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all possess in common with
almost every form of life on
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Orchestrator of Biological Rhythms. Mental acuity peaks in the afternoon, for instance, and our blood pressure peaks at seven in the morning (when most heart attacks occur). The time of day you take medication can

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affect how well it works.

And Palmer shows that when
our clocks are thrown off
kilter, trouble follows,...

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have internal clocks that
regulate the rhythms we live
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In The Living Clock,
Professor John Palmer tells
us the story of the
discovery of the internal
clocks which exist in almost
every living thing, from
bacteria to humans.

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Palmer has a wonderful sense
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York, 2002. 176 pp. \$26,

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A few weeks ago I flew back to the United Kingdom from a conference on biological rhythms in Los Angeles. I've never been one for taking drugs unnecessarily (except maybe in the 1960s), but I

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was tempted to try one:
melatonin, the natural ...

Tales of Organic Timekeeping
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John D. Palmer, author of
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