

7 Steps To

Reset Your Circadian Rhythm

WELCOME

The Banish the Blue Organisation aims to provide IT workers with educational material and personal anecdotes to help them achieve better health while working in an environment that can make people very unwell.

Founder, Kate, has completed a certification through the Institute of Applied Quantum Biology and combines this with health coaching skills gained through certification at the Health Coaching Institute. Kate is also studying a diploma in tissue salts at the Institute for Biochemic Medicine.

Health coaching provides practical and proven techniques to help you overcome health and wellness challenges by empowering you to make the right decisions for your mind, body, and soul, with effective ways to incorporate wellness into your everyday life, however it is not medical advice and should not be taken as such. Therefore, this guide is for entertainment/educational purposes only.

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The Missing Piece

Are you working in IT and have noticed your health declining over the years?

You may have tried dieting, exercise, many supplements... Prescriptions, invasive tests, maybe even surgery...

Meditations, energy work, detoxes, cleanses, fasts...

And you're still not 100%?

Don't worry - you're moments away from learning what the missing piece likely is...

Your light environment and its impacts on your circadian rhythm.

In this guide, I will share with you how a typical office or work from home environment can cause poor health, and what you can do about it!

Imagine how good it will feel to finally find that missing piece to your health puzzle and being able to work in a way that honours your natural rhythms.

My story

From the time I graduated Year 12, I jumped straight into a full time career in an office environment. I went from spending a fair amount of time outside (I used to play multiple sports and horse ride during school), to the majority of the day under fluorescent lighting and in front of screens.

Over the years I developed issues with sleep, weight, energy, digestion, hormones, metabolism, thyroid, uterine health, skin conditions, anxiety and depression.

I moved into an IT career as a desktop support officer, then a business analyst, where my exposure to artificial lighting, long hours in front of screens, and electromagnetic radiation increased exponentially over time.

I saw a multitude of health professionals along my journey to wellness, and not one even as much considered looking into my circadian health, and the importance of proper light exposure. Unfortunately, most of the time and money I spent on appointments, supplements, diets, exercise, meditation etc., was largely a waste...



I was severely deficient in one thing - the sun.

I was also blue light toxic.

And my exposure to electromagnetic radiation was high.

My story

No diet, supplement, body, energy, or sound work could solve these problems alone, I had to simply fix my 'light environment'.

This guide will introduce you to concepts in the realm of 'quantum biology' and how making simple lifestyle changes can affect your health on a completely different level.

It's a new way to look at the true drivers of dis-ease, allowing you to take control of the very inputs that are needed to create the perfect state for you to heal from.

**Without having quantum biology principles in-place,
you will always be on the backfoot.**



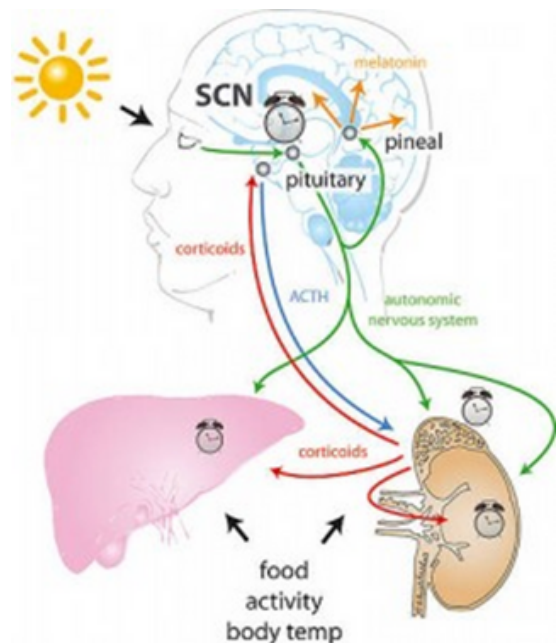
What is Your Circadian Rhythm?

Most everyone has heard of the 'circadian rhythm' and how having a good 'body clock' is essential for good health. But not many people practice the principles that ensure this clock continues to tick along, nor understand the breadth of processes it controls.

