What Happens to Your Body When You Eat LATE AT NIGHT Transcript

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Introduction to Late-Night Eating

Ensure that meals are well balanced to reduce the likelihood of late night eating cravings. So make sure you gain, you know, quality protein source, lots of fiber, if you're eating complex carbohydrates and good fat.

Hey everybody, I'm Dr. Mark Stengler. In this video, we want to cover the important topic of the dangers of eating late at night. When you have those snacks late, or maybe you've run late for the day after work, and you are eating a large meal late.

This does cause problems for your body.

Circadian Rhythm and Digestion

And what's happening at one level is that we are working against the natural circadian rhythm of So with the natural circadian rhythm of the body when it's light out, there's certain functions happening in the Body as they should and when its dark out then things should slow down and that includes the digestive system because at night time it really should be a time of repair not when you're trying to digest food using energy to Digest the food that you just consumed and so our body is not separate designed to be eating late into the night Digesting the Food absorption and all the energy that takes place with that And so the problem is research is showing that people in America are getting go 45% of their calories during the day with evening meals and snacks.

So that's a problem we really should be doing the opposite getting more earlier in the date and eating more lightly at night or having that evening meal.

You know, fairly early on, no later than 6 to 7 p.m. really is optimal. And so where are the problems when you eat late at night? What does it do to our metabolism?

Well, first, we know that when we're eating late night, especially on a regular basis, it actually cause you to be more hungry that night and the next day.

Metabolic and Hormonal Effects

It impairs the balance of hormones like leptin and ghrelin, which make you feel full. So people actually end up consuming more food because you're creating this hormone imbalance.

Next, it causes a decrease in metabolism. So the ability to burn calories decreases during the day because you ate at a later time the previous evening.

That's a major problem. As well, you can imbalance in the gut microbiome. Studies have shown that when you're eating late at night, It causes an imbalance and the Gut bacteria and other normal microbes in The gut by late night eating.

When you imbalance the microbiomes, that actually messes up your metabolism and causes you to be more hungry in addition. Next When you eat late at night, part of the imbalance in the circadian rhythm and all the things that happen as a result of that, it increases insulin sensitivity.

So that means your insulin levels go up, that causes you to deposit fat and you're not keeping your blood sugar levels balanced, so you are more prone to pre-diabetes and diabetes.

Other things to consider are digestive issues.

Gut Health, Blood Sugar, and Digestive Issues

A lot of patients tell me that when they eat late at night, they're more susceptible to acid reflux, also known as GERD. And so because your digestion is not going to be working optimally or efficiently because it's trying to slow down and for your digestive system to rest at nigh, if you're a person who experiences Gerd or acid reflex, you definitely should not be eating late night.

Also, if you're a person prone to let's say inflammatory bowel disease like colitis or Crohn's disease, or you are prone constipation, irritable bowel syndrome, maybe just general gas and bloating, you should really see how much your digestion improves the next day by eating not so late in the evening.

A lot of patients will find that really is helpful. I've been helping patients with nutrition and dietary supplements for over 30 years. If you're looking for doctor formulated high-potency, high quality supplements, go to DrStengler.com.

In addition, sleep quality. We know that late night eating can negatively affect sleep qualities. So when you consume high calorie foods, or spicy foods close to bedtime that can cause a disruption in your blood sugar levels, in the insulin, and also all the chemicals involved in sleep.

And so we know that studies show that your sleep quality can be worsened when you're eating late at night. Another factor it considers is cardiovascular health.

Sleep, Heart, and Mood Impacts

Research indicates that eating at late night may contribute to higher levels of cholesterol and triglycerides, which can increase the risk of cardiovascular disease.

This is more pronounced than people who consume very calorie-dense, nutrient-poor foods during nighttime hours. And then mental health. Let's not forget the impact on things such as mood.

So the timing of our meals can influence our mental-health. When you have irregular eating patterns, you're eating late at night, this is associated with increased levels of stress and anxiety.

Oppositely, having consistent meal times can promote stability and better mood and focus. So here are some strategies to minimize risks. First, monitor your portion sizes.

If you end up eating late at night, eat as light as possible. Eat foods that are easy to digest, say like protein shakes, soups, things which are easier to digests, so it's not requiring a lot of energy and disruption to your digestive system.

Also, when you have your dinner, eat a lot of fiber, a lotta vegetables, because this is gonna make you feel full.

Strategies to Reduce Late-Night Cravings

If you, for some reason, aren't gonna have many vegetables like salads and other vegetables then take a fiber supplement so that you fill full and you're less likely to snack later in the evening.

Also, during the day, make sure you time your meals. Eat regular meals throughout the date. This will keep your insulin levels balanced. It'll keep the hormones like the ghrelin we talked about and the other hormones involved in appetite and satiety more balanced, so you'll be less likely to eat later in the evening.

Also, stay hydrated. Sometimes for some people, if you're not well hydrated, then you could get the sensation of feeling hungry even though you just need to be, you need, to consume more water.

Also prioritize balanced nutrition. Ensure that meals are well balanced to reduce the likelihood of late night eating

cravings. So make sure you gain, quality protein source, lots of fiber.

You're eating complex carbohydrates and good fats. Again, your insulin, blood sugar levels are balanced and so you are not having increased appetite problems because of blood-sugar dysregulation.

Well, here you have it here. You have the problems associated with late night snacking or eating and some of the solutions to counter that. I'll look for my other videos on digestion, sleep and overall good health.