



WHAT IS FOOD?

Urban Health

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INTRODUCTION

Give your body what it needs, and nothing that it doesn't need.

The human body is a wonderfully complex machine. The power behind the human body is mesmerising; it can lift, grow, run, jump, stretch, and even heal itself. The human body is strength; It is life, and it is power. The body relies on food to perform its functions, but what is food?

Some consider food fuel for the body, and others believe it's a source of comfort. This book aims to uncover what food truly is when it comes to the human body. This book is not just a recipe book. It's a movement. It is about knowledge; it is about stimulating the mind and opening up your consciousness to be attuned with your body's needs.

You don't need to get neurotic about being the healthiest version of yourself; health is about distinguishing between feeding the mind, body, and soul. Health is about cleaning up your act and making the healthiest choices that you can, given your busy lifestyle.

This book is a path to discovery that will align you with your nutritional truth. It is about saying yes to vitality, and longevity. It is about exposing your body to real nutrition. It is about giving your body what it needs, and nothing that it doesn't need.

WHAT IS NUTRITION?

"Let food be thy medicine."

Nutrition is the building blocks for ultimate health. It is the process of providing the body with the essential nutrients needed for health and growth through the consumption of wholesome, nourishing foods. Nutrition is health, and health is freedom.

Optimum nutrition is eating the right nutrients at the right times to achieve ultimate long-term health. Optimum nutrition can help you to reap a multitude of health benefits such as; improved sleep quality, strengthened immunity, improved mental state, increased physical performance, and increased lifespan.

Give the body what it needs, and nothing that it doesn't need.

The body requires a combination of nutrients to maintain a healthy state, these nutrients are;

1. Macronutrients: protein, carbohydrates, and fat.
2. Micronutrients: vitamins and minerals
3. Fibre
4. Water

Protein

Protein is made from amino acids, some amino acids are essential, and others are not. Protein is vital for the body as it helps with many functions such as; growth & repair, hormones, and enzymes. You can find protein in many different foods, specifically animal products such as; eggs, fish, and chicken. In regards to servings, there are 4 Kcals per gram.

Carbohydrates

Carbohydrates are the sugars, starches, and fibres found in fruits, grains, vegetables, and milk products. Carbs are important as they contribute to supporting the brain, central nervous system, energy for the muscles, and they prevent protein stores from being used as an energy source. Carbohydrates give 4 Kcal per gram.

Fat

Fats are formed from triglycerides. Triglycerides are three molecules of fatty acid bonded with a molecule called glycerol. Healthy fats are required in small amounts to help with lubricating the joints, absorption, and the production of certain hormones. Healthy fats can be found in foods such as olive oil, avocado, and oily fish. There is 9 Kcal per gram of fat.

Vitamins and minerals

Vitamins and minerals are micronutrients; these are essential nutrients that the body requires in smaller amounts. There are a variety of micronutrients that the body needs such as vitamin D, which helps with bone health. Vitamin C & zinc which helps with the immune system, potassium which helps the muscles, and finally iron, which helps to transport oxygen around the body through haemoglobin.

Fibre

Fibre is a plant-based carbohydrate that cannot be completely broken down by digestive enzymes. Given that the body cannot completely absorb fibre, only a limited amount of starch and sugar gets into the bloodstream. Fibre is essential for digestion and gut bacteria, as well as supporting healthy blood sugar levels. There are many sources of fibre including; fruits, vegetables, nuts, and whole grains.

Water

Water is a vital part of a healthy and balanced diet as approximately 70% of the human body is made up of water. Water is needed to help maintain cells, tissues, and to regulate body temperature. Humans need to try and consume around 2 litres of water per day.

Why is proper nutrition important?

Making a conscious effort to practice eating right is so important as it helps to prevent you from developing health conditions. As mentioned earlier, nutrition is the building block for health. Get the foundation right and the building will stand firm, however, if you get the foundation wrong, the whole building will fall down. When you give your body too much sugar you increase the risk of blood sugar issues, heart disease, weight gain, and dental caries. When you give your body too much salt, you increase the risk of developing cancer, stroke, and even chronic kidney disease. Eating a diet high in saturated fat can result in obesity, type 2 diabetes, heart disease, and cancer. Giving the body alcohol can lead to liver cirrhosis, cancer, and cognitive impairments. When you constantly give the body what it does not need, it has no reason to function the way it was designed to function.

How to have good nutritional habits:

Good nutritional habits is all about taking action on your intentions. Making smart food choices is the pillar of good nutrition. Ensure that you eat balanced meals i.e. lean protein, carbs, healthy fats, and fibre. Practicing portion control is also an important part of good nutrition; eating what you need to sustain your body, and nothing in excess. Good nutrition also is about awareness; awareness of what you're putting onto your plate. It's about reading the back of food labels if you are unsure of a product, and not just eating it blindly. Good nutrition is a choice, it's about saying yes to health.

What is the true definition of health?

Everyone has their own definition of health, and I believe that health is wealth, and health is happiness. Good health is complete physical, mental and social wholeness — a healthy mind, body, and spirit. It is physical strength, it is a sound mind, and a strong spirit.

The World Health Organisation, also known as WHO have their definition of health too. WHO believes that health is a "State of complete physical, mental, and social well being, and not merely the absence of disease or infirmity."

Understanding the importance of health is vital as health issues have skyrocketed in recent years. In the last 44 years, obesity rates have tripled worldwide. This is a major issue as obesity is linked with a number of other health conditions such as; type 2 diabetes, cancer, and heart disease.



WHAT IS THE PURPOSE OF EATING?

“Your body is a temple, but only if you treat it as one.”

Far too often when we get the hunger call, it seems like second nature to open up the fridge and eat anything we want to satisfy that hunger. But do you stop and think about what you are eating? Most probably not, right?

But this is where the problem comes in; we as humans, especially in western society, are not aware of what we eat. For example, let's say you have a cheeseburger in your hand; a cheeseburger is full of trans fat, refined carbs, and saturated fat, all of which increase your risk of diabetes, obesity, and cancer. Your emotions associate that as a “yummy food”, which prompts you to eat it. On the other hand, your body wants the opposite; your body's calling out for fibre, protein, healthy fats, and water, yet most of us ignore it. Well, you should know that the more you try to ignore your body's call, the more you will start to notice it in your everyday life. Your bowels will begin to move slower, and you will begin to see digestive issues creeping in, this is because your body has been calling out for fibre and water. When your tissues don't repair as quickly as before, that's because your body was crying out for protein. When you start to suffer from high cholesterol, it's because you were ignoring the body's call for healthy fats. You need to eat for your body, and not for your soul.

