration

Some of the chemicals that our body produces that allow us to enjoy a boost in mood and good sleep are made up of aromatic amino acids: **tryptophan, tyrosine & phenylalanine.**

These amino acids absorption spectra are 200-400nm of light. That is the Ultraviolet range. No wonder we are designed to feel good in the sun!

Some examples:

Melatonin is the master anti-oxidant that is the main anticancer chemical that our body produces.

Melatonin is made up of serotonin (the happiness hormone) and serotonin is made from tryptophan.

Dopamine - the neurotransmitter of achievement and satisfaction, is made from L-DOPA, which is made of tyrosine and phenylalanine.





CHAPTER II

The Ancient Human Health Pathway that is Controlled by Sunlight

Circadian Rhythm's Link to Obesity

The 'Accountant' Hormone

The weight / energy balance in the body is controlled by the Accountant Hormone (leptin).

It's secreted by fat cells and it's designed to report to the brain on the amount of fuel that is available, so that the brain can make a decision whether it's time to hoard fat or burn it off.

The correct functioning of this hormone - the master circadian hormone that works by light - is the most important aspect of fat loss and circadian health.

The 'Fat Storage' Hormone

Once the Accountant Hormone is off, other hormones get affected.

One of them is the Fat Storage Hormone (insulin).

Then cells become less receptive to the Fat Storage Hormone trying to dock at them, and the person's blood sugar stays high, which can lead to obesity, diabetes, Alzheimer's, cancer and other modern disease.





CHAPTER III

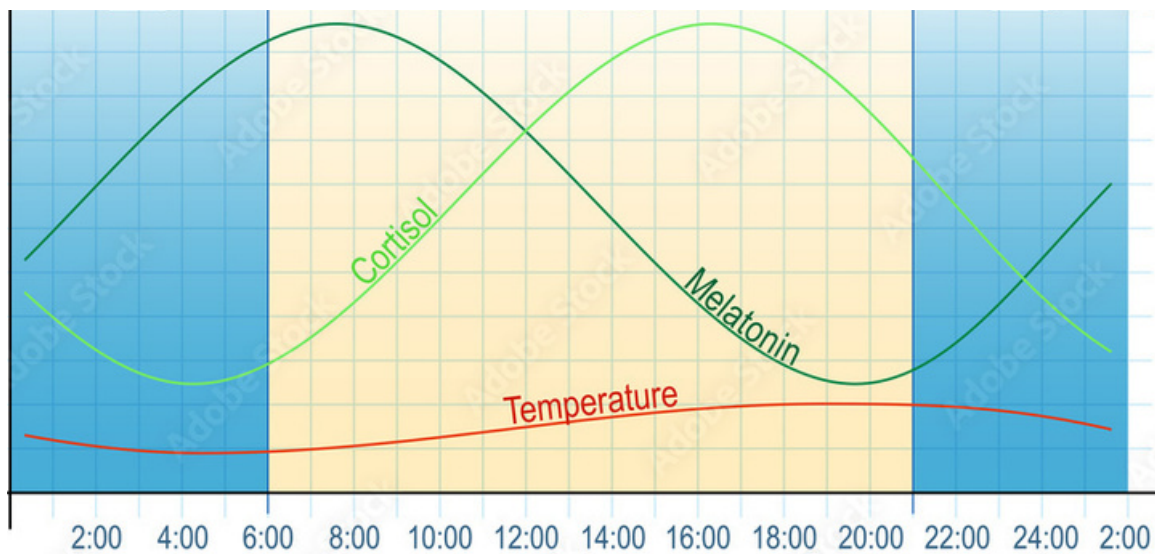
‘Light & Dark’ Cycles for Sleep & Clearing Out Cancerous Cells

The Anticancer Hormone

The Role of Melatonin

Melatonin is the hormone that enables **cell repair and clearing out of cancerous cells.**

In order to ensure the proper release of melatonin a few conditions must be met. Among them: exposing yourself to natural sunlight during the day and blocking artificial light at night.



Melatonin and cortisol (stress hormone) work on opposite schedules.

That's why people with dysregulated melatonin will have dysregulated cortisol and vice versa. Checking these hormones is one way to see how a person's circadian health is.

After this quick overview you now understand why having a robust circadian rhythm is equivalent to having well working metabolism and hormonal balance.

It's Time to Take the Test

Find your Circadian Health Test on the following page.

Mark True (1 point) or False (0 points) next to every question, then sum them up.

Then, on the following page check out what your results mean.



Circadian Health Test

1. When you awaken, you feel refreshed like you slept well True - 1, False - 0
2. You naturally start to feel sleepy about an hour after sunset, and consistently wake up just before sunrise, even on weekends True - 1, False - 0
3. You are generally in a good mood, feeling content about life True - 1, False - 0
4. You do NOT rely on caffeine for an energy boost (true - yes, false - no) True - 1, False - 0
5. You can comfortably skip meals, and don't need snacks True - 1, False - 0
6. You keep track of your Vitamin D levels True - 1, False - 0
7. You tolerate cold very well True - 1, False - 0
8. You consistently block artificial light, especially after sunset True - 1, False - 0
9. You are lean, have no excess fat True - 1, False - 0
10. You are calm most of the day with an occasional burst of stress, which you quickly take under control True - 1, False - 0

TOTAL: _____

Test Results

If your test results are unsatisfactory, do not despair!

As humans, we have ancestral programs deep within our body that are dormant unless we provide the right signals.

That's why so many people lose weight, heal from chronic diseases and turn their life around. **You can do that, too!**

1-5

Poor
Circadian
Health

Consider being proactive about improving your circadian habits. You don't have to endure low energy & weight gain!

6-8

Average
Circadian
Health

Your circadian health could be better - consider looking into adding a couple of healthful practices into your day!

9-10

Optimal
Circadian
Health

Congratulations! Your circadian health is on point. Keep it up to enjoy great metabolic health and longevity!

About the Author



Daria Machold

I believe it's a blessing when we can turn our pain into purpose.

That happened to me - I tried to lose weight for decades, by dieting, by starving myself, and by a daily use of cardio machines. Until I figured out that the hamster wheel of keeping the calorie deficit score would never allow me to enjoy life. I started to look to Nature and human evolution for all the answers. And I found them.

My physical transformation led me to start living in my truth: I got certified as a health coach, left my office job, got a divorce, and turned my life around.

Since 2018 I have been living my passion, helping women get unstuck and finally leave their old patterns behind, so that they can regain their health, confidence, and THRIVE.



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