

Your Commitments This Week:

You'll notice how often I say "add" here. That means we are layering. You are not allowed to forget about the previous weeks, those habits become lifelong.

Light



It is time to expose more of your body to the sun. Stand shirtless in morning sun for 5+ minutes.

- Make skin contact with the light and the cold morning air.
- Ground as usual. We are 4 weeks in, the obvious benefits of this should be evident.

Movement



Continue with **low-slow nasal breathing** to AM walk.



Add barefoot walking in grass/dirt/sand. Your feet may hurt, feel it. Understand it will get better and is greatly beneficial to your nervous system.

Cold



Try one less layer on your walk.

- Increase the cold shower to the last minute. No artificial rewarming. Let your body self-regulate.

Food



Eat 1 completely local, seasonal meal sometime during the week.

- I hope you are beginning to deepen your relationship with the season in your local area.
- This can come as a real shock to people (no more bananas in Seattle in January!) but is of critical importance. Food is light, wrong food is a circadian mismatch.



Continue working toward just two meals per day—snacking should already be eliminated.



Check in with me at this point specifically about your own diet protocol. The eating pattern is fairly well established now, as the AM meal anchors the circadian rhythm, protein rebuilds the body, fat aids mitochondrial water production and ATP production and seasonality pulls everything together.

Circadian



Install the red light bulbs that you purchased back in week 2 (if you haven't already).

- These should be in bedrooms and bathrooms. This is a good time to purchase incandescent bulbs (be careful to get true incandescent and not "old style" LED bulbs). Install these everywhere else in the house.
- Use of lights after sunlight should be very minimal at this point and you should continue strengthening this incredible new habit.
- Become a light rebel! Your friends will complain, but you don't care. You know you're helping everyone who comes into your home.