



New Vitality

Holistic health from a biblical perspective



Back to Biblical Health for Women:

Enter My Rest

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Sleep:

- Circadian Rhythm= 24 hour cycle
 - Body requires 8 hours of sleep to restore energy
 - ❖ To bed by 11PM at the latest
 - ❖ Never rise before 6AM; 7AM is ideal
 - 12AM-4AM: Body discards dead cells and brings in new cells (LIVER)
 - 4AM-6AM: Endocrine system prepares the body for fight or flight/ “trauma” of the day



(Source: Dr. Carey A. Reams, Choose Life or Death)



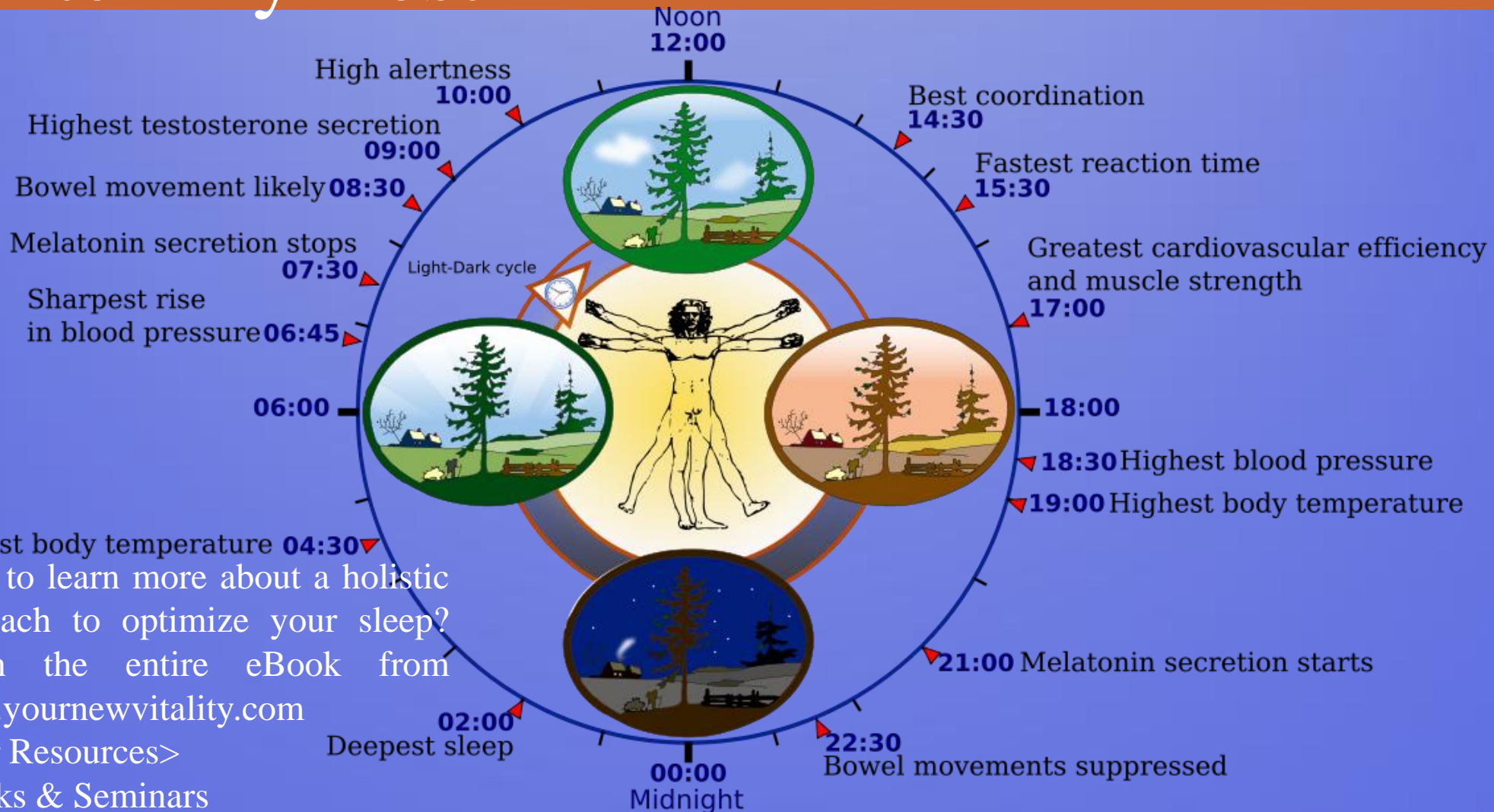
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