

Orchestrated intake and exercise: a global innovation to reduce obesity and diabetes

Abstract

This public policy article delineates how a rhythmic approaches to daily eating and exercise can perfectly immune the modern human against adult diabetes. There is no other way whatsoever to prevent or predictably eradicate diabetes. Any circadian major food meal must be rhythmically coupled with an adequately grave exercise session. A simpler and less-demanding approach would be to make meals smaller to accordingly decrease needs for more than one intense exercise session a day.s

Keywords: rhythm, food meal, exercise, daily habit, diabetes

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Innovation and discussion

The simple but working solution to minimize risks from diabetes and related cardiovascular and metabolic complexities described herein has a global nature. Obesity and diabetes continue to increasingly challenge human health in various populations. Even, many diabetics are still unaware of their diabetes and how sever it is becoming. It is becoming almost a reality that no family exists to not have at least one member suffering from obesity. Obesity especially in abdominal sections makes people more prone to diabetes in a foreseeable future, thus requiring effective preventive strategies.¹⁻⁵

Food consumption and exercise have long been emphasized as two key determinants of a quality lifestyle. However, unless very recently,⁶⁻¹⁰ no attempt had been made to develop a specialized pragmatic vision to analyze eating and exercise within a rhythmic circadian framework. The two E must be viewed in a circular circadian regimen to fit one another regularly.^{11,12} This could, for instance, mean that any major food meal must have its corresponding and fitting physical work session to ensure cell nutrient metabolism and waste management are not sternly asynchronized. Regardless of the food quantity and energy load, any major meal causes several critical mechanisms in cell physiology and endocrinology to augment. These processes, if not properly and timely managed, could harmfully jeopardize normal cell life and gradually lead to a variety of complexities that may ultimately cause cancer.^{13,14} Diabetes is thus just a superficial sign of discorded rhythms of eating and exercise. The subsequent problems including oncogenesis go more severe.^{15,16}

In a nutshell, more frequent small meals distributed evenly and equally during day and avoided large evening meals must be complemented with at least one major exercise session in a circadian phase to ensure enriching the body with sufficient synchronies in cell physiology. Otherwise, more than two major meals a day will require a minimum two intense exercise session. This rhythmic bioprocess leads different cells towards optimal function and health. Nature is a leading example for such regular circadian rhythms of life.^{6,16} Rhythmic regularity in cell physiology is an ultimate secret for minimized metabolic disorders and cancers in favour of a quality lifespan.¹⁷⁻²⁰

Conclusion

This article developed a pragmatic philosophy of rhythmic circadian eating and exercise to minimize risks from obesity and

diabetes. Preventing diabetes keeps the body far from incidence of the many cardiovascular, metabolic, and endocrinological diseases and disorders

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Conflict of interest

The author declares no conflict of interest.

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