Does my stomach anticipate my meals?

Benjamin Smarr
Berkeley, CA
Continuous electrogastrogram rig

Gharibans et al., Scientific Reports, 2018
Can regular meal-times set a biological clock?
LOW to HIGH stomach activity across days

Time of day

0:00 6:00 12:00 18:00 24:00
Normal week  

Scheduled week  

Fast  

WEAK to STRONG coherence of oscillators  

Axial temperature
Wrist temperature
Blood glucose

SmarrBio@gmail.com
<table>
<thead>
<tr>
<th>Normal week</th>
<th>Scheduled week</th>
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<tbody>
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<td>N1</td>
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**Time of day**

0:00 - 6:00 - 12:00 - 18:00 - 24:00

**LOW to HIGH**

blood glucose across days

**Fast**

![Blood glucose meter reading 112 mg/dL with an upward arrow]
Fasting

Wrist temperature

Normal week

Scheduled week

Meal

Average

Single day

Fast