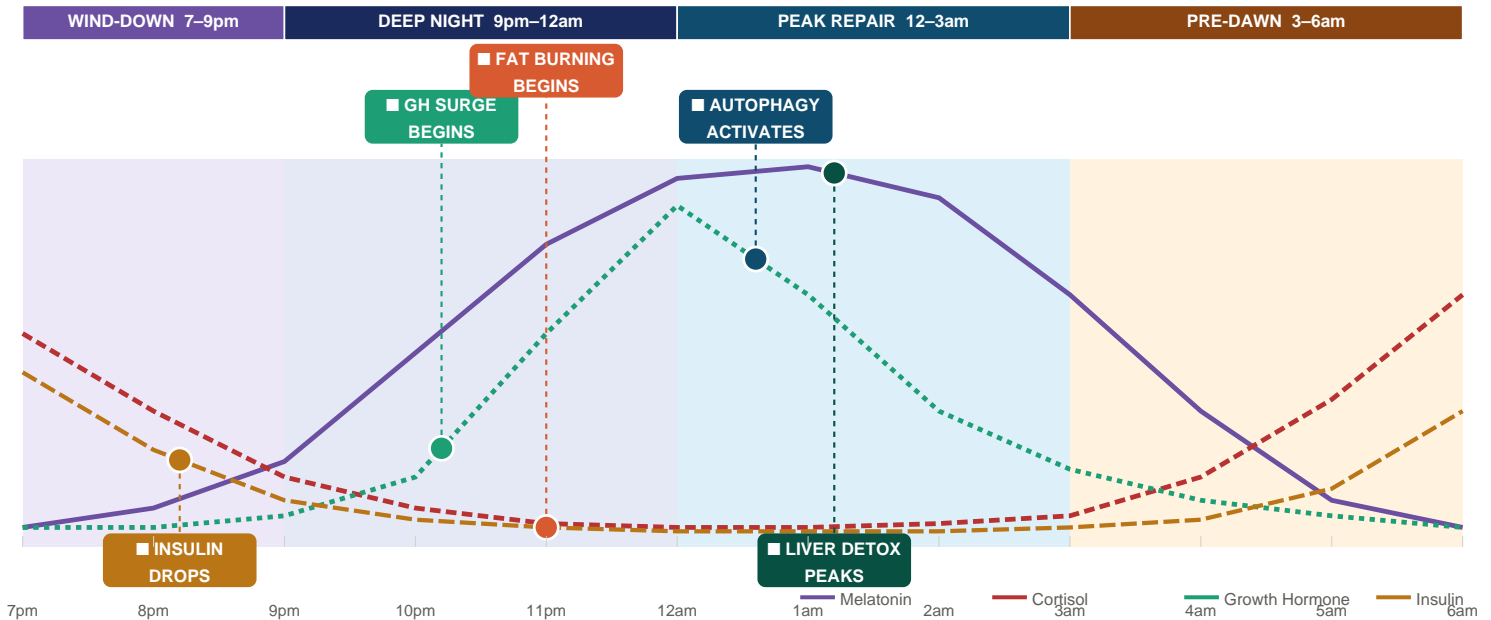


# What Your Body Does While You Sleep

7 PM to 6 AM · The Overnight Repair Window · Why the Fast is Non-Negotiable

The body cannot repair and digest simultaneously — it always chooses digestion first. Every process below is paused or degraded when food arrives after 7pm. The 11-hour window from 7pm to 6am is the most important health protocol that costs nothing.



## WIND-DOWN · 7 PM – 9 PM

Insulin drops · Digestion completes · Melatonin begins

### Pancreas

Insulin secretion falls sharply. Fructose now converts to triglycerides instead of fuel — no glucose loads after 7pm.

### Digestive

Gastric motility slows. Gut begins overnight cleanup. Beneficial bacteria shift to repair mode.

### Brain

Pineal gland releases melatonin as blue light fades. Core temperature drops — triggering deep sleep.

### Liver

Completes daytime Phase I detox. Prepares for overnight Phase II methylation cycle.

