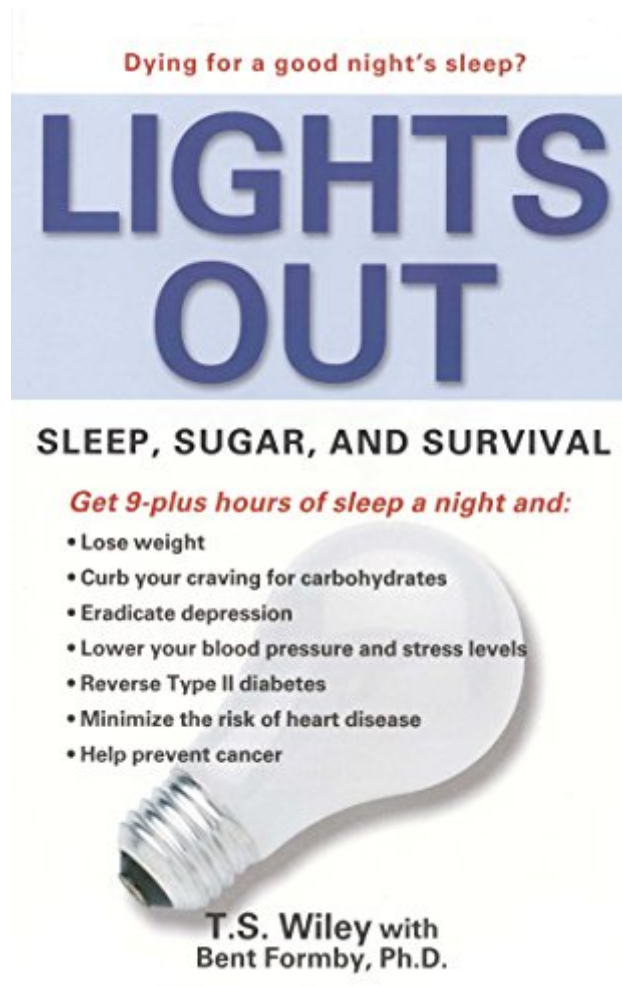


The book was found

Lights Out: Sleep, Sugar, And Survival



Synopsis

When it comes to obesity, diabetes, heart disease, cancer, and depression, everything you believe is a lie. With research gleaned from the National Institutes of Health, T.S. Wiley and Bent Formby deliver staggering findings: Americans really are sick from being tired. Diabetes, heart disease, cancer, and depression are rising in our population. We're literally dying for a good night's sleep. Our lifestyle wasn't always this way. It began with the invention of the lightbulb. When we don't get enough sleep in sync with seasonal light exposure, we fundamentally alter a balance of nature that has been programmed into our physiology since day one. This delicate biological rhythm rules the hormones and neurotransmitters that determine appetite, fertility, and mental and physical health. When we rely on artificial light to extend our day until 11 p.m., midnight, and beyond, we fool our bodies into living in a perpetual state of summer. Anticipating the scarce food supply and forced inactivity of winter, our bodies begin storing fat and slowing metabolism to sustain us through the months of hibernation and hunger that never arrive. Our own survival instinct, honed over millennia, is now killing us. Wiley and Formby also reveal: -That studies from our own government research prove the role of sleeplessness in diabetes, heart disease, cancer, infertility, mental illness, and premature aging -Why the carbohydrate-rich diets recommended by many health professionals are not only ridiculously ineffective but deadly -Why the lifesaving information that can turn things around is one of the best-kept secrets of our day. Lights Out is one wake-up call none of us can afford to miss.

Book Information

File Size: 1108 KB

Print Length: 368 pages

Page Numbers Source ISBN: 0671038680

Publisher: Atria Books (January 18, 2002)

Publication Date: January 18, 2002

Sold by: Simon and Schuster Digital Sales Inc

Language: English

ASIN: B000FC0R5G

Text-to-Speech: Not enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #93,986 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #9 in Kindle Store > Kindle eBooks > Medical eBooks > Research #38 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets > Low Carb #72 in Books > Medical Books > Research

Customer Reviews

I have to agree exactly with Leslie of Texas' review below. The basic information and premise of the book - that staying up late decreases production of melatonin in our bodies, and messes up our hormone system's balance in other ways as well - is potentially crucial to our health. That is why I give this book 4 stars, despite the terrible writing. The author has a writing style that I believe comes from not really understanding much of what she is writing - I was particularly struck by the sentence in the Acknowledgements thanking her daughter for spending "countless hours explaining physics, chemistry and math to her old mom". This was a surprising admission, considering that a good portion of the book attempts to lecture the reader about a variety of unrelated topics that are not really understood by the author (or any other pop science writers) - including chaos theory and many other recent areas of scientific thought, taken wildly out of context. The important information to get out of the book, is that 10 years of research at the National Institute of Health have confirmed that modern man's tendency to go to sleep much later than sunset disrupts the body's natural cycles, and this causes a variety of health problems due to the effects on the critical hormone system of the human body. Levels of melatonin, prolactin, leptin, cortisol, insulin, dopamine and serotonin are all affected. The essential recommendation of the book is - during fall and winter - to try and get at least 9.5 hours of sleep by going to sleep as soon as possible after sunset (ie by 9 or 10 pm), and the rest of the year to also try and get to sleep as soon as possible after sunset. The other recommendations are the same as can be found in the books by Drs.

