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It's about time: implications of chronoactivity on health and disease

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IT'S ABOUT TIME

Implications of Chronoactivity on Health and Disease

Gali Albalak

It's About Time: Implications of Chronoactivity on Health and Disease

PhD thesis, department of Internal Medicine, subdepartment of Gerontology and Geriatrics, Leiden University Medical Center, Leiden, The Netherlands.

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Voor mijn lieve Omi

“Time is a social institution, not a physical reality. There is, in other words, no such thing as time in the natural world—the world of stars and waters and mountains and clouds and living organisms. There is such a thing as rhythm: rhythm of tides, rhythm of biological processes. In the natural physical world there is rhythm and there is motion. And time, then, obviously, is a way of measuring motion by comparing it with some sort of constant.”

Alan Watts, 1967

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