

LET HEALTH HAPPEN



Dr. Geoff Walburn, D.C.

Certainly there are several effective strategies out there to help with weight loss and promote a healthy way of eating. I came across this recent study and wanted to share it with you to prevent self-sabotage when it comes to preventing weight gain.

Researchers from Northwestern University have found that eating at the wrong time leads to more than twice as much weight gain as when eating at appropriate times. These findings were consistent in all the subjects studied. So what is the wrong time to eat? Apparently eating after dark is the problem. While still uncertain to the ultimate cause, they believe that metabolism slows at night in response to darkness and circadian rhythms in the body. Calories taken in after dark will not be burned up and will be moved to storage instead. While we all have different sleep patterns, nighttime is a time for rest and for the body to repair and recharge. Regardless what time you actually go to sleep, at night your thyroid functions at a lower level dropping your body temperature, lowering your metabolism and encouraging sleep. This lowered thyroid function and metabolism is likely the cause of this dramatic difference in weight gain at night.

I suspect many of us are guilty of late dinners and evening snacks, but hopefully knowing that these habits deliver twice the punch will make us all modify our habits and plan meals accordingly.

– Dr. Geoff Walburn, D.C.

RIVERTOWN CHIROPRACTIC, LLC

812-273-HEAL (4325)

401 E. Second Street • Madison, IN