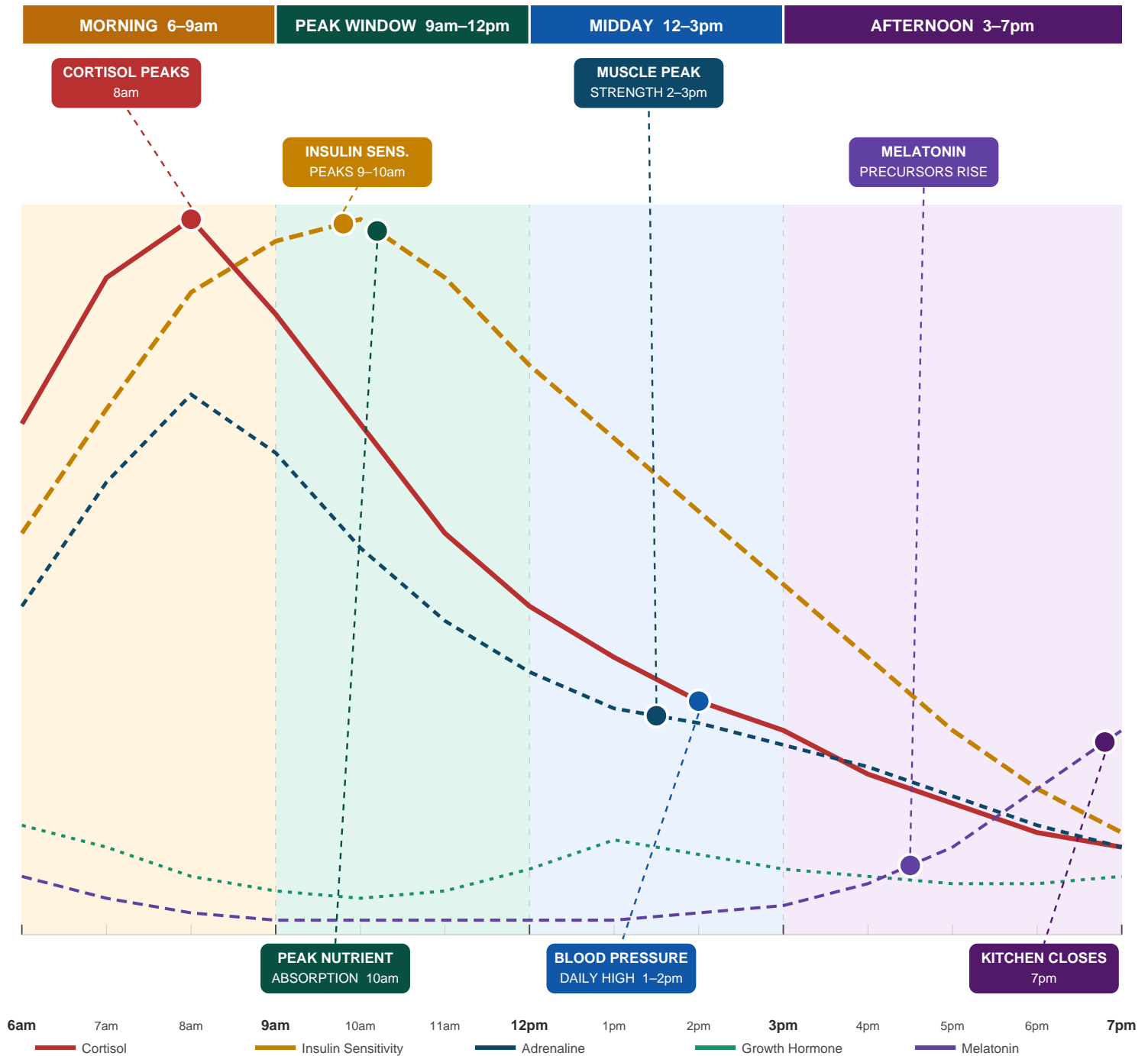


What Your Body Does While You're Awake

6 AM to 7 PM · The Active Window · When to Eat, Move, and Heal

The daytime window is where all healing food protocols belong. Insulin sensitivity, nutrient absorption, enzyme activity, and metabolic rate all follow a predictable daily curve. Eating with this curve — not against it — is the single most impactful shift in how food heals the body.

Hormone & Metabolic Activity · 6 AM to 7 PM · When to Eat, Move, and Heal



■ MORNING ACTIVATION - 6 AM – 9 AM

Cortisol peaks · Insulin sensitivity highest · Metabolism ignites

Adrenals

Cortisol peaks at 8am — the body's natural ignition sequence. Adrenaline activates brain and muscles. This is designed morning energy, not stress.

Pancreas

Insulin sensitivity at its daily maximum. Glucose moves into cells with minimal insulin required. Best window for all nutrient-dense food and every fruit.

Liver

Completes overnight Phase II detox and begins Phase I for the day. Morning lemon water activates bile flow and restarts hepatic enzyme activity.

Gut

Migrating motor complex finishes its overnight sweep. Digestive enzymes and stomach acid ramp up. The gut is primed for its first nutrient load.

