

THE FUNDAMENTALS OF HEALTH

When it comes to optimising health, advanced functional testing and targeted supplements are brilliant tools—but it's important to get the basics right first. These fundamentals include:



ACTIVITY LEVELS



STRESS LEVELS



SLEEPING PATTERNS



NUTRITIONAL HABITS

These all affect the health of the gut and beyond. In order to fully benefit from a personalised programme, it's therefore important that we pay attention to these foundational habits.



ACTIVITY LEVELS



To stay healthy, adults aged 19–64 should try to be active daily. This can take two forms:

150 minutes/week
of **moderate** aerobic activity



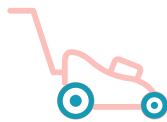
75 minutes/week
of **vigorous** aerobic activity

Both forms should work all the major muscle groups, and include some form of **strength training two days a week**. And it's easier than you think! Here are some examples:

MODERATE aerobic activity



Brisk walking



Pushing a lawn mower



Water aerobics



Doubles tennis



Volleyball



Hiking



Riding a bike on level ground or with a few hills

VIGOROUS aerobic activity



Jogging or running



Football



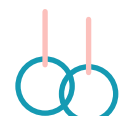
Swimming fast



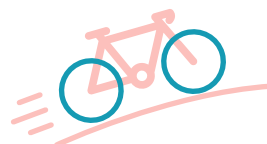
Singles tennis



Aerobics

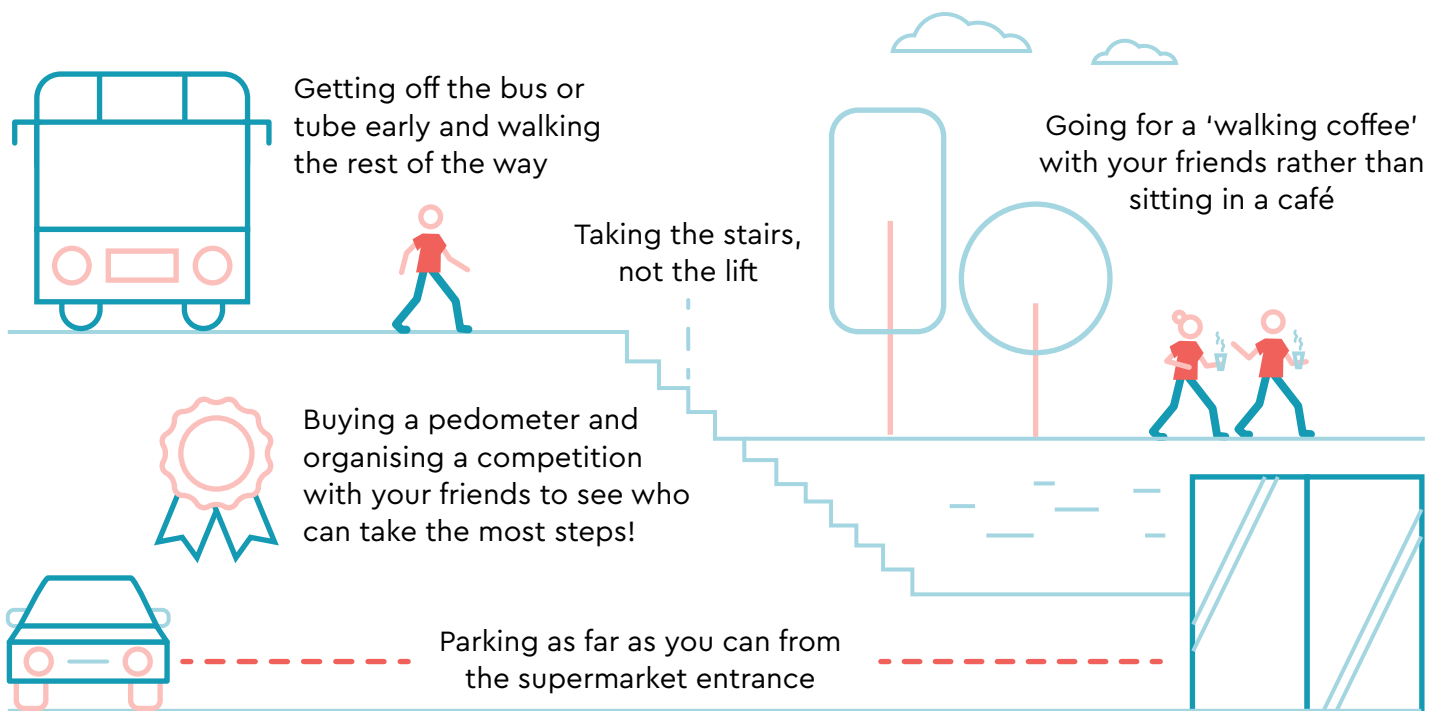


Gymnastics



Riding a bike fast or over hills

Activity can also be weaved into your day. Why not try the following?



You'll be amazed at how quickly it all adds up. If you need more convincing, studies show that taking



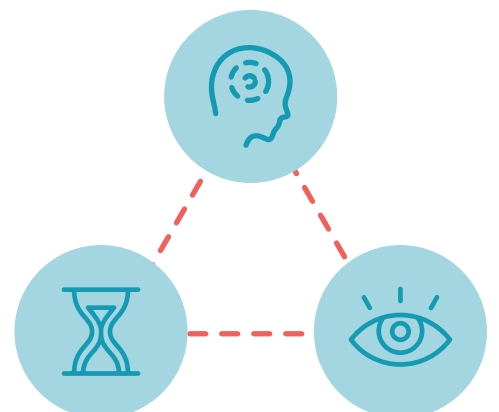
10,000 steps every day can decrease weight and enhance mood.

STRESS LEVELS

Modern life is inherently stressful. Fortunately, mindfulness can be an antidote to chronic stress—providing a buffer against our fast-paced world.

There are three components to mindfulness:

- 1. INTENTION** Your personal vision, or the 'why' behind each action.
- 2. ATTENTION** Noticing the experience itself, rather than your interpretation of the experience.
- 3. ATTITUDE** Cultivating patience, compassion and non-striving in every situation, regardless of whether it's pleasurable or unpleasant.





We understand that this can seem a bit intangible. However, we also know from clinical experience that stress has a huge impact on gut health. Scientific research suggests that mindfulness is an effective way to combat this.

Why not explore some of the following?



