

## TIPS AND TRICKS

# Late Summer Longevity Slumps (And How to Regain Momentum)

August is a strange time - half summer, half pre-fall. The days are long, hot, and humid. The kids are still out of school. Travel is winding down, but structure hasn't kicked back in. Many patients feel "off" without knowing why.

In longevity medicine, this seasonal transition is more than psychological, it's biological. Circadian rhythms shift, inflammatory markers spike, and motivation dips. But this is also a golden window to reset.

These science-backed strategies can help you get ahead of late-summer slumps and enter fall stronger, clearer, and metabolically aligned.

### **Circadian Creep**

Sunset is earlier, but your bedtime isn't. The natural light/dark cycle begins shifting in mid-August, and even a 30-minute change in light exposure can dysregulate melatonin and cortisol production. This leads to poor sleep, blood sugar fluctuations, and mood volatility.

**Pro Tip:** Take your last walk of the day before sunset, dim lights after 8:30 PM, and stop eating 3 hours before bed. A consistent sleep-wake routine now sets the stage for fall hormonal resilience.

### **Motivation Crash**

That "back to the grind" pressure hits early, but executive function might not be fully online. Research shows mental fatigue accumulates after prolonged unstructured time (like summer), decreasing dopamine sensitivity and making even small tasks feel overwhelming.

**Pro Tip:** Small wins rebuild momentum. Try a 3-day "neuro-reset" plan: digital boundaries, cold exposure, and task batching to reactivate frontal lobe pathways. Adaptogens like Rhodiola or L-tyrosine can also support dopaminergic tone.

### **Metabolic Drift**

Social eating, cold beverages, late dinners, summer indulgences can slow digestion, disrupt glycemic control, and increase visceral fat accumulation. This is when we start to see patients struggle with glucose swings, fatigue, and stubborn inflammation.

**Pro Tip:** Reintroduce a morning fasted movement routine and high-protein breakfast ( $\geq 30g$  protein) to reestablish glycemic stability. You can limit snacking, focus on whole-food density, and minimize alcohol during weekdays to reset metabolic tone.

### **Stress Signal Amnesia**

Patients often don't recognize their own rising stress markers. Heat, sleep loss, family obligations, and work transitions all activate the HPA axis. When this becomes chronic, it leads to subtle but cumulative inflammation, immune suppression, and mitochondrial dysfunction.

**Pro Tip:** Patients can learn to track their "stress tells." Poor sleep, gut symptoms, irritability, or cravings. Daily breathwork (3-5 minutes), hydration routines, and grounding practices (walking barefoot, light AM sun) can buffer this stress load.

### **Longevity Rx: Adapt, Don't Push**

This isn't the season for crash detoxes or intense restriction. Instead, it's a time for intelligent recalibration. It is important to implement subtle, strategic shifts that reestablish rhythm, metabolic flow, and mental clarity.

August may not be a clean slate, but it's the perfect canvas for long-term health gains.