Lights Out had the potential to be a great book. I agree with the main point of the book that it's healthier NOT to stay up late with artificial lights, TV, and the internet. I also agree that the healthiest diet is a diet low in carbohydrates (and especially low in sugar) with generous quantities of animal proteins and fats. I like the advice to go to sleep after the sun sets and to seal all light out of the bedroom. It's great that someone is exploring the topic of humans sleeping out of synch with the natural night. BUT I have to say that T.S. Wiley is one of the worst writers I've ever read, not to mention that she's a total crackpot nut case. The writing is completely disorganized, contradictory,

and sensationalist with lots of black and white thinking and lots of false information. Why couldn't she have just stuck to the very important information about sleep, light, and carbohydrates and skipped all of her nutty, self-indulgent, provincial biases? Her tone is often unnecessarily offensive: "Think of fat as a condom for your carbs," (page 173). She contradicts herself constantly and gives completely false information: "The Aztecs had corn oil as a fat source, the Greeks had olives, and the Chinese had the soybean," (page 178), and then: "Think about the world we're really from. There were no machines, and therefore there was no corn oil," (page 180). Just so no one is left confused by Wiley's misinformation, the Aztecs, who existed no later than the 16th century, did NOT eat corn oil, which was invented around the turn of the 20th century. Similarly, soybeans were NOT the source of fat for the Chinese.

[Download to continue reading...](#)

Sleep Smarter: The Ultimate Guide To Sleep Better, Feel Better By Having Healthy Sleeping Habits (sleep smarter, sleep better, healthy sleep habits, sleep ... healthy sleep, sleep apnea, feel better)
Sleep Apnea: The Ultimate Guide How To Manage And Treat Your Sleep Apnea (Sleep Apnea Machine, Sleep Apnea Guide, Sleep Apnea Cure, Sleep Apnea Treatment, Sleep Apnea Solution, Book 3)
Sugar Gliders: The New Owner's Guide to Sugar Glider Care (Sugar Glider, Sugar Glider Care, Sugar Glider Books, Sugar Glider Facts, Pet Sugar Glider Book 1)
My Child Won't Sleep Through the Night: 5 No-Cry Solutions to Solve Your Child's Sleep Issues (Baby Sleep Solutions, Toddler Sleep Problems, Child Sleep Solutions, No-Cry Sleep Solution)
Sugar Detox: Sugar Detox for Beginners - A QUICK START GUIDE to Bust Sugar Cravings, Stop Sugar Addiction, Increase Energy and Lose Weight with the Sugar Detox Diet, Sugar Free Recipes Included
Sleep Apnea: The Most Effective Sleep Apnea Cure: Discover a Sleep Apnea Treatment in 7 Days or Less! (Sleep apnea, anxiety management, insomnia, diabetes, snoring, sleep disorders, respironics)
Sugar Detox: Beat Sugar Cravings Naturally in 14 Days! Lose Up to 15 Pounds in 14 Days! Step-By-Step Meal Plan And Recipes To Kick Sugar Cravings And ... diet, sugar free diet, low sugar diet,)
Sugar Detox: How to Cure Sugar Addictions, Stop Sugar Cravings and Lose Weight with Sugar Detox Easy Guide (Include Sugar-free Recipes to Help You Get ... free Recipes, Detox Diet, Detox Cleanse)
Lights Out: Sleep, Sugar, and Survival Survival: Survival Guide: Survival Skills, Survival Tools, & Survival Tactics. Emergency Prepping, & Surviving A Disaster! (First Aid, Survival Skills, Emergency ... Medicine, Bushcraft, Home Defense Book 1)
Get the Sugar Out, Revised and Updated 2nd Edition: 501 Simple Ways to Cut the Sugar Out of Any Diet
The Sleep Lady's Good Night, Sleep Tight: Gentle Proven Solutions to Help Your Child Sleep Well and Wake Up Happy
The Promise of Sleep: A Pioneer in Sleep Medicine Explores the Vital

Connection Between Health, Happiness, and a Good Night's Sleep Sleep Hypnosis Bundle:
Hypnosis Collection to Fall Asleep Instantly, Induce REM Sleep, Get Better Sleep and Wake up
Refreshed Sleep: Discover How To Fall Asleep Easier, Get A Better Nights Rest & Wake Up
Feeling Energized (The Best Sleep Solutions Available From All Natural To ... Treatments To Cure
Insomnia & Sleep Easy) Hypnosis 8 Hour Sleep Cycle with Stop Sugar Cravings, Weight Loss
Booster (The Sleep Learning System) DIABETES: The Worst 20 Foods For Diabetes To Eat And
the Best 20 Diabetic Food List, Meals And Diabetes Menus To Lower Your Blood Sugar (HOT
FREE BONUS ... Diet,smart blood sugar,sugar detox) Diabetes: Diabetes Diet: The Top 100
Diabetic Foods to Eat for a Highly Effective Diabetes Diet and 15 Diabetic Recipes to Lower Blood
Sugar: Diabetes ... Diet,smart blood sugar,sugar detox Book 4) Blood Sugar: Everything You Need
to Know About How to Easily and Safely Manage Your Blood Sugar 2nd Edition (Sugar Addiction,
Flat Belly, Diabetes Cure, ... Detox, Type 2 Diabetes, Body Cleansing) Mediterranean Diet:
Mediterranean Diet For Diabetes-A Beginners Guide On Weight Loss While Lowering Your Blood
Sugar To Reverse Type 2 Diabetes(Mediterranean ... blood sugar diet,the blood sugar solution,)

[Dmca](#)