



4 ESSENTIALS TO: GET YOUR HEALTH BACK ON TRACK

1. BALANCING YOUR BLOOD SUGAR

Erratic blood sugar causes damage, metabolic stress, immune issues and overweight. When you've learned how blood sugar works, you'll find it easy to balance it and lift your health.

Signs you blood sugar imbalance include:

- Measurables (your GP): Overweight, HbA1c > 31 nmol/mol (5%), fasting glucose > 5.25 nmol/l.
- Brain: overwhelm, mood dips or anxiety, irritability, difficulty thinking clearly, headaches, headaches
- Body: Energy dips, dizziness, craving caffeine or starchy/sweet things or needing them to keep going, irresistible urge to binge at certain times of day, nausea, blurred vision/tinnitus.

2. GET YOUR NERVOUS SYSTEM TO WORK FOR YOU

Most of us have chronic high stress hormone levels without even knowing it. This derails long-term building, regeneration and immunity. Drivers of elevated stress hormones include: toxins, nutrient deficiencies and eating/drinking or smoking nutrient-robbing substances. Lack of relaxing nutrients makes your stress trigger more sensitive. Getting the right stuff in makes you more resilient to stress.

Signs your stress hormones are too high too often include:

- Measurables: High salivary cortisol, central adiposity (fat around your middle)
- Brain/lifestyle: Multitasking, insomnia, overwhelm, "tired but wired", feeling guilty when relaxing, overwhelm, self-pity, negative self-talk, unresolved grief, not enough downtime away from devices.
- Body: shallow breathing, rapid heart rate...

3. GET MORE POLYPHENOLS & ANTIOXIDANTS

We make energy through oxidation. Too much oxidation damages and ages you. Antioxidants protect against this. Antioxidants come from plants, from minerals, vitamins, and from within us if we're healthy. Learn how to get more antioxidants and polyphenols into your life easily (and inexpensively!)

Signs you are likely low in polyphenols/antioxidants:

- Measurables (your GP): high blood pressure, heart disease, GGT over 9 in women/16 in men, being on acid blocking meds.
- Brain: Brain fog, mood/memory issues, loss of focus or concentration, irritability.
- Body/lifestyle: Fatigue, skin/digestive/bowel issues, overweight, inflammatory/autoimmune conditions

4. CHOOSE FATS THAT HEAL NOT FATS THAT KILL

Fats you eat are incorporated into the intelligent membrane that surrounds every cell in your body. The membrane controls nutrients in, toxins out. If it's not made of the right fats you are set up for metabolic "conditions". Damaged (toxic) fats = unhealthy cell membrane. Good fats = healthy cell membrane. Learn about how to choose better fats, turbo-charge your metabolic health and get or stay lean.

Signs you are not eating or digesting the right fats:

- Measurables (your GP): Raised CRP/triglycerides, heart arrhythmias, high blood pressure, heart disease, blood sugar issues, immune cells outside normal range (in full blood count).
- Brain: Slow mental processing, cognition/mood disorders, irritability, headaches.
- Body/lifestyle: Rapid ageing, digestive/bowel issues, overweight, inflammatory/autoimmune conditions

[Want the shortcut to taking back control of your health?](#)

[CLICK HERE NOW](#)