Nutrition should be at the forefront of your food choices, every time you eat. When you decide to eat something, ask yourself; “what nutritional benefits is this providing my body with?” If you fail to recognise what nutritional value a food item is giving you, then you probably shouldn't be eating it at all.

Most people eat unconsciously, but healthy people eat consciously.

You need to eat for your body; of course, your soul might crave other foods, but we deal with that separately. Your soul is yearning to be comforted, stretched, and stimulated. All of these can be satisfied through other outlets such as; art, sports, music, and not food.

Food is fuel for the body & fun is fuel for the soul, the fun doesn't need to be harmful. You don't need to have alcohol or drugs to have fun. And if you don't believe me, give me a call, and I'll show you a night on the town!

Your body deserves the best, and if you love yourself, why wouldn't you want to give yourself the best?

Most of my clients are sick & obese, and they are in need of urgent medical care. They have no option but to live 100% in line with the principles that I teach. We do however live in a world where too many temptations lead us away from our nutritional truth. Nobody got obese from drinking one diet coke. If it doesn't nourish your body, you have 0 reasons to consume it; it doesn't bring health, it brings harm. It is full of chemicals; some people even use coke to clean their toilets, so how does it nourish your body? It is the healthy habits that we do on a consistent basis that brings us longevity and vitality.

Most of my clients are a bit naughty & the 80/20 rule applies to them; 80% is dedicated to pure nutrition in line with their body's truth. The remaining 20% makes up the consumption of non-food items consciously and responsibly, without denial. You can drink alcohol and drink caffeine, but don't say its good for you when it's not. We would have to take liver support supplements and participate in detoxes to maintain your systems.

So, if you are going to damage your body, do it with consideration of pre-care and aftercare. To say "Oh, it doesn't matter" is dismissing the damage that you are causing to the beautiful integrity of your body.

I will be bold enough to say to purists, that if you're trying to be 100% on-point with your nutrition, please do so without neurotic mental states. Your approach to eating healthy must also be healthy. If you're going to be neurotic, I'd rather you followed the 80/20 principle. A true purist eats healthy effortlessly, without feeling deprived. If you can't be healthy, be healthier. Start where you are, and then build it up.



CALORIE QUALITY

“Eat for the body that you want, not for the body that you have.”

A calorie is a unit of energy; it is the energy needed to raise the temperature of 1 gram of water through 1 °C. Calories are used to measure the energy in food. The average man requires around 2500 kcal per day, and women need approximately 2000 kcal per day. It is important to know that the RDA says this, but you must have a personalised approach when it comes to health. I believe in eating the right amount of calories for you, and not the RDA.

Government guidelines are just guidelines; you need a personalised approach. We all need to wear clothes as a guideline, but we need to wear clothes that fit our body, nutrition is no different.

Quality calories are those that provide your body with healthy fats, complex carbs and lean protein. On the other hand, low-quality calories do not nourish your body. These kinds of calories can be found in foods such as; sugary foods, processed foods, refined carbs, foods containing artificial ingredients, and unhealthy fats (trans fat and saturated fat). These foods were designed to be addictive; mother nature's food was designed to nourish you. Mother nature made food with love. You need to get off the grid.

You eat to nourish, fuel, and satisfy your body, but poor calories do not do any of the above. They can cause you to eat more food; gram for gram, a plate of chips or a pizza will not keep you feeling full, whereas a plate of steamed vegetables will. That's because poor quality foods have no nutritional value, they don't promote satiety, they provide short-term satisfaction.

Due to the content inside these poor quality foods, i.e. high sugar, it increases your cravings for more sugary foods, and thus, you remain on this cycle of consuming poor quality foods as you have conditioned your body to crave such foods. You need to retune your body to wholesome, quality calories that nourish and satiate the body

BODY COMPOSITION

“The best and most efficient pharmacy is within your own system.”

What is body composition?

By definition, body composition is the term that describes the percentage of body fat and fat-free mass within the human body.

Body fat:

All human bodies contain a level of fat, either visceral or subcutaneous. Subcutaneous fat is found under the surface of the skin, and visceral fat surrounds the organs.

Fat-free mass:

Also known as lean tissue, refers to all the other tissues within the body such as water, blood, muscle, and bone.

There are many ways of measuring body fat; the most accurate method is via a DEXA scanner, followed by the BOD POD. In the Urban Health clinic, we use the Bioelectrical Impedance analysis (BIA). This analysis sends a low-level current from the hand to the foot, assuming you're symmetrical and hydrated. We measure our client's body composition every two weeks to monitor trends. We are more interested in seeing if body fat is going down and muscle mass is going up, rather than a completely accurate body percentage reading. Most of our clients are busy CEOs and entrepreneurs who don't have the time or the money to spend £150 an hour on a DEXA scan to get a 100% accurate reading. Most of our clients want to know if they're heading in the right direction. A BIA can help them achieve that as it is portable, lower in cost, and non-invasive as it is just two stickers on the hand and foot. There are other alternative ways of measuring body composition such as hydrostatic weighing, and skinfold measurements.

Why is your body composition important?

Knowing your body composition is essential, as it indicates what your body is made up of. It let 's health professionals know how dense your bones are, how much water you're holding, and how much excess fat you have. This is beneficial for many reasons;

1. It helps with weight loss:

When you are trying to lose weight, relying on bathroom scales is not that helpful as this gives you a total weight. It doesn't distinguish between your fat and muscle mass, whereas body composition does. Body composition determines the exact levels of tissue within your body so that can make the necessary health changes to reach your goal.

2. Body composition helps to detect obesity risk:

Health practitioners can use body composition to screen for obesity risk, by using the markers health professional can compare your results against the gold standard to determine obesity risk.

3. It is an indicator of overall health:

In addition to detecting obesity risk, measuring body composition also helps to provide an indicator of overall health. If a person has higher amounts of body fat in comparison to fat-free mass, this is a general indicator of increased risk of Type 2 diabetes, high blood pressure, and cardiovascular disease.

So, what is considered a healthy body composition? Generally speaking, body fat should make up no more than approximately 10% of body weight for men and about 18% for women.

There are many benefits of maintaining a healthy body composition, which will be discussed below.

1. Improved circulation: Those with a healthier body composition have better circulation than those who do not have a healthy body composition. It is thought that a healthy body composition means that your systems can circulate better, and better circulation has been associated with a decreased risk of cardiovascular disease.

2. Improved quality of sleep: research has shown that healthy body composition helps to improve sleep quality. Researchers have found that in reports, those with a healthy body compositions reported better sleep quality.

3. Increased energy & endurance: research has shown that those who have a healthy body composition tend to feel more energetic. Moreover, people with healthy body composition have higher endurance levels; this means that they can push themselves further and get the most out of their workout sessions.

