

iorhythms 5.4c Help

Introduction

Our minds, bodies and emotions are governed by three natural cycles, known as biorhythms. Once we realise how we are affected, we can plan our lives accordingly, so that we take advantage of our peaks of energy and exercise special caution on "critical" days.

As long as 3000 years ago, the scientists of ancient Greece were recording the regular rhythms of basic bodily functions such as respiration, kidney activity, pulse rate and, of course, the female menstrual cycle. Most of us barely give them a thought; yet these rhythmic cycles affect even the tiniest cells of our organism from the day we are born to the day we die.

Hippocrates, the celebrated Greek physician, noticed that good and bad days fluctuated cyclically in both sick and healthy people. It was only relatively recently, however, that the theory of three internal cycles with a definite effect on behaviour patterns gained credibility in our society, and its practical use was appreciated by many people in all walks of life.

These three cycles - the physical, the emotional, and the intellectual - are collectively known as biorhythms. Although it is difficult to prove in laboratory tests, many believe them to hold the key to the seemingly random nature of many of our 'on' and 'off' days; and everything from physical feats to plane crashes has been attributed to their influence.

Each rhythm is unique to the individual, starting on the day of birth and continuing throughout life to the moment of death. The physical cycle lasts 23 days and affects stamina, speed, co-ordination, resistance to infection and general vitality. The emotional cycle lasts 28 days and governs mood, sensitivity and creativity. The 33-day intellectual cycle affects memory, concentration, clarity of thought and ability to absorb new information.

All three cycles go through positive (ascending) and negative (descending) phases. The days on which a cycle passes from positive to negative or vice versa are known as 'critical' days.

There are three critical days in each cycle, and it has been proved statistically that more accidents happen on these days than at any other point in the cycle. A study of accidents on American domestic flights showed that 80% occurred when either the pilot or co-pilot's biorhythms were at a critical level! Using [Biorhythms 5.4c](#) will allow you to see when your 'on' and 'off' days are, and plan ahead for when a critical day occurs.