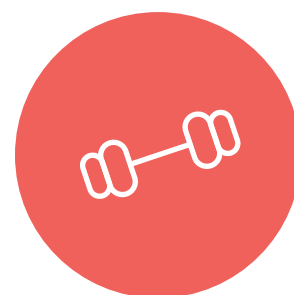
A yoga class or DVD



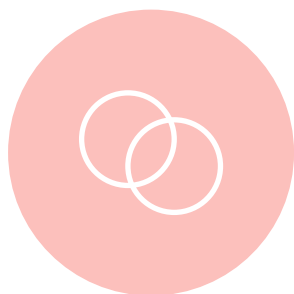
A meditation practice



Meditation apps such as Headspace or Calm



Exercise



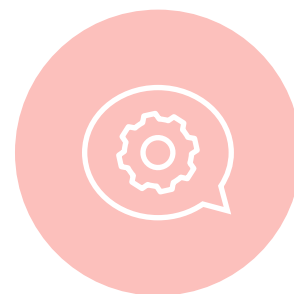
Focusing on your relationships



Connecting with yourself by doing something that you love



Getting involved with charity work



Cognitive behavioural coaching



Journaling or gratitude journaling



Time to yourself to simply process all that's going on



Life coaching



Novelty—exposure to new things to get outside your comfort zone/routine

SLEEPING PATTERNS

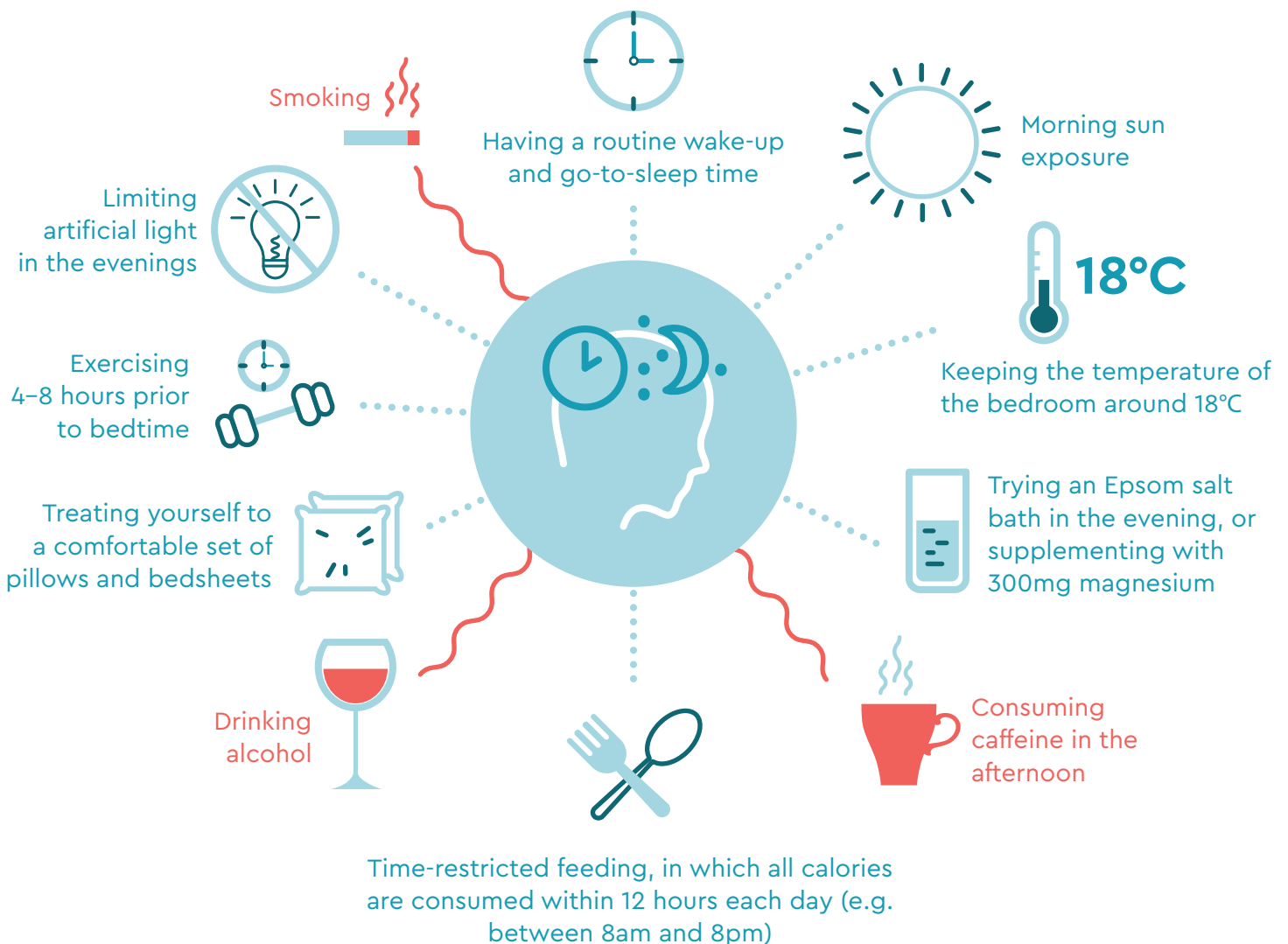
Sufficient sleep is essential for good health. A lack of sleep can affect our hormones, our immune system, our insulin sensitivity and even our gut microbiome. In fact, people suffering from IBS typically have more sleeping difficulties.



Restorative sleep is deep, uninterrupted and typically 7-9 hours long.

In order to achieve this, we need to embrace 'sleep hygiene'. This simply means practising behaviours that facilitate sleep, and avoiding behaviours that interfere with sleep.

Again, this needn't be complicated. See which of the below you can incorporate and avoid:



FACILITATE SLEEP ●

● INTERFERE WITH SLEEP