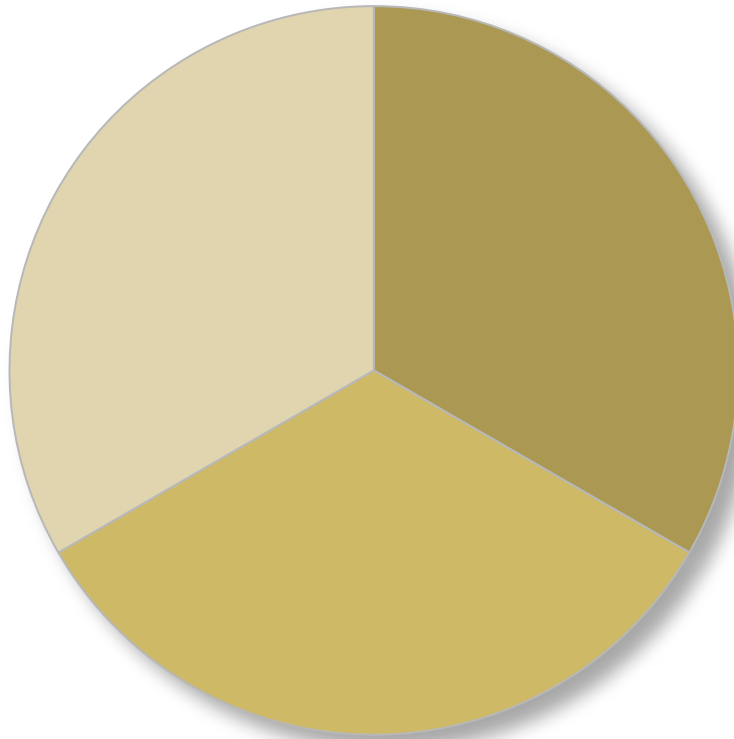


Circadian Rhythms: Eating



■ Appropriation

■ Assimilation

■ Elimination

- 1) **Appropriation** (*eating and digestion*) **11 am – 7 pm**
- 2) **Assimilation** (*absorption and use*) **7 pm - 3 am**
- 3) **Elimination** (*of body wastes / food debris*) **3 am - 11 am**