Diagrams commonly show which times your body is most alert, when deep sleep occurs, or when digestion stops, however little is communicated to people with how proper circadian health can assist with common disease such as:

- Hormone imbalances
- Digestive problems
- Weight gain
- Eye health
- Neurological conditions
- Cardiac issues
- Diabetes
- Metabolic syndrome
- Non-alcoholic fatty liver disease
- Injuries

- Cancers
- Autoimmune disease
- Skin conditions
- Insomnia
- Thyroid dysfunction



With our progressively heightened exposure to artificial light at night (ALAN), coupled with diminishing time spent outdoors (particularly during sunrise and the morning hours), we have removed ourselves from nature's timing, throwing so much of us off balance.

Reset Your Circadian Rhythm

7 Steps to Get Your Reset Underway!



1

WATCH THE SUNRISE DAILY

Not a morning person?! You will be soon, as I can promise you that getting outside every single day will make you feel incredible!



2

GET UVA AND UVB EXPOSURE

Scared of the sun? Don't be, there are many benefits to sun exposure, even when UVB is present, and there are safe ways to do it.



3

PROTECT YOURSELF FROM BLUE LIGHT

Have you found yourself stuck in a social media scroll until the early hours of the morning? That screen and your LED lights are disrupting your sleep/wake cycles.



4

MITIGATE ELECTROMAGNETIC RADIATION

Those bright screens are also emitting other harmful energies. The tech we are so consumed by is harming us on many levels, but they can be used safely!



5

EAT SEASONALLY AND LOCALLY

Many diets promote this advice, but the true reasons to do this are rarely explained, the benefits go well beyond nutrient profiles.



6

HYDRATE AND GROUND

Hydration is not drinking 8 glasses of water a day, true hydration requires a good electrical balance, something grounding (and other practices) enhances.



7

GET DEEP SLEEP

Ditch the melatonin supplements and get your body producing and releasing its own again. Restorative sleep is achievable when you're in time again.

SUNRISE

Time to get up! Watching the sunrise daily has many benefits:

- Regulation of circadian rhythms, signalling the suprachiasmatic nucleus (SCN) to regulate things like melatonin and cortisol production.
- Preparing for UVA and UVB in regard to vitamin D synthesis, preparing the skin for more intense exposure.
- Increasing serotonin to enhance mood, reducing depression and anxiety, and promoting a sense of wellbeing.
- Reduces the risk of eye damage, such as myopia (important for young children considering all the screen use they have these days).
- Regulation of all hormone signalling to improve stress response, metabolism, reproductive organ health, thyroid balance etc.
- Improved cognitive function, helping to improve focus, memory, stress response.

UVA AND UVB LIGHT

Don't fear the sun! While we have been told by our TV screens for years that the sun is dangerous, the opposite is true. Sunlight exposure has many benefits:

- Early morning sunlight prepares the skin and body for efficient vitamin D synthesis when UVB rays become more prevalent later in the day. The presence of UVA helps initiate this process.
- UVA light enhances your mood by stimulating serotonin.
- UVA light penetrates the skin and stimulates your mitochondrial activity to produce energy and EZ water.
- Nitric oxide is released from skin stores during UVA exposure, improving blood flow and lowering blood pressure.
- Detoxification pathways are stimulated, promoting healthy liver function.
- UVB synthesises Vitamin D by penetrating the skin and converting a type of cholesterol into pre-vitamin D, which is transformed into active vitamin D.
- Treat skin conditions like eczema, psoriasis and vitiligo. UVB light therapy is a common treatment for these conditions. UVB light will reduce inflammation, slow growth of affected cells, and promote healing.
- Continued circadian rhythm synchronisation, regulation of hormones and neurotransmitters. Can enhance alertness and feelings of wellbeing throughout the day.

