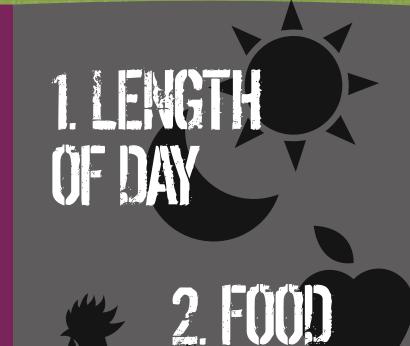
# SEASONAL MODEL OF HEALTH



HUMANS ARE HEALTHIEST WHEN IMMERSED IN NATURAL BIOLOGICAL RHYTHMS, INCLUDING DAILY, MONTHLY, AND ANNUAL PATTERNS. THE MORE WE DISTANCE OUR SELVES FROM THE NATURAL WORLD THE LESS HEALTHY WE WILL BE.



3. PHYSICAL ACTIVITY

2.FOOD AVAILABILITY ARE THREE
MAJOR
LIFESTYLE
FACTORS THAT
HAVE NATURAL
RHYTHMS.

S



MODERN INVENTIONS

ALLOWED HUMANS TO HAVE LITTLE TO NO SEASONAL VARIATION.

### SEASONAL RHYTHMS

RECONNECTING WITH NATURAL PATTERNS IN OUR LIVES HAS THE POTENTIAL TO IMPROVE OUR HEALTH HOWEVER, SIMPLY ADOPTING GENERAL ANCESTRAL PATTERNS (SUCH AS THE PALEO DIET) IN ISOLATIONISINADEQUATE TO TRULY OPTIMIZE HEALTH. BEHAVIORS SHOULD CHANGE SEASONALLY. CHOOSING SEASONALLY-APPROPRIATE BEHAVIORS OF NUTRITION, SLEEP, AND ACTIVITY IN CONCERT OFFERS US A CHANCE TO RECONNECT WITH INTRINSIC RHYTHMS AND TO OPTIMIZE HUMAN HEALTH.

2

MOSTLY ARIMAIS

MOSTLY ARIMAIS

MORE

MORE

MORE

SHORI & HARIN LONG & EASY

LESS

3-11-1

AGRICULTURE

ARTIFICIAL

ARTIFICIAL LIGHT

TIME SPENT AWAKE,

CREATING A MODERN

EPIDEMIC OF CHRONIC

ABERRANT PATTERN

DYSFUNCTION.

PROMOTES HORMONAL

SLEEP DEPRIVATION. THIS

ALLOWED US TO INCREASE

LIGHT

AGRICULTURE
FUNDAMENTALLY
CHANGED WHAT WE EAT
AND WHEN WE EAT IT. THE
MODERN, PROCESSED,
AGRICULTURAL DIET
HARMS HUMAN HEALTH.

### SFASOMA SITA

MORE SLEEP
IMPROVING ON A CHRONIC
SLEEP DEFICIT IS A STEP IN
THE RIGHT DIRECTION, BUT
IS DIFFICULT WITH BUSY,
MODERN, STRESSFUL LIVES.
SIMPLY SLEEPING MORE
IGNORES INHERENT
SEASONAL RHYTHMS.

## CARBOHYDRATE, MODERATE PROTEIN, LES

SUVIVILIA

### FUNCTIONAL MOVEMENT

A GENERALIZED PRESCRIPTION OF PHYSICAL ACTIVITY SHOULD ALSO MIRROR ANCESTRAL PATTERNS: REAL-WORLD MOVEMENT PATTERNS, VARIED INTENSITIES,

AND SEASONAL FLUCTUATIONS.

## PALEO DIET

A PALEO DIET IS A TRANSITION AWAY FROM A MODERN AGRICULTURAL DIET, RETURNING TO MORE ANCESTRAL EATING PATTERNS. MAJOR STEPS TOWARDS RESTORING EXCELLENT HEALTH CAN BE MADE WITH THIS CORRECTION.

#### MECHANIZED LIFESTYLE

REMOVAL OF MANUAL LABOR HAS MADE US PHYSICALLY INACTIVE. INSTEAD OF PHYSICAL ACTIVITY BEING INTEGRATED INTO DAILY LIFE, IT HAS BECOME OPTIONAL.

SIJOS CONTRACTOR OF THE STATE O