**WHAT TO EAT / DRINK:** Cucumber celery juice · Chamomile or reishi tea · Water with lemon · Nothing else

**PROTOCOL:** Last food by 7pm. No screens — blue light suppresses melatonin and delays every downstream repair process.

## ■ DEEP NIGHT - 9 PM – 12 AM

**Growth hormone surges · Cortisol hits floor · Fat burning begins**

### Pituitary

Growth hormone (GH) pulses at its highest — 70–80% of daily GH released in first deep sleep cycle. GH drives fat metabolism and tissue repair.

### Adrenals

Cortisol reaches its absolute daily low. This is the only window for adrenal tissue to fully recover from the day's demands.

### Metabolism

With insulin near zero, the body shifts to fat-burning. Free fatty acids mobilize from adipose tissue as overnight fuel.

### Heart

Blood pressure drops 10–20%. Heart rate slows. Cardiovascular tissue enters full repair and restoration.

**WHAT TO EAT / DRINK:** Water only · Herbal tea (passionflower, valerian, reishi) · Nothing solid — fasting state must be protected

**PROTOCOL:** Ashwagandha (300mg) and reishi tea at 9–10pm deepen sleep quality and trigger the GH pulse.

## ■ PEAK REPAIR - 12 AM – 3 AM

**Liver peak detox · Autophagy peaks · Cellular repair at maximum**

### Liver

Liver Phase II detox peaks — methylation, glucuronidation, and sulfation at full capacity. Betaine from beets is processed here. 1–3am is the liver's prime window.

### Cells

Autophagy at maximum — cells consume and recycle damaged proteins, misfolded enzymes, and dysfunctional organelles.

### Brain (Glymphatic)

Glymphatic system washes cerebrospinal fluid through brain tissue, flushing amyloid-beta and tau proteins. Sleep is the brain's only detox window.

### Immune

NK cell activity and T-cell production peak. Cytokines calibrate next day's immune response. One poor night directly reduces immune competence.

**WHAT TO EAT / DRINK:** Nothing at all · Water only · This window must remain completely fasted for all repair processes to run

**PROTOCOL:** Food in this window halts autophagy completely. Body cannot repair AND digest simultaneously — digestion always wins.

## ■ PRE-DAWN - 3 AM – 6 AM

**Cortisol rises · Body temperature climbs · Repair winds down**

### Adrenals

Cortisol begins natural rise at 3–4am, peaking at 8am — the body's built-in alarm clock. Chronic overnight stress disrupts this entire cycle.

### Lungs

Lung function lowest around 4am — airways narrowest. This is why asthma and respiratory symptoms are most severe in early morning.

### Kidneys

Filtration slows overnight to prevent sleep disruption. Waste concentration peaks — which is why first morning urine is darkest.

### Gut

Intestinal motility resumes for the morning meal. The migrating motor complex completes its overnight sweep of undigested material.

**WHAT TO EAT / DRINK:** Rising: 16oz water + sea salt + lemon · Then cucumber celery juice (skin on) · No solid food until 6–7am minimum

**PROTOCOL:** 5–6am: Rising water with sea salt and lemon restores electrolytes depleted overnight and activates the liver before insulin begins rising.

## ■ OVERNIGHT FAST SUMMARY — What You Gain With Every Hour

Hours Fasted	What Activates	Primary Benefit
<b>8 hours</b>	Insulin near zero — fat-burning begins	Weight management · metabolic reset · LDL reduction
<b>10 hours</b>	Growth hormone pulse — cellular protein synthesis	Tissue repair · muscle preservation · skin renewal
<b>12 hours</b>	Autophagy initiates — cellular self-cleaning	Damaged cell removal · cancer prevention · aging slowdown
<b>14 hours</b>	Liver Phase II detox at full capacity	Cholesterol clearance · hormone metabolism · toxin removal
<b>16 hours</b>	Deep autophagy + glymphatic brain flush peak	Brain detox · neuroinflammation reduction · cognitive clarity
<b>7pm → 6am = 11 hrs</b>	Minimum target for full overnight repair	All systems above activate fully within this window

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Educational and nutritional support purposes only. Individual timing may vary based on health conditions, medications, and physician guidance.