4. Positive effects on metabolism: in addition to improving endurance, a healthy body composition can have positive effects on metabolism. A healthy body composition means having a low level of body fat, as the majority of your body weight is from coming from lean mass. Lean mass burns more calories around the clock. This accounts for roughly 20% of your daily calories, whereas fat tissue is only 5%. This means that people with higher muscle mass achieve a higher metabolism than someone who has a greater body fat percentage.



EATING FOR HORMONES

“Health is a relationship between you and your body.”

Hormones are chemical messengers that travel around in the bloodstream, and they are created in the endocrine glands. Hormones are responsible for sending messages from the glands to the organs and cells inside various tissues. The body also contains hormone receptor cells; these are proteins found inside cells that receive signals from the substances inside the bloodstream. These receptors then tell the cells what to do with the message.

There are many different hormones within the body, all which play a specific role, below you will find a list of some of the most critical hormones within the human body.

1. **Insulin:** insulin is a peptide hormone produced in the pancreas; after you eat, the pancreas releases insulin to transport glucose in the bloodstream to tissues to be converted for energy use later.
2. **Oestrogen:** oestrogen is a female sex hormone produced within the ovaries. This hormone is what starts puberty for girls; it regulates the menstrual cycle and supports pregnancies.
3. **Testosterone:** Testosterone is the male- equivalent sex hormone, although, women do have lower levels of testosterone present in their bodies too. Again, testosterone sets off puberty for men, and women, too much testosterone can cause a condition known as polycystic ovarian syndrome.
4. **Ghrelin:** Ghrelin is known as the hunger hormone; it is released in the stomach, which sends signals to your brain indicating that you need to eat, thus promoting feelings of hunger.
5. **Leptin:** Leptin, is created in the fat cells and it works in hand with ghrelin. Once you have eaten and you're full, it sends messages to the brain signalling that you're full, and thus you stop eating.
6. **Serotonin:** serotonin, which is predominantly made in the digestive system, is a hormone known for its positive effects on mood.
7. **Adrenaline:** adrenaline is known as the “fight or flight hormone” when a person feels a threat for their safety, the adrenal glands release high levels of adrenaline which heightens feelings of alertness.

8. Thyroid: Your thyroid releases two hormones called triiodothyronine (T3) and thyroxine (T4), which control your metabolism.
9. Prolactin: Prolactin is a hormone produced in the pituitary gland after a woman gives birth prolactin is released which stimulates lactation.
10. DHEA: DHEA is produced in the adrenal gland; the body converts it into other active hormones so that it can be used in the body.
11. Irisin: irisin is often referred to as the “exercise hormone” as it is released during exercises when the cardiorespiratory system is engaged.
12. Peptide YY: peptide YY is produced in the small intestine, and released into your bloodstream once you have finished eating, this decreases appetite and make you feel full.
13. Cortisol: cortisol, also known as “the stress hormone” is made in the adrenal gland and released when a person experiences feelings of stress.
14. Oxytocin: oxytocin, also known as the “cuddle hormone” or “bonding hormone” is produced in the hypothalamus, and is released when one experiences feelings of closeness, i.e. sexual intercourse and cuddling. It helps individuals feel closer to others and more connected.
15. Dopamine: Dopamine is the “pleasure hormone” that is triggered when an individual anticipates a reward. It is associated with feelings of euphoria and happiness.

Why does eating with hormones in mind matter?

Insulin resistance: as previously mentioned, insulin is released by the pancreas to transport glucose in the bloodstream to be converted into energy. However, when the insulin being released is not sufficient to carry the glucose, the pancreas begins to release even more insulin, but the body does not respond, this is known as insulin resistance. Insulin resistance leads to prediabetes and eventually type 2 diabetes. Also, insulin resistance is associated with obesity. You can avoid insulin resistance by increasing your intake of fibre intake, healthy fats, and protein. It will also help if you avoid sugar-sweetened beverages and refined carbs.

Fatty acid balance: Healthy fats, particularly omega 3-fatty acids are vital for proper cell function and hormone function, as these are the building blocks for hormones. When the body does not have adequate amounts of these fats, it has to use whatever is available, i.e. lower quality polyunsaturated fats. This is an issue because polyunsaturated fat are not as stable, this means they oxidise easily which can result in inflammations and even mutations. Researchers have found that inflammation can happen in the arterial cells, which increases the risk of clogged arteries. Moreover, the inflammation can cause a variety of hormonal issues such as polycystic ovarian syndrome. It is best to avoid fats such as soybean oil, canola oil, and peanut oil. Instead, choose oils high in omega 3-fatty acids such as olive oil. Omega 3-fatty acids can also be found in sources such as avocados, oily fish, and nuts.

Gut health: Your gut is a crucial indicator for your overall health so it is essential to look after it, as failure to do so can lead to a variety of problems, and one of these is called leaky gut syndrome. As its name implies, leaky gut means your intestinal lining cells become loosened. Leaky gut allows larger molecules to slip through the gut wall that shouldn't, and thus, creating an immune response and chronic inflammation that can result in hormone imbalances including insulin resistance.

It is thought that consumption of sugar, grains, excessive alcohol, GMO foods, and dairy products can cause leaky gut. Antimicrobial foods such as lemon, ginger, and onions, cruciferous vegetables such as broccoli, complex carbs, and omega 3-fatty acids all help to prevent leaky gut.

NOT ALL SUGARS ARE EQUAL

"The food you eat can either be the safest & most powerful form of medicine, or the slowest form of poison."

Years ago, we would walk into a supermarket and see caster sugar, brown sugar, granulated, sugar, and honey on the shelf, but it seems as though nowadays manufacturers are coming out with new names for sugar. I'm sure you have probably stumbled across products such as agave nectar, fructose syrup, coconut sugar in your local supermarket, but these are all just exotic names for sugar.

Which lead me to question, if these are all forms of sugar, why do they have different names? What is the difference between these sugars? Moreover, are they all equal?

The answer, no. There are some differences between sugars, however, they all share the same trait of ruining your health to some degree.

Chemically speaking, sugars such as; fructose, glucose, galactose, lactose, and maltose are monosaccharides, also known as simple sugars. These are carbohydrates that are absorbed into the body quickly for energy. They are called simple sugars because they only contain two units of saccharides (sugars), and they are found naturally in foods such as; raw sugar, honey, fruits, and dairy.

However, things start to get more complicated the deeper we go. Monosaccharides can bond together through a process called glycosidic linkage, and this forms a compound called disaccharides.

Disaccharides are two monosaccharides bonded together. For example; when glucose and fructose are bonded together, it creates a disaccharide called sucrose. Fructose (from fruits), and glucose (carbohydrates found in bread and pasta) are the most common forms of sugar in the diet.