The WHY

BLUE LIGHT

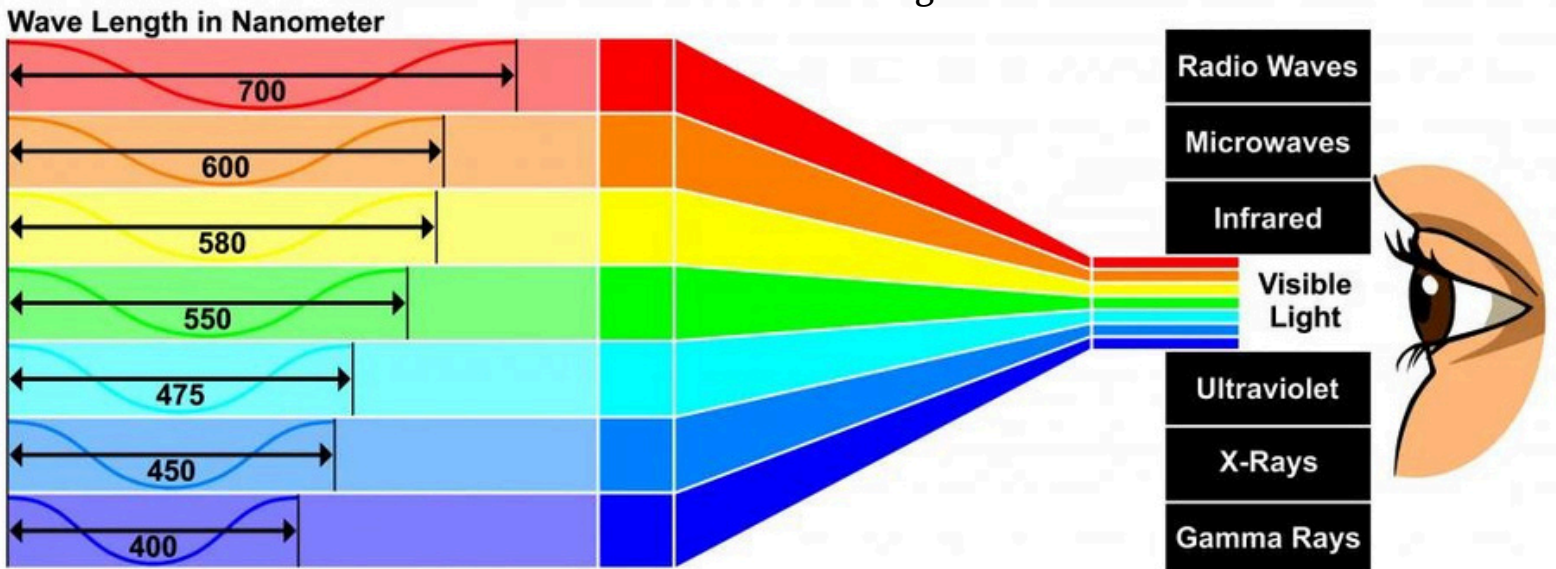
As well as dramatic shifts in our exposure to natural light, especially morning sun, our nighttime light environment has also changed significantly over the recent decades. Long gone is the warm glow of incandescent bulbs, and perhaps the old advice of ‘Don’t sit so close to the TV, you’ll ruin your eyes’ should have been taken more seriously than we knew!

Blue light is a component of the visible light spectrum with relatively short wavelengths (~450-495nm) and higher energy.

Sunlight is a broad spectrum source, meaning it includes a wide range of wavelengths, with blue light being

just one part of the spectrum. In contrast, blue light from typical LEDs is more narrowly focused around 450 to 470 nm, often with a peak at about 450 to 455 nm, resulting in higher intensity and potential circadian disruption when exposed at inappropriate times.

As blue light is not seen in nature at the times we are exposing ourselves to it through our phones, laptops, tablets, lights, TVs, and streetlights, our SCN is flooded with light information that is out of sync with nature. Staring at a bright screen at night is like telling your SCN it’s morning! Is it any wonder people struggle with sleeping when we are telling our body it is time to wake up, at night?



The WHY


ELECTROMAGNETIC RADIATION

Scientists have been warning humanity on the dangers of electromagnetic radiation (EMR) and other artificial sources of electrical interference for over a century. With our ever-increasing use of wireless devices, could your wellbeing be affected by the many ways this invisible toxin can cause harm?

Almost everybody my age and older (40+) knows that excessive phone use can cause brain and breast cancers. Stories of young women with breast tumors where they held their phone in their bras, and heavy phone users acquiring gliomas (brain cancer) behind the ear they held their phones to, were seen on the news many years ago.

Yet these stories kind of disappeared from the news headlines, and we continued on with not only cancer-causing phones, but with wireless laptops, tablets, watches, cars, and even appliances...

