

# Morning Eating and Evening Exercise: Towards an Anti-Cancer Lifestyle

## Abstract

This perspective article describes a methodology towards an anti-cancer lifestyle that involves morning and day-time eating complemented by evening exercise. This is a feasible practice that allows effective respiration and waste management by differential human cells.

**Keywords:** Morning eating; Evening exercise; Waste management; Cancer

## Perspective

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## Science and Practice

Human cells have circadian nature in physiology and metabolism. This means that they operate on an almost 24-h circular period. As a result, they depend on such regularity on a circadian basis. This implies that all actions required for normal cell operations should be regularly performed within the 24-h period to keep cells healthy. Substrate oxidation must be matched with effective energy utilization and waste management to minimize toxicity. Should they increase above certain ranges, substrate toxicities may lead to cascades that could ultimately cause cancer [1-4].

Human body is more responsive to energy consumption during day vs. night. This means that human cells are better prepared to metabolize nutrients during morning and day-time when major physical and biochemical activities occur. In contrast, evening and night are for resting and relaxing, and thus, limited metabolism is supposed to occur during the least active times of the circadian period. As such glucose tolerance and insulin sensitivity diminish overnight. Therefore, human cells are not well prepared to metabolize nutrients overnight, and any excessive energy supply will have devastating consequences on cellular waste management, ultimately fuelling cancer development. This is a major reason why obesity is named as super-cancer of the modern age [5-10]. This article develops a recommendation to eat major meals during morning and day-time and only little food overnight. Bulky fruits and vegetables can instead be consumed in the evening.

Since evening and night are the times when limited metabolism occurs, exercise could have beneficial effects on normal cell operations through improving energy tolerance. Evening exercise facilitates energy use and processing by human cells during the time of limited metabolic turnover. As a result, evening exercise minimizes the risk of substrate toxicity and mismanaged waste. In addition, it sets the stage for more effective upcoming day-time metabolism [11-20].

Morning and day-time eating complemented by evening exercise is an effective worldwide strategy to minimize risks of actions that cause and fuel cancer.

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