When I talk about sugar, I have to talk about blood sugar levels and glycaemic index. Glycaemic index is a dietary term for how quickly carbohydrates affect blood sugar levels. Carbohydrates that are ranked as 55 and below are considered low glycaemic, and carbohydrates that are 56 and above have a high glycaemic index.

Concerning blood sugar levels and these sugars, there are significant differences in the way in which they affect blood levels, and I have created a table below for you to see the difference. Table sugar, brown sugar, and fructose corn syrup all have a glycaemic index above 55; this means that they cause blood glucose levels to rise quickly.

Fructose vs glucose:

As previously mentioned, fructose and glucose are the most common forms of sugar in the diet, so researchers have looked at the difference between the two sugars. One study by Havel found that excessive consumption of fructose can have adverse health effects. One group consumed fructose-sweetened drinks, and the other group consumed glucose-sweetened drinks for ten weeks. The results found that both groups gained weight, however, the fructose group accumulated double the amount of visceral fat. Moreover, it was also noted that there was a drop in insulin sensitivity by approximately 17%.

Liquid sugar vs solid sugar:

There are also factors to consider regarding liquid sugar, i.e. in beverages, and solid sugar in foods. Research has shown that drinking sugar can have more harmful effect on human health, in comparison to solid sugar. Another angle to consider is the issue of sweeteners in beverages versus sweeteners in solid foods. For example, in a study, researchers gave patients sugar-sweetened beverages at lunchtime for a set of weeks. The researchers noted that the participants total calorie intake was higher on the days when they were consuming the sugar-sweetened drinks. This is because these sugar-sweetened beverages (drinks such as soda, fruit juice, teas, and coffee) contain high amounts of added sugars such as fructose and sucrose.

THE SCOOP ON SUGAR-FREE

“Love yourself enough to live a healthy lifestyle.”

In recent years, dietary trends and fad dieting seem to have more or less blown up, and manufacturers have caught onto this. Companies have realised that consumers are more likely to purchase the “healthier option” of foods, so they are trying to appeal to the market by offering these healthy alternatives. One of the biggest phrases that manufacturers use is “sugar-free”. Manufacturers are pasting this tagline across their products in the hopes that they can catch the consumer’s attention.

But what is sugar-free? Is it all that it has been made out to be? Are there any effects of sugar-free? Well, I’ll tell you more below.

Sugar-free vs no added sugar: what’s the difference?

Sugar-free means that the manufacturers have not added any sugar. However, manufacturers use alternative artificial sweeteners and sugar alcohols. No added sugar, on the other hand, means that the manufacturer has not added any sugar to the product. However, it does not mean there is no sugar in the product.

What products are labelled sugar-free?

The biggest sugar-free culprits on the market include confectionary items such as; carbonated drinks, chewing gum, chocolate, candies, biscuits, cookies, sauces, cereal bars.

It is apparent that manufacturers are using sugar alternatives so that they don’t have to compromise on flavour. However, it is evident that manufacturers are using sugar alternatives also known as sweeteners and alcohol sugars. For example, a famous energy drink company has a sugar-free version of their favourite drink, instead of using sugar, they use an artificial sweetener called sucralose, which I go into more detail about problems regarding sucralose on page 22.

Are sugar-free products healthier?

This is the golden question; the answer is in front of us, we just need to start reading food labels more, yet so many people don't, and this is why many people are unaware of the potential flaws of sugar-free products. Unfortunately, many people have a misconception that if a product is labelled sugar free, then they assume that it is carbohydrate free or low calorie, but this is not the case. The FDA has allowed manufacturers to call products sugar free if the product contains less than 0.5g of sugar per serving. Clearly, products labelled "sugar-free" are not sugar-free at all.

In addition to using artificial sweeteners as a sugar substitute, many manufacturers add more saturated fat to help improve the taste of their sugar-free products. Saturated fat is a bad fat that has been associated with a whole array of health issues such as obesity, type 2 diabetes, and cardiovascular disease. Having saturated fat in these sugar-free foods is a problem as many people will consume more sugar-free foods thinking that it is a healthier alternative, unaware that they are consuming higher amounts of saturated fat. You need to be aware of what you are eating, and as I previously mentioned, it all boils down to reading food labels and making a conscious decision of what foods you choose to eat.

PRO POLYOLS

“You don't need sugar, you're sweet enough.”

I am pro polyols, and to be honest, I wish more people were too. However, what do I mean when I say polyols?

Well, polyols are sugar-free sweeteners, these are low-digestible carbohydrates, but they are not sugars. Polyols occur after the hydrogenation of their sugar. For example, erythritol comes from fruits such as melons. There are different groups of polyols, which I will go into more detail about below, but generally speaking, polyols are the best way to go.

What are the benefits of polyols?

1. Polyols are low calorie: most polyols are significantly more low calorie in comparison as they only contain around 0-2 calories per gram, whereas sugars contain 4 calories per gram.
2. Polyols have a low glycaemic index: for the most part, polyols are only partially absorbed by the body. Therefore, they are low glycaemic as they do not cause a sharp spike in postprandial blood glucose.
3. Polyols do not cause tooth decay: Polyols, particularly xylitol is not broken down by oral bacteria; therefore it does not contribute to developing tooth decay.
4. Polyols taste like sugar: Because polyols share similar tastes to sugar, you can easily make the transition from sugar to polyols without having to compromise too much on taste.

The best polyols

There are three polyols in particular that I would recommend, as seen below.

1. Xylitol: xylitol is extracted from birch trees, it has a low glycaemic index so it will not cause a sharp spike in blood glucose levels. Moreover, its tastes resemble sugar, but it has 40% fewer calories in comparison. Finally, as previously mentioned, xylitol is a polyol that does not cause tooth decay.

2. Stevia: Stevia comes from the leaves of the stevia plant, stevia contains virtually 0 calories; therefore it is a much healthier alternative to sugar. Moreover, research has also shown that stevia does not cause a sharp spike in blood glucose levels.

3. Erythritol: as previously mentioned, erythritol comes from fruits such as melons. Erythritol contains approximately 0.24 calories per gram, so it is an incredibly fantastic alternative to sugar.

The "OK" polyols

1. Sorbitol: sorbitol is derived from fruits such as pears, peaches, and prunes. It is a low-calorie sweetener as it only contains approximately two calories per gram. Although it does not have direct effects on blood glucose levels, research has shown that too much sorbitol can have a "laxative effect" on the body.

2. Mannitol: mannitol is produced from fructose and hydrogen, and it is considered a high-intensity sweetener. Mannitol is considered diabetic-friendly as it does not have drastic effects on blood glucose levels; however, mannitol has the tendency to cause digestive issues, often resulting in diarrhoea.