This “Non-Natural EMR” (nn-EMR) differs in many ways to natural EMR that we receive from the sun, planetary objects, and the earth, and has negative effects on our health due to changes in oxidative stress, hydration, voltage, molecular structure, glucose metabolism, hormone disruption, thermal effects (Australian officials have admitted 5G heats the surface of the eye), carcinogenic effects, and cognitive decline.



The Oceania Radiofrequency Scientific Advisory Association has created a database with 1000's of studies on the effects of EMR exposure on humans, and in animal or lab studies. The database is able to be searched by keyword, and filtered in many ways. Research on this topic is hard to find, as the ramifications for the telecommunications industry would be immense.

<https://www.orsaa.org/orsaa-database.html>

The WHY

EAT SEASONALLY AND LOCALLY

If you've followed a Paleo diet, you may have noticed the emphasis of eating seasonally and locally, due to nutrient availability matching your requirements.

The concept of eating seasonally and locally is rooted in the idea that food carries the energy and information of the environment in which it grows. This concept has quantum underpinnings related to how light energy, stored in plants through photosynthesis, aligns with our bodies' needs based on our location and the season.

Foods grown in a particular season carry the light energy and environmental information specific to that time of year. Consuming these foods helps synchronise our internal biological rhythms with the external environment, enhancing our circadian rhythm and overall health.

Seasonal foods often provide the nutrients that our bodies need at that specific time. For example, root vegetables in winter are rich in carbohydrates and fiber, providing warmth, animal sources providing energy and protein, while summer fruits are hydrating and rich in antioxidants, helping us cope with heat and sun exposure.

GROUND AND HYDRATE

We all know water can be a solid, liquid, or a gas, but there is another state of water known as the "4th stage" of water, or Exclusion Zone (EZ) water.

This is also commonly referred to as a liquid crystal, and has a gel-like consistency, and the chemical structure of H_3O_2 , linked in a honeycomb shape, and layered upon along the inside of a cell.

This exclusion zone creates a 'battery' of potential energy throughout the body, it excludes toxins from cells, creates healthier tissues.

Hydration and grounding work synergistically to enhance the flow of electrons in the body, vital for optimal cellular function and energy production.

By staying well-hydrated with EZ water and practicing grounding, you can support your body's natural electrical balance and improve overall health, promoting a well-regulated circadian rhythm.



The WHY

GET DEEP SLEEP

While most of this guide has been focusing on the benefits of sunlight during the day, the sunset also offers key benefits, especially relating to sleep.

Many people are now taking melatonin supplements to achieve a full night's sleep, however it is much better for you to have your own body produce and release it on time!

The light during the day regulates melatonin (your sleep hormone) production, while the light information seen at sunset signals your body to start releasing it, which induces a restful night's sleep.

Sunset signals the body to start winding down, leading to a natural decrease in cortisol levels. Lower cortisol levels in the evening can help improve digestion, as high cortisol can interfere with digestive processes.

The calming effects of sunset light can lead to a reduction in the production of stress hormones like adrenaline and noradrenaline.

Lower levels of these hormones in the evening can promote relaxation and

prepare the body for a restful night's sleep, supporting overall hormonal balance and reducing nighttime wakefulness.

Even more circadian rhythm syncing will occur at sunset, signaling things like digestion processes and promoting relaxation and stress reduction through neurotransmitter optimisation.



The HOW

SUNRISE

1. Watch the sunrise outdoors for a minimum of 5-10 mins every day. Consistency is more important than length of time.
2. If you can do 30 – 60 mins, this would be ideal, and especially for chronic conditions.
3. If it's warm enough, have as much skin exposed as you possibly can.
4. Ground yourself if possible.
5. Never wear sunglasses.

Incorporate other practices – get your gardening and outdoor chores done, or go for a purposeful walk and check off your exercise for the day!

UVA AND UVB LIGHT

1. Find when UVA and UVB is present at your location. This occurs when the sun is 10 degrees and 30 degrees above the horizon respectively.
2. For UVA rise ensure you are outside about 3-5 mins before, so you can take advantage of the switch from sunrise to UVA.

3. Stay outside during this period, ideally for 20 mins or longer.
4. Expose as much skin as possible, and ground if you can.
5. Never wear sunglasses.

Do not be concerned about sunburn during this time, it's a wonderful time to build your 'solar callous' so you will be able to tolerate UVB light in time.

