



The 10,000 Toes Campaign presents:



Health Keys



Body Rhythms

Years ago a popular music style was called "rhythm and blues"...

I don't recommend this music, but this catch-phrase describes very well what we will speak about today.

PATTERNS



Have you ever noticed that your body seems to follow patterns?

You feel awake at certain times....tired at other times....hungry at certain times of the day.

That's because your body was designed with rhythms – regular patterns that help everything function smoothly.

But in today's world, those rhythms are often disrupted. We tend to

- eat at irregular times
- snack constantly
- stay up late and
- push through when we are tired.

Lost Rhythm

Does it matter?



When rhythm is lost, the body has to work harder, and over-time it affects our health.

Tonight, let's dig deeper into a number of ways in which our bodies are built to thrive with healthy rhythms.



Internal Rhythms

- **Stomach (digestion)**
- **Liver (detox)**



There is not one system in the human body, that does not get affected by rhythms and rest.

The stomach does the best digestion work, when we eat meals at regular times, and nothing in between.

Did you know that between each meal, the stomach **MUST** have a rest period where there is no food to digest. Without this gap for recovery, the stomach fails in its work and food becomes rotten inside our gut.

Let's look at another organ.

The liver's clean-up work happens optimally when we eat our main meals early in the day, and go to bed with an empty stomach. We should do this every night, because without hours of sleep when digestion is **NOT** taking place, the liver cannot sufficiently clean your blood.

This is why it is proven to be most healthful to eat meals 5-6 hours apart during the early part of the day, and go to bed with an empty stomach, to give the stomach and the liver the best opportunity to do their respective jobs most effectively.



Internal Rhythms



- **Stomach (digestion)**
- **Liver (detox)**
- **Pancreas (insulin)**



Your pancreas can best regulate your blood sugar level if, and only if you eat regular meals at regular times, with no snacking in between.

And .. in a nutshell (a simple summary)..

Without sufficient sleep, it is impossible for your cells to take up and use sugar correctly.

How crazy is that?



Internal Rhythms

- **Stomach (digestion)**
- **Liver (detox)**
- **Pancreas (insulin)**
- **Adrenal glands (cortisol)**



Adrenal glands sit like little caps on top of your kidneys.

Their job is to regulate hormones like cortisol and other stress hormones...

But this gland can only function at its best, if you have enough rest at regular times.

Without sufficient rest every night, and going to bed early enough, these hormones do not work properly, and negatively affects your entire body's health.

These hormones influence each and every other organ system.

Sleep and sufficient rest so seriously impacts these hormones, that a long-term lack of sleep can actually trigger diabetes and various other serious health problems.



Internal Rhythms

- **Stomach (digestion)**
- **Liver (detox)**
- **Pancreas (insulin)**
- **Adrenal glands (cortisol)**
- **Brain (character, memory)**



There are so many other organ-systems that work on rhythms. We won't have time to discuss them all of course.

But let's look at the main control-centre of the whole body!

The brain is an organ like none other. Its intricate processes, electrical and chemical pathways... they all require rest.

Memories cannot solidify...

Information cannot store properly...

Toxins cannot clear out sufficiently...

Electricity misfires...

Chemicals become imbalanced...

All these problems occur when a person does not live by healthy wake-sleep-cycles.

Depression & Anxiety

- Affects young and old
- Global problem
- Drastically worsened by lack of sleep & increased use of technology (screens, social media, etc.)



Did you know that even depression and anxiety is directly affected by daily rhythms?

People who wake up early, go to bed early, and sleep sufficiently each night, tend to have much lower rates of depression and anxiety than those who are chronically sleep-deprived, or people who go to bed late and sleep late in the morning.

This is a rising crisis affecting both young and old, all over the world.

We also make it worse by screen time just before bed!



Think about a drum beat. When the rhythm is steady and consistent, it sounds good. But if the rhythm is random and all over the place, it becomes just noise.

In the same way, when our daily habits are out of rhythm, the body struggles to function smoothly.

Here you can see an example of a healthy rhythm.

Regular time for sleep.

Regular meals

Spacing meals far enough apart to allow the stomach to work and have a rest (can you remember how long that should be, from our talk the other night? Yes, 5-6 hours between meals, no snacking!)

And a regular rhythm of winding down, telling the body that it is rest time by, for instance, not eating a heavy meal before bed.

All the way back at creation, God created air, sunshine, water, day and night, awake time and sleep time.



Tonight we have seen once again that
God designed the perfect rhythms for health.

But when that rhythm is broken, the body has to
work harder...
and over-time,
and it affects our health.

The good news is, when we restore the rhythm, the body begins to respond—because the
design hasn't changed.

So here's your challenge for the next 24 hours:

- Eat in Rhythm
- Eat your meals at regular times
- avoid snacking
- drink water between meals, not with meals

Give your body time to work... and time to rest.

It's a simple step—
but it's a powerful way to bring your body back into harmony.
Restore the rhythm... and take another step toward better health.



Want to unlock **more?**



REACH OUT!

If you would like support in your health journey, please join me at the end of the program, for a chat.