

**Why did 50 years of  
huge diet and fitness trends**

**FAIL?**

# The Science

THE **KEY PROBLEMS**  
AT THE CORE OF THE  
HEALTH CRISIS

**STRESS**



Slow down breathing  
and extend the exhales



Activates the vagus nerve which  
dampens the stress response

**SLEEP**



Step outside into morning  
daylight as early as possible



Activates the cells in the eye that  
start the Circadian timer for sleep

**WEIGHT  
MANAGEMENT**



Eat within an 8-10 hour window  
(Late breakfast and/or early dinner)



Helps decrease calorie intake and  
induces 'fasted state' cell repair

# Holiday

THE 3 HABIT-HACKS  
THAT ADDRESS THEM

THE SCIENTIFIC  
REASONS THEY WORK

# Example

Why you need early daylight to support your sleep circuitry