WHAT TO EAT / DRINK: Cucumber celery juice · Lemon water + sea salt · Morning Juice Formula · Egg whites + leafy greens + avocado · All fruits safe in this window

PROTOCOL: Morning Kidney Flush first. Lemon water with sea salt. Insulin Primer juice 15 min before breakfast. 10-min walk after eating.

■ PEAK METABOLIC WINDOW - 9 AM – 12 PM

Maximum enzyme activity · Brain at peak · Detox in full swing

Brain

Acetylcholine and dopamine at daily peak. Working memory, problem-solving, and learning operate at maximum. The body's highest cognitive performance window.

Liver

Phase I and Phase II detox running simultaneously at full capacity. Sulforaphane, betaine, and cynarin from artichoke are all most bioavailable here.

Immune

NK cell activity peaks in late morning. Immune patrol is most vigilant — best window for antiviral and antibacterial cellular defense.

Metabolism

Thermogenesis peaks — body burns the most calories per unit of food. The same meal now burns measurably more than the same meal at 6pm.

WHAT TO EAT / DRINK: All juices safe · All fruits including high-sugar (mango, banana, dates) · Full healing salads · Chromium Picolinate with this meal · Largest nutrient load here

PROTOCOL: The Arterial Flush, LDL Buster, or Cerebral Blood Flow juice belongs here. Largest meal of the day should be breakfast or mid-morning.

■■ MIDDAY MAINTENANCE · 12 PM – 3 PM

Energy stabilizes · Digestion active · Insulin sensitivity declining

Pancreas

Insulin sensitivity declining from its 9–10am peak. Post-lunch glucose spikes are higher here. Fiber-first eating and a 10-min walk after are critical.

Muscles

Strength and coordination peak around 2–3pm. Reaction time is fastest. Physical training is most effective and injury risk lowest in early afternoon.

Heart

Blood pressure reaches its daily high around 1–2pm. Arterial stress greatest — cardiac events are statistically most common in this window.

Lungs

Lung capacity peaks mid-afternoon — airways most open. Best window for aerobic exercise, breathwork, and respiratory condition management.

WHAT TO EAT / DRINK: Low-sugar juices only after 2pm · Vegetable-dominant meals · Small fruit portions acceptable before 2pm · Circulation Booster or Adrenal Vitamin C Load juice

PROTOCOL: Fiber-first for lunch. 10–15 min walk after reduces post-meal glucose spike up to 30%. ACV in water before the meal. Low-sugar juices after 2pm.

■ AFTERNOON WIND-DOWN · 3 PM – 7 PM

Cortisol falling · Insulin sensitivity low · Repair preparation begins

Brain

Alertness drops at 3–4pm. Serotonin begins converting to melatonin precursors as daylight fades. Brief clarity window at 4–6pm before final wind-down.

Pancreas

Insulin sensitivity at its lowest of the active day. The same carbohydrate load at 6pm produces a 2–3x higher glucose spike than at 8am.

Adrenals

Cortisol falls steadily toward its nighttime floor. Ashwagandha and holy basil at 5–6pm reduce residual cortisol ahead of overnight adrenal recovery.

Digestive

Enzyme activity slows significantly by 6pm. Body redirects energy from digestion toward overnight repair preparation. Last solid food by 7pm.

WHAT TO EAT / DRINK: Pure vegetable juices only · Healing salads (vegetable-heavy, no tropical fruit) · Light protein + cooked vegetables · Cucumber celery juice after kitchen closes

PROTOCOL: Evening Glucose Guard juice before dinner. Kitchen closes at 7pm. Reishi tea or chamomile at 8pm. No screens after 9pm.

■ DAYTIME EATING SUMMARY — What to Do Each Hour

Time	Body State	What to Do	What to Avoid
6–7am	Cortisol rising, gut waking	16oz water + sea salt + lemon. Cucumber celery juice.	No food yet — allow gut to fully wake.
7–8am	Insulin sensitivity climbing	Insulin Primer juice 15 min before breakfast.	No high-sugar juice until Primer is taken.
8–10am	Peak insulin sensitivity	Morning juice formula. Full healing breakfast. All fruits safe.	Avoid heavy saturated fat — pancreas most active now.
10am–12pm	Peak metabolic + enzyme activity	LDL Buster or Cerebral Blood Flow juice. Large healing salad.	Avoid processed food — body most capable of absorbing quality here.
12–2pm	Insulin sensitivity declining	Fiber-first lunch. 10-min walk after. Low-sugar juices.	No fruit juice after 2pm. Reduce high-glycemic carbohydrates.
2–4pm	Energy dip, muscle peak	Exercise or physical work. Vegetable juice if needed.	No sugar. Brief walks beat the 3pm dip better than caffeine.
4–6pm	Cortisol falling, prep for repair	Evening Glucose Guard before dinner. Light protein + vegetables.	No fruit. No high-carb meals. Cortisol fall must not be disrupted.
6–7pm	Last eating window — kitchen closes	Kidney Flush (2nd dose) or Lymph Drain juice. Herbal tea.	Kitchen closes at 7pm. Overnight repair begins.

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Educational and nutritional support purposes only. Individual responses vary. Consult your physician before significant dietary or lifestyle changes.