

Biorhythms

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According to exponents of biorhythms, a person's life is influenced by rhythmic biological cycles that affect one's ability in various domains--mental, physical and emotional activity. These cycles begin at birth and oscillate in a steady fashion throughout life; by modelling them mathematically, a person's ability in each of these domains can be predicted day-to-day.

Biorhythm draws on the theory that everyone is affected throughout life by three internal cycles--physical, emotional and intellectual--which determines the amount of energy available to the human being.

The physical cycle concerns resistance to disease, strength and co-ordination of other body functions and takes 23 days to complete.

The emotional cycle is related to moods, perceptions and mental well-being, and takes about 28 days.

The intellectual cycle covers memory, alertness and logical aspects of intelligence and takes 33 days to complete.

Importance of Biorhythms

The cycles begin at birth and rise to a high positive phase, then plateau off and start declining. The second half of every cycle is generally negative as the energies diminish.

Biorhythms affect behaviour, creativity and bodily functions, such as immunity. Knowledge of these patterns may warn patients to put off major decisions during the low phase. Although truly critical days make up about 20 p.c. of one's life, knowledge of these days helps us to be careful and avert accidents.

A study showed that accidents are five times more likely to happen on critical days and death was almost 11 times more likely on a critical day. Research on biorhythms shows that one can almost predict vehicle accidents and industrial catastrophes. Studies show that accidents tend to occur on critical days within the cycle.

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