

# MINDBODY MED

NEWSLETTER



## WHY EARLY MORNING LIGHT EXPOSURE WILL MAKE YOU MORE PRODUCTIVE

BY DR. CHEVIGNY

Circadian rhythms are biological processes that change in predictable ways during the course of our day. They affect hormones (e.g., cortisol, melatonin), biomarkers (e.g., blood pressure, heart rate, cholesterol, body temperature), and virtually all physiological processes. Disruptions in these rhythms have been linked to premature aging, many diseases, and metabolic issues like weight gain. In order to minimize our odds of these unwanted health outcomes, and produce robust health, circadian rhythms must be consistently adjusted to be in synch with the natural world's light-dark cycles. Early morning sunlight acts as a primary timing cue for our light-sensitive circadian rhythms. It's like resetting a clock that was either ahead or behind. When thinking in terms of circadian rhythms, it's important to consider what you do and when you do it...timing matters. In this case the "what" is exposing our eyes to some sunlight every day, and the "when" is early in the sun's day. Living in the Northwest makes this more difficult especially in the winter months since we often awake before the sun has risen. Full-spectrum lights are also effective in these instances.

## IN THIS ISSUE

- EARLY MORNING ROUTINE TO INCREASE PRODUCTION
- IMPROVE YOUR HEALTH WITH THIS ONE THING
- EXPERT COMMENTS

**Referrals  
are the best  
compliment!!**



## IMPROVE YOUR HEALTH WITH THIS ONE THING

The idea that we can benefit from ending a morning shower with 30–90 seconds of cold water is supported by a recent study titled “The Effect of Cold Showering on Health and Work.”<sup>4</sup> The main finding of this work was that people who regularly ended their showers with a brief burst of cold water had fewer sick absences from work. The study participants were asked to continue to take showers for as long as they desired with the water temperature as warm as they liked. They were also asked to end the warm shower with a brief exposure to water as cold as they could get it. Since the study was done in the Netherlands in January, this level of cold was quite cold (in the low 50’s degrees F). The participants were divided into 4 groups: 30 seconds, 60 seconds, 90 seconds of cold water showering, and no cold water exposure at the end of their showers. After 30 days, the people in the 3 cold water groups were told to continue to use cold water as desired for the next 2 months. What happened? Ending a shower with a burst of cold water decreased the number of missed workdays, with 30 seconds working as well as longer exposure. The most frequently reported beneficial “side effect” was an increase in perceived energy levels

“Boom! Every cell in my body wakes up. It’s like training your nervous system to rock.”

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