3. Maltitol: this sweetener is 75% as sweet as sugar; therefore you have to serve the same amount as you would regular sugar, to enjoy the taste. Maltitol has a glycaemic index of over 52 this means this is in the border of being considered high glycaemic index; therefore it can't be considered a sugar alternative that is suitable for people with diabetes.

Polyols you should avoid

1. Aspartame: this sweetener has quite a bad reputation, and it is pretty clear why. Aspartame is an artificial sweetener made from bonded amino acids aspartic acid and phenylalanine. Food manufacturers use this sweetener because it gives 3x the sweetness for a much smaller quantity, in other words, it's good for the manufacturers' pockets. Aspartame is usually found in products such as fruit juices and candies. It should be noted that scientist conducted research on the effects on aspartame, and it is thought that there are some links between aspartame and cancer.

2. Saccharin: this is another artificial sweetener made by oxidising a chemical called phthalic anhydride. It is usually found in products such as carbonated drinks, and it is up to 300 times sweeter than regular sugar. However, saccharin is a sweetener that you should try to avoid as it has been shown to interfere with gut bacteria and increase the risk of certain conditions such as metabolic disease and inflammatory bowel disease.

3. Sucralose: this is another artificial sweetener made from hydrogen-oxygen and chlorine atoms. Sucralose is usually found in sweetener products such as Splenda. It is a not a great sugar alternative as it contains 3,36 calories per gram, not far off from sugar that contains four calories per gram. Similarly to saccharin, sucralose has also been shown to have adverse effects on gut health.

Conclusion

If you want to add sweetness to your tea, then at least put down the sugar, and use an alternative. Take note of the information that I have provided and make an informed decision and which sugar alternative you should try.

ORGANIC FOOD

"Good health is not something that we can buy, however it can be an extremely valuable savings account."

The term "organic" refers to the way in which foods are produced. For food to be considered organic, it must be farmed or grown naturally, meaning that is free from artificial ingredients, chemicals, and hormones.

There are many different types of organic foods such as fruits, vegetables, and meats.

1. Fruits: berries, avocados, apples, cherries, peaches, and pears, and grapes.
2. Vegetables: spinach, bell peppers, cauliflower, broccoli, potatoes, and courgettes.
3. Meats: chicken, beef, lamb, pork, and turkey.

What is organic farming?

Organic farming is all about keeping the farming process as natural as possible. This means that farmers use minimal to no chemicals on the land, i.e. artificial fertiliser in the soil. Moreover, any animals are appropriately cared for and kept in clean, safe, and natural conditions. Lastly, these animals are not injected with any biomechanical compounds to enhance their weight, flavour, or texture.

What are the pros and cons of organic foods?

Pros

There are many pros of organic foods which I will discuss below.

1. Organic food is GMO-free: thanks to regulations, genetically modified foods are prohibited from being labelled as organic. I will be going into more detail why GMO foods are a huge problem in a later chapter, for now, all you need to know is that organic foods do not contain any genetic modifications.

2. No hydrogenated fat: Organic food is free from hydrogenated fat. Hydrogenated fat is a trans fatty acid that is prevalent in processed foods. Hydrogenated fat is a concern as it has been associated with cardiovascular disease.

Fewer pesticides: because of the controlled measures taken to organic farm products, they contain fewer pesticides.

3. Organic produce is better for the environment: Organic foods can help the environment. The farming methods used are more sustainable for nature as there are minimal chemicals involved, such as artificial fertilisers.

Cons

1. Expensive: because organic products are grown in natural and responsible conditions, they carry a hefty price tag as a result. This is to account for farming costs and safe conditions for the animals' welfare. Non-organic produce, on the other hand, is cheaper because artificial chemicals are used which cost the farmers less money to farm.
2. Bugs: as organic fruits and vegetables do not contain pesticides; sometimes you may find bugs inside your veggies! Don't be alarmed, ensure that you wash between the leaves of your fruits and vegetables before consumption.
3. Time limit: in comparison to non-organic produce, organic food takes much longer to grow as it is produced without chemicals. Non-organic farmers can provide significantly higher quantities of good because they speed up the process with chemical fertilisers and other harmful substances.
4. Short Shelf Life: Given that organic farmers do not actively use chemicals on their produce; organic foods usually have a shorter shelf life. To get the freshest organic produce such as fruits and vegetables, definitely head to your local organic farmers market, where you can find organic veggies that will last for a couple of days.

WHY DOES DAIRY FREE MATTER?

“Health is not valued until sickness comes.”

Dairy describes food products that are either made from milk or contain milk from mammals such as cows, goats, sheep, and buffalo.

What are some examples of dairy products?

Cow milk, Goats milk, Cow cheese (cheddar, parmesan, Jarlsberg, Edam, Brie, gorgonzola, halloumi, and mozzarella), Goats cheese (feta, and anthotyros), Yoghurt, Creme fraiche, Whey, Ghee, Buttermilk, Whipped cream, Ice cream, Custard.

Why is dairy bad?

1. It is not compatible with the stomach: It is estimated that approximately 75% of the global population cannot digest dairy products properly, this condition is called lactose intolerance. Lactose is a sugar found in dairy products, typically, an enzyme called lactase, which is produced in the small intestine, breaks down any lactose. However, your body doesn't provide enough lactase, then the unabsorbed lactose through the digestive system into the colon. The colon contains bacteria which ferment the lactose; the fermentation produced gasses such as carbon dioxide, methane, and hydrogen, these cause the symptoms of lactose
2. It doesn't make your bones stronger after all: I'm sure you have heard that you should drink more milk because it will make your bones stronger, right? Well, research has shown that drinking milk can leave you worse off, as dairy milk robs the bones of calcium. When animal proteins are broken down they produce acid; unfortunately, the calcium is used to neutralise this acid, meaning that your body is not getting the calcium that it needs. You're better off getting calcium from non-dairy sources such as; cruciferous vegetables, nuts, fish, and seaweed.
3. It is full of antibiotics: because cows are not kept in the best conditions, i.e. unsanitary factories, they are often injected with large amounts of antibiotics to keep them alive for milk. When you consume these dairy products, you are consuming everything with it, including all those excessive amounts of antibiotics. Overconsumption of antibiotics can lead to antibiotic resistance, in other words, your body will not respond as positively to antibiotics in future.
4. Dairy has been linked with acne: There is much evidence suggesting that consuming dairy is a significant contributing factor in the development of acne. It is thought that the hormones in milk are aggravators which leads to acne breakouts.

