

# Orchestrating Eating and Exercise to Improve Endocrinology: An Innovation against Diabetes

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## Abstract

This public policy article describes how a rhythmic approach to daily eating and exercise can help immune the modern human against adult diabetes. There would be no other way whatsoever to prevent or predictably eradicate diabetes. Circadian food meals need to be rhythmically matched with corresponding exercise sessions. Another strategy would be to have smaller meals to reduce a demand for more than one intense daily exercise session.

**Keywords:** Rhythm; Meal; Exercise; Obesity; Diabetes

## Introduction

This article describes a simple working model to minimize risks from obesity, diabetes and related cardiovascular and metabolic complexities with a global nature. Obesity and diabetes increasingly reduce life quality. Many diabetics are still unaware of their diabetes and how severe it is becoming. It is getting common to have no family not having at least one diabetic member. Obesity and central adiposity make humans more likely to develop diabetes, thus demanding practical preventive approaches [1-3].

Food intake and physical exercise are two major variables of a quality lifestyle. Nonetheless, unless recently [4,5], limited efforts had been made to develop pragmatic workable strategies to analyze eating and exercise within a rhythmic circadian framework. Eating and exercise should be analyzed within a circular circadian framework to fit one another regularly [6,7]. This would mean that any major food meal should have its corresponding and fitting physical training to ensure that nutrient metabolism and waste management are not severely asynchronized. No matter how much food or what type of food is taken, major food meals augment specialized mechanisms in cell physiology and endocrinology. These bioprocesses, if not properly and timely managed and matched, could harmfully jeopardize normal cell life and gradually lead to a variety of complexities that may ultimately cause cancer [8,9]. Diabetes is only a superficial sign of discorded rhythms of eating and exercise. The subsequent problems including oncogenesis may go more severe [10,11].

In a nutshell, it is pragmatic to have more frequent smaller meals distributed evenly and equally during day alongside omitted large evening meals. This should be matched with at least one major exercise session in a circadian period to ensure enriching the body with adequate harmonies in cell physiology. As a scientific rule, more than two major meals a day will require a minimum of two intense exercise sessions. This rhythmic approach will improve cell life towards optimal function and health. Nature is a working example for such rhythmic circadian rhythms of life.

## Implications

This article formulated a practical strategy based on rhythmic circadian eating and exercise to reduce risks of central obesity and diabetes. Minimizing the risk of diabetes will help immune humans against cardiovascular abnormalities and endocrinological diseases.

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