

Circadian Timing of Eating and Exercise towards Optimal Lifestyle: A Postmodern Approach

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This editorial aims to propose a new postmodern strategy to optimize health through optimizing the circadian time of eating and exercise. This written also serves as a global call for further research on this topic. Recent findings suggest that evening instead of morning feed delivery improves circadian feed intake and rumen fermentation, and thereby, increases milk production in lactating dairy cows [1-7]. This in mind, it is notable to indicate that ruminants are very different than humans in eating behavior, gut nutrient assimilation, and intermediary metabolism. For instance, ruminants rely mostly on rumen fermentation of the feeds eaten, whereas humans do not have pre-gastric fermentation and possess only some post-gastric hindgut fermentation. As a result, the majority of feed energy comes from volatile fatty acids produced during rumen fermentation of feeds in ruminants.

Humans have evolved to have higher energy requirements during morning and day time because evening is for rest, preparing the body for night sleeping. Normal humans show higher intrinsic circulating glucose levels in the morning and have a daily rhythm in glucose tolerance [8,9]. However, ruminants usually exhibit two main eating/grazing activities, one in early morning and another in late afternoon and early evening. Consequently, they ruminate mostly overnight. Taken these together, humans are expected to respond differently to time of eating and exercise, when compared to ruminants. Since, glucose metabolism in humans is higher during day than overnight, it is proposed to not overload the body with nutrients overnight. This suggests that large evening meals should be avoided to reduce risks from obesity and diabetes. Accordingly, evening exercise may enable the human body to more effectively and healthily utilize nutrients. However, this would not mean that evening meals could be larger if preceded by evening exercise. Instead, it implies that evening meals should in any circumstances

be limited in size and be complemented with exercise to reduce metabolic disorders and health issues. To note, it is suggested to considerably reduce the evening and night eating of the foods that are high in energy (fats, sugars, starches, and proteins). This would not include fruits and vegetables that are rich in fiber, vitamins, minerals, and functional known and unknown nutrients. Fruits and vegetables are not indeed concentrated as much in energy.

Future research will need to further extensively experiment and analyze the theory that circadian time of eating and exercise matters in affecting human health and life quality. Public education must be continually revisited and refined and underline the significance of optimizing eating and exercise time in approaching optimal lifestyle and life quality for postmodern humans.

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