5. Dairy is full of hormones: particularly non-organic milk contains synthetic hormones. Cows are given synthetic hormones such as recombinant bovine growth hormone (rBGH) which increases the production of milk. It is not fit for human consumption as these hormones can have an adverse effect on hormone health. Once introduced into the human body, these hormones may also affect your normal hormonal function.

6. Cow milk is for cows: humans are the only species to consume milk beyond the infant age still. Cow's milk is meant for cows; its nutritional profile is intended to nourish calves who need more than humans. Cow milk is merely not designed for humans as it does not give the body what it needs, this goes back to the idea of the purpose of eating; give your body what it needs and nothing that it doesn't need.

What are dairy alternatives?

1. Almond milk
2. Coconut milk
3. Hazelnut milk
4. Cashew milk
5. Hemp milk
6. Coconut yoghurt
7. Avocado spread
8. Coconut spread
9. Pea protein powder
10. Hemp protein powder.

WHY DOES GLUTEN-FREE MATTER?

“Medicine is not healthcare, food is healthcare.”

Gluten is the proteins found in wheat, rye, and barley. There are two forms of gluten known as gliadin and glutenin. The primary role of gluten is to hold foods together, like glue; for example, when you are making bread, and you add gluten, it makes the dough stretchy and enables it to rise once you bake it.

Where can you find gluten?

Many products include gluten to help maintain the food shape, the main foods that contain gluten includes;

1. Bread
2. Past
3. Pastries
4. Cereal
5. Croutons
6. Noodles
7. Beer
8. Instant gravies
9. Flour tortillas
10. Processed Meats
11. Potato crisps
12. Chips
13. Salad dressing
14. Pizza
15. Sauces.

So, why is gluten a problem?

1. Gut inflammation: The immune system is a fantastic part of the human anatomy, as soon as you injure yourself, the immune system responds with inflammation as a protection mechanism. Unfortunately, the same thing goes for gluten. Gluten is a gut irritant, and for many people, when they consume gluten, they experience adverse effects. The gluten irritates the lining of the gut which causes inflammation. This inflammation is most common amongst people who have celiac disease - a condition whereby the small intestine becomes inflamed and unable to absorb nutrients. However, it is important to note that there is a large population of individuals who have gluten sensitivity, yet they have not been diagnosed.

2. Many people do not know that they are gluten sensitive: as previously mentioned, gluten doesn't just affect those with celiac disease, in fact, there is another condition known as gluten sensitivity/intolerance - whereby the body responds negatively towards gluten in the diet, and responds positively to gluten-free diets. There are many symptoms of gluten sensitivity such as; diarrhoea, stomach pain, and bloating.

3. Brain function: gluten doesn't just have adverse effects on gut health, research has found gluten can have adverse effects on brain function, this is known as gluten-sensitive idiopathic neuropathy. Researchers have found that many neurological disorders such as autism, epilepsy, and schizophrenia can benefit from a gluten-free diet. Studies had found those with the neurological conditions previously mentioned, particularly schizophrenia, showed significant improvement regarding symptoms when the participants followed a gluten-free diet.

4. Digestive issues: Gluten can make other health conditions worse. For example, a common digestive problem called irritable bowel syndrome - a gastrointestinal disorder can be made worse by gluten. In some cases, gluten can even cause irritable bowel syndrome. As previously mentioned gluten is a gut irritant, so it is no surprise that it has a negative impact on the digestive system.

5. Skin issues: gluten has been closely related to many skin diseases such as psoriasis, and eczema. When you consume gluten, the immune system attacks the skin cells. In more severe cases, people can develop an autoimmune disorder called dermatitis herpetiformis. This is a disease whereby the consumption of gluten triggers an autoimmune response that deposits immunoglobulin (IgA) under the skin, which causes blisters to form in the surface.

What are some gluten-free alternatives?

1. Almond meal flour
2. Coconut flour
3. Pea flour
4. Potato flour
5. Zucchini noodles/zoodles
6. Polenta oatmeal
7. Tapioca
8. Cassava
9. Buckwheat
10. Amaranth

PROTEIN POWDERS 101

“Your body can stand almost anything, it's your mind that you have to convince.”

Protein is an essential macronutrient made up of amino acids; these are chemical compounds made up of carbon, hydrogen, oxygen, and nitrogen. Amino acids are the building blocks for protein, and protein is the building blocks for muscles.

Protein is essential for the human body, as it aids in a variety of biological processes such as; muscle growth, tissue repair, cartilage & skin structures, hormones and blood.

The most common way to get protein into the body is through the diet. The foods that we eat contain different quantities of protein, but there are specific foods that are significantly higher in protein, such as; fish, chicken, turkey, eggs, and beef. There are also some non-animal sources of protein such as peanuts, banana, spinach, and kale. However, it is important to note that there are differences between protein quality from animal and non-animal sources.

Protein powder, on the other hand, is a nutritional supplement made from powdered protein sources such as; whey, pea and soy. In addition to containing powdered protein, these protein supplements can sometimes contain additional ingredients such as creatine, vitamins, and minerals. Moreover, they often contain additives, artificial sweeteners, and artificial flavours.

Why do people use it?

People often supplement their diet with protein powder because it is a convenient way to get more protein in your intake, without having to eat a full meal. You have to blend the powder with milk or water in a bottle and drink it before your training session.

What are the primary forms of protein powder?

There are many forms of protein powders available on the market, including; whey, hemp, egg, brown rice, beef, casein, and pea. However, I am solely going to be focused on profiling and evaluating some of the more popular forms of protein powder, which include; beef, egg, whey, pea, so that you can make an informed decision about which protein powder you should use if you're thinking about using it.

To begin, we will first take a look at beef protein.

Beef protein powder

Beef protein powder, also known as beef protein isolate, is a high protein supplement made from the non-flesh parts of a cow such as; the hooves, ears, connective tissues, ligaments, and hide. Regarding cost, beef protein powder ranges from around £30-£45 per 1kg container.

Pros

1. Lactose-free: The main advantage of beef protein powder is the fact that it does not contain milk ingredients. Lactose excellent if you are someone who is lactose intolerant.

Cons

1. Poor taste: many people have tried beef protein powder in the past have complained about the poor taste. It seems that regardless of the artificial sweeteners added, only those with an acquired taste will enjoy drinking beef protein powder.

2. Poor protein quality: as previously mentioned, beef protein powder is de from cow leftovers such as the hooves and ears. These leftover parts are predominately gelatine, worst still, they also lack amino acids, which again, as mentioned earlier are the building blocks for protein.

Egg protein powder

Egg protein powder, also known as egg white powder is a protein supplement made predominantly from natural egg whites. Regarding price point, egg protein powder is quite cheap, ranging from around £10.99 - £25 for a 1kg bag.

Pros

1. Excellent source of protein: egg white powders are an excellent source of protein, one average scoop contains around 23g of protein.

