

## ENERGY CYCLE of the BODY

|  |   |  |   |   |  |      |   |    |      |   |    |   |   |   |      |   |   |   |      |    |    |   |     |
|--|---|--|---|---|--|------|---|----|------|---|----|---|---|---|------|---|---|---|------|----|----|---|-----|
| 2am  | 6am   | Noon   | 6pm   | 10pm  | 2am  |      |   |    |      |   |    |   |   |   |      |   |   |   |      |    |    |   |     |
| Below 2900°K<br><sleep zone><br><br>Involuntary<br><Breathing>   | Light Temp. – 5000°K to 6800°K to 5000°K<br><work Zone><br>Need temperature of light to be 5500°K to effectively work<br><br><----- <b>Voluntary Breathing</b> -----><br>Breathing: 5 minutes 5 x a day <b>ENERGY: 56% - Breathing-REST 24%</b><br><b>15% - Water</b><br><b>5% - Food</b> |  |   | Light Temp. 4500°K<br><Transition>  | Light Temp. 2900° to 1000°K<br><sleep Zone><br><br><Involuntary Breathing><br><br><b>24% of Energy is through rest</b><br>by skin from air and electricity |      |   |    |      |   |    |   |   |   |      |   |   |   |      |    |    |   |     |
| 2am  | 6am   | Noon   | 6pm   | 10pm  | 2am  |      |   |    |      |   |    |   |   |   |      |   |   |   |      |    |    |   |     |
| PERIOD of MAXIMUM ELIMINATION<br>Time of cleaning waste<br>out of tissues<br><br>← <b>Water</b> →<br><br>Conclusion of REST<br>CYCLE – extra cleaning<br>requires more rest for<br>maximum cell cleaning<br><br>Number of Glasses<br>of water: | Time of eliminating waste<br>from body<br><br><b>Fruit Only<br/>or juices</b><br><br><b><u>5 Glasses</u></b><br><b>4-6-8 ounces</b><br><b>per hour</b>  | PERIOD of MAXIMUM<br>DIGESTION<br><br>← <b>Digest</b> →<br><br>*See Below<br><br><b><u>1-2 Glasses</u></b><br><b>4-6-8 ounces</b><br><b>per hour</b> | ← <b>Assimilate</b> →<br><br>Digested Food is<br>being assimilated<br><br><b><u>2-3 Glasses</u></b><br><b>4-6-8 ounces</b><br><b>per hour</b> | ← <b>Rest</b> →<br><br>PERIOD OF<br>MAXIMUM REST<br><br><b>Summer</b><br><b>11pm – 3am</b><br>with Daylight Savings | PERIOD of MAXIMUM<br>ASSIMILATION of ENERGY<br>for REBUILDING TISSUES<br>AND RECHARGING CELLS  |      |   |    |      |   |    |   |   |   |      |   |   |   |      |    |    |   |     |
| 2am  | 3   | 4  | 5   | 6am   | 7  | 8    | 9 | 10 | Noon | 1 | *2 | 3 | 4   | 5 | *6pm | 7 | 8 | 9 | 10pm | 11 | 12 | 1 | 2am |
| 7000   | 6000  | 5000   | 4000  | 3000  | K 2000   | 1000 |   |    |      |   |    |   | <b>*Eat meat before.</b> Meat takes 4 hours to digest if eaten by 2pm<br><b>*Stop eating</b> by 6pm<br><b>Eating after 7pm takes 2-3 times longer to digest</b><br>Be in Bed<br><b>Be in bed in summer</b><br>The intensity of light determines the activity of the body.<br>The body rests best when the sun's intensity is low. 10-2 or 11-3am.<br>*Do not drink water for 30 minutes prior to meals. (You may drink 3 to 4 Oz. of water, depending on your body weight, to take supplements before your meal. After eating, drink water for: *(1hour) for Fruits and Non-starchy vegetables *(2 hours) for at least starchy vegetables (like carrots) *(3 hours) for grains, starchy vegetables * (4 hours) for meats. |   |      |   |   |   |      |    |    |   |     |