6. Like UVA rise, spend time outdoors just before the changeover to UVB, and a minimum of 20 mins after if possible.
7. Consistency is key, if you can only spend 5 mins outside either side of UVB rise every day, that is better than 20 mins once or twice a week.

8. No sunglasses!

Find the times for sunrise, UVA rise, UVB rise, solar noon, and sunset here!



<https://www.timeanddate.com/sun/>

The HOW

BLUE LIGHT

1. Make a list of all the blue light emitting devices in your home. LED and CFL bulbs, fluorescent lights, TVs, phones, laptops, desktops, tablets, alarm clocks, some night lights, torches, etc.

2. Purchase and install the Iris blue light blocking software on compatible devices <https://iristech.co/> (\$1.99 USD per month).

3. BlockBlueLight have fantastic blue light glasses. Once the sun sets, it's time to pop them on (unless you have full spectrum lighting and Iris on the screen in front of you). If you work in front of a screen all day, grab a pair of 'ScreenTime' lenses. The 'SunDown' shade is great for at night, and the 'DayMax' is great for when you need a little more visibility at night.

<https://www.blockbluelight.com.au/>

4. From that same company, purchase either their 'SweetDreams' or 'BioLight' bulbs. The 'SweetDreams' are great for bedrooms and areas you don't need brighter lighting. The 'BioLight' will allow you to change the colour between morning, afternoon and night spectrums with a flick of the switch.

ELECTROMAGNETIC RADIATION

1. Make a list of everything in your home that emits EMR. Phones, tablets, laptops, desktops, smart watches, Bluetooth devices, speakers, printers, baby monitors, security alarms, appliances, medical devices... There are a lot!

2. Purchase or hire a radio frequency meter (see suggestions below), and turn every single device off.

3. Check to see if the meter reads quite low (refer to meter instructions).

4. Go through the process of hardwiring items like phones, tablets, laptops and desktops with ethernet cables and adapters to your router.

5. As you hardwire your devices to the router, don't forget to disable Wi-Fi on the router (button, through admin portal, or both), and turn each device to airplane mode.

6. Consider replacing wireless items like keyboards and speakers with wired options.

<https://www.saferemf.com.au/emf-meters-buy-or-hire>

The HOW

7. Start reducing your time on the phone. When you are not calling or texting, have it in airplane mode (you will need to ensure Bluetooth and Location Services is also switched off).

8. Start using a wired laptop to use internet banking, Facebook, emails etc. The vast majority of apps have a desktop version.

EAT SEASONALLY AND LOCALLY

1. Get to know your local farmers! Head to a nearby farmer's market, check Marketplace for backyard growers, and buy in season. Spray free always preferred.

2. If you have the space, build a veggie garden - it's not as hard as you may think, and provides a great way to get extra sun, and grounding sessions! There are many YouTube channels on home gardening, hard to go wrong.

3. Try to limit excess carbohydrates, steer clear from additives, preservatives and colours - a paleo diet is a perfect transition to something healthier.

4. Eat nutrient dense foods like organs, kelp, and fermented vegetables, herbs and spices.

GROUND AND HYDRATE

1. Increase your EZ water layer by drinking EZ-rich water (natural mineral water, spring water, vortexed water, structured water).

2. Consume EZ water builders (turmeric, tulsi tea, fulvic/humic minerals, ghee, coconut oil, lard, organic butter).

3. Expose yourself to EZ expanders (infrared heat, exercise, full spectrum natural light, red light panels, cold exposure, earthing).

4. Avoid EZ destroyers (glyphosate/pesticides, fluoride, heavy metals - especially aluminium - anaesthetics, nEMF devices).

5. Get your feet, hands and body on the ground and in water, soak up those electrons. Try for 20 mins a day, incorporate it into your daily sun sessions.

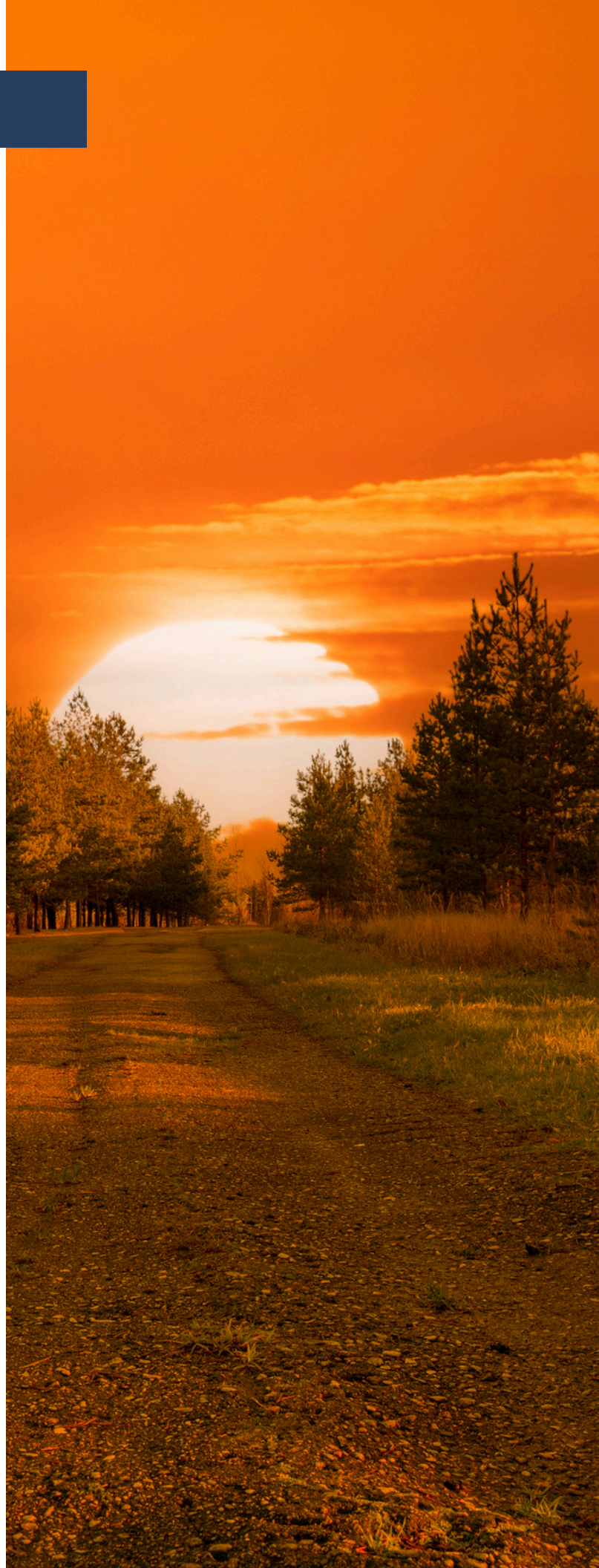


The HOW

DEEP SLEEP

Once you start to implement the methods to reduce EMR and blue light exposure, as well as resetting your body clock every morning while watching the sunrise, deep sleep will come easily.

1. Make sure your sleeping space is free from electrical devices and turn off lamps at the wall socket.
2. Your room needs to be completely dark, get good blackout curtains and wear an eye mask.
3. If you need to get up during the night, ensure you have full spectrum or nighttime lighting installed.
4. Do not look at your phone if you don't need to!
5. Make sure your bedroom is not too warm, and make it into a clean, tranquil environment that gives you a feeling of relaxation.



Summary

WHAT WE COVERED

- Having an optimised circadian rhythm is key to great health; goes beyond wake/sleep times.
- The sun is not to be feared and is a healer.
- Blue light and electromagnetic radiation are big drivers of modern dis-ease.
- Food and water have quantum properties that provide key electrical balance.
- Deep sleep is achievable once your light environment is sorted.

ACTION STEPS

- Implement as many practices as you can, keeping a big focus on getting that daily sunrise in!
- Invest as much as you can into blue light protection, an RF meter, and good food.
- Take time to reorganise your days around the sun, allow 3-4 weeks to settle into new habits.
- Listen to your body and how it feels when you start to make changes, follow the good feelings.



"You know how you stay on the path? Look to nature. The answer is always there."

Dr Jack Kruse

Thank You!

I hope you've been able to learn some new information about your circadian rhythm and how resetting it may be the missing piece to your health puzzle!

If you need further guidance, help putting it all together, and personalised, ongoing support please contact me for a chat and let's get you back to wellness.

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