2. Lactose-free: egg white powder does not contain lactose, so it is a perfect option for those who are lactose intolerant.

3. Low carb: egg white protein powder is also low carb, it only contains around 2g of carbs per scoop, so it's great for those who are trying to lose weight.

Cons

1. It's not the most effective for insulin sensitivity: egg white protein powder does not pump up your insulin levels. A study found that eating eggs does not improve insulin sensitivity.

Whey

Milk is made up of two proteins named whey and casein. Whey is considered an optimal source of protein as it contains nine essential amino acids. Regarding cost, whey protein varies depending on package size (1kg-5kg), usually anything from £24.99- £67.99.

Pros

1. Taste: Many people prefer whey protein as it has a pleasant taste, especially in comparison to beef protein powder.

Excellent source of protein: whey protein powder usually contains around 70-80% of protein.

2. Satiety: whey protein has been shown to improve satiety levels, this is great for people trying to lose weight as they will feel fuller for longer.

Cons

1. Contains lactose: Contrary to beef protein and egg protein, whey contains lactose, meaning that it is not suitable for those who are lactose intolerant.

2. Calories: whey protein often contain sugars and fat, consuming too much of these in addition to your regular diet, you run the risk of adding an influx of additional calories to your daily intake.

Pea

Pea protein is extracted from peas and ground into a fine powder. The average 30g serving of pea protein powder contains 23g of protein. Regarding cost, pea protein is on the cheaper side, ranging from around £10-£20 per 1kg bag.

Pros

1. A good source of protein: pea protein contains nine essential amino acids that are needed to build protein.

2. Hypoallergenic: given that pea protein is plant-based it is hypoallergenic, meaning that it contains very few additives and artificial sweeteners.

3. It is digested well: Pea protein is absorbed in the body slowly and steadily, meaning that it helps to keep you feeling satisfied for longer.

Cons

1. It doesn't contain non-essential amino acids: although they are not essential, they still provide the body with additional support.

2. Taste: It is also apparent that pea protein has quite an unusual taste which some people do not find pleasant.

CHOOSING THE RIGHT FISH

“To eat is a necessity, but to eat intelligently is an art.”

Fish is a fantastic source of protein, the average 100g serving of fish provides around 19g of protein. Of course, fish nutritional value can vary depending on the type of fish that is being consumed, but it is still a great way of maintaining adequate protein intake in the diet. As mentioned in previous chapters protein is vital for many functions within the body such as muscle growth, tissue repair, cartilage & skin structures, hormones and blood.

There are many benefits of fish such as;

1. It's high in omega 3-fatty acids: it's no secret that fish is abundant with omega 3 fatty acids, which is vital for good heart health. Omega 3-fatty acids contain eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) which are Long-chain omega-3 fatty acids that help to lower cholesterol and prevent the growth of plaque, two key factors that protect against the development of cardiovascular disease. Oily fishes such as salmon, mackerel, trout, tuna, and sardines are all fantastic sources of omega 3 fatty acids.

2. It contains vitamins and minerals: Fish is loaded with important and essential nutrients such as; vitamin D, Zinc, Calcium, Potassium, Iodine, and Iron.

Vitamin D helps to regulate the amount of calcium in the body which is needed to keep bones, teeth and muscles strong and healthy. Zinc is a mineral that helps to support the immune system and balance hormones. Calcium is needed to maintain healthy bones, and support the function of the muscles, nerves, and heart. Potassium is essential for supporting the kidneys, muscles, and heart. Magnesium helps to increase energy and fight chronic pains. Iodine is beneficial as it helps to maintain healthy skin and nails, regulates metabolic rate, and optimised energy. Finally, iron improves muscle function, supports the formation of haemoglobin, and supports the brain.

Tips for choosing fish:

1. Avoid fish with higher levels of mercury: Both fish and shellfish contain mercury inside their bodies, often in the form of methylmercury, which is a highly toxic compound of mercury. Fish usually contain varying amounts of heavy metals, particularly mercury and fat-soluble pollutants from water pollution. Fishes such as herring, trout, monkfish, and halibut all contain smaller amounts of mercury compared to fishes such as; swordfish and shark.

2. Buy sustainably sourced fish: Sustainable seafood is seafood that is either caught in ways that consider the long-term vitality of the fishes that have been caught, the well-being of the oceans, as well as the livelihoods of the surrounding fishing communities.

3. Buy fresh fish: when you want to purchase fish, go for fresh fish. Look at the eyes of the fish should be shiny and bright, the scales should also be bright and vibrant. If it is dull, avoid the fish as it is spoilt. Lastly, the fish should smell like the ocean; it should not have a strong fishy aroma.

GMO FOODS

“Our bodies are our gardens, our will are our gardeners.”

What is meant by the term “GMO foods”?

GMO is an abbreviation for the term Genetically modified foods. These are animal and plants that have had alterations within their genetic makeup.

What is the purpose of GMO?

There are a few reasons why GMO foods were developed, which I will discuss below.

1. Food security: with the ever-growing population, researchers were concerned about food security, and whether the crops would be able to sustain communities. To reduce crop wastage, scientists developed GMO plants by introducing genes that kill off weeds and protect against viruses. Moreover, scientists also developed GMO crops that would require less water, this way, the crops would not die during dry seasons when water supplies are limited. This would mean a reduction in food waste as fewer plants would be dying out, that way scientists could ensure food security.
2. Better supply and demand: not only did researchers want to ensure food security, but they also wanted to increase the number of crops. Scientist introduced GMO crops that would ripen faster so that farmers could grow more crops throughout the year. Not only did this mean that more crops were available, but also farmers would be increasing their income.
3. Improved taste: scientists have been able to create GMO foods with specific flavours and taste to meet the consumer's desired palate. For example, sweetcorn and bell peppers can be modified to be sweeter.
4. Additional nutrients are manually added: GMO foods can have minerals and vitamins added to them to provide additional nutritional value to the consumer. This practice is primarily used in less economically developed countries as they have limited access to resources.

What are some examples of GMO foods?

Corn, Soybean, Canola, Rice, Dairy milk, Sugar beet, Papaya, Yellow squash, Aspartame, and Alfalfa.

Why are GMO foods a problem?

1. GMO contaminates other crops: the seeds of GMO foods can contaminate non-GMO foods with their altered materials. This is an issue because some consumers may be opposed to the idea of GMO foods, yet the seeds of GMO foods will be contaminating the non-GMO, causing those opposed to eating GMO-contaminated crops unknowingly. For example, research-tested wild canola crops and it was discovered that 80% of these crops contained at least one altered gene, this was from cross-contamination of GMO materials.

2. GMO pesticides affect gut health: pesticides and herbicides are used on crops to kill off weeds and insects, a common herbicide used on GMO foods is called Glyphosate. This herbicide has been shown to hurt the gut bacteria when it has been consumed. Also, glyphosate has also been shown to strip crops of nutrients such as manganese, which is an essential nutrient that the human body needs to support mitochondria.

3. Allergies: GMO crops have been linked to allergic reactions in the general population. For example, data from the NCHS reported that there was a rise in food allergies in children from GMOs.

4. GMO can damage the environment: GMO produce can harm the environment as weeds that have been crossed with modified plants become resistant to herbicides, which means that more chemicals must be used to combat the problem.

HEALTH VS THE ENVIRONMENT: WHO WINS?

“Take care of your body, it's the only place you have to live. “

The environment is crucial as it aids in the survival of both humans and wildlife. It provides the natural resources that we need to live such as; air, water, and soil/land. As humans, we need to understand that we are apart of the environment; the health and state of the environment determine our health, as it is the soil that grows our food, the water that we drink, and the air that we breathe. Humans are not separate from the environment; we are part of the environment. Ecosystems are intertwined and exist in a state of relative equilibrium; if you disrupt one part of the system, it will affect the entire balance within the system to some degree.

At the moment, air pollution, waste, and global warming is on the rise drastically as a result of human error. The environment is being destroyed, and as mentioned earlier, when we disrupt one part of the system, it has a domino effect on the overall system. This means a loss of biodiversity, farming on polluted land, and taking in toxins.

With this in mind, how can we navigate health? How can we take care of our body without having to compromise on the environment? How can we eat in a way that allows both our bodies and the environment to win?

The key is sustainability. You want to eat in a way that sustains both your body and the environment for the long-term, and there are many ways in which you can do that;

1. Think about packaging: As previously mentioned, waste is a culprit in the environmental decline. Plastic packaging is polluting the waters, and when waters become polluted, it carries toxins and bacteria that can poison seafood. By reducing plastic use, we can overcome this kind of pollution. When you shop, think about sustainability and what small changes you can make to help the planet. For example, when you are at the whole foods market, take empty mason jars to fill up on dried goods instead of using plastic packaging.

2. Eat from local sources: purchasing meat, fruits, and vegetables that were locally sourced is a great way to lower your carbon footprint, and there is minimal transportation involved. Moreover, as you are purchasing from local farmers, your produce will be fresher, and it may even be more nutritionally beneficial for you as it has not lost nutrients while in transit.

3. Always read the label: it can be hard to distinguish between sustainable and non-sustainable seafood sometimes, so you should always read the label. The easiest way to identify whether or not a seafood item is sustainably sourced, look for the label of the Marine Stewardship Council. It is a little blue label which confirms that the product meets the requirements for sustainability.

4. Purchase from pastures: you should try to purchase pasture-raised livestock, as this is more eco-friendly. For example; pasture-raised chickens are allowed to roam freely on large open pieces of land with bushes and shelter, they are not exposed to harmful chemicals, unlike caged hens.

WHICH PLANT PROTEIN IS COMPLETE?

"What you eat literally becomes you. you have a choice in what you're made of."

What do I mean by "complete protein?"

As mentioned in Chapter 3, protein is essential for the human body as it aids in various biological and physiological functions such as; muscle growth, tissue repair, and hormone function. Protein is made from amino acids, and they are the building blocks for making protein. There are two main categories: essential and nonessential. Nine of them are called necessary because they can't be made by the human body; therefore you have to receive them from food.

Essential amino acids include;

1. Phenylalanine: Phenylalanine is a precursor for dopamine, epinephrine and norepinephrine. It supports the structure and function of proteins and enzymes.
2. Valine: Valine is a branched-chain amino acid; it helps stimulate muscle growth aids in energy production.
3. Threonine: Threonine supports structural proteins such as collagen and elastin, which are needed for the skin and connective tissue. Furthermore, Threonine helps with supporting the immune system, and fat metabolism.
4. Tryptophan: tryptophan plays a vital role in maintaining nitrogen balance in the body. Also, it supports serotonin, which regulates your appetite and sleep.
5. Methionine: Methionine is essential for detoxification and metabolism. It also aids in the absorption of minerals such as selenium and zinc.
6. Leucine: leucine is another branched-chain amino acid that aids in protein synthesis and the repairing of muscle tissues.
7. Isoleucine: isoleucine is the third type of branched-chain amino acid that helps with regulating energy, immune function, and haemoglobin production.
8. Lysine: Lysine supports protein synthesis, hormone production and the absorption of calcium.
9. Histidine: Histidine is needed to form histamine; this is a neurotransmitter that supports immune response, sexual function, and digestion.

Non-essential amino acids:

1. Arginine: Arginine helps with immune and hormone maintenance, as well as with the healing of wounds.
2. Alanine: Alanine helps with glucose production; It is absorbed by the liver and then it is converted into pyruvate which helps in maintaining glucose levels in the blood.
3. Asparagine: Asparagine helps with the transportation of nitrogen inside the body. Also, it aids in the building of cells.
4. Aspartate: Aspartate helps to increase the solubility of minerals such as; zinc, iron, and copper dietary supplements.
5. Cysteine: cysteine helps cells to produce glutathione. Glutathione aids in building and repair tissues.
6. Glutamate: Glutamate plays an important role in sending signals in the central nervous system.
7. Glutamine: Glutamine aids in wound healing; it helps to prevent wounds and burns from contracting infections.
8. Glycine: Glycine helps to prevent ischemic strokes; Ischemic stroke is caused by the blockage of a blood vessel in the brain.
9. Proline: proline helps to create collagen - a tissue that helps to hold the bones together.
10. Serine: Serine helps with fat metabolism. Also, serine helps to support the function of DNA.
11. Tyrosine: Tyrosine helps to replenish neurotransmitters such as; dopamine, norepinephrine and epinephrine.

It is crucial to understand amino acids as this will help you when it comes to picking protein sources. When you choose a poor source of protein, i.e. a protein that is lacking in all the essential amino acids, you are depriving your body of the vital nutrients that it needs.

Why is finding a protein source problematic?

We all know the typical sources of protein such as eggs, fish, chicken, and turkey. That's all well and good for those who eat meat, but what about those who don't eat meat? How are non-meat eaters such as vegans and vegetarians meant to navigate their way through plant-based protein? How are vegans intended to maintain their plant-based lifestyle and values, without compromising on health?

The answer is through **education**. I'm all about providing my clients with the facts so that they can make an informed decision when it comes to their diet and all other aspects of their health. When you are not informed, you can't make changes, that's why I believe in giving value.

Which plant-based food sources are complete?

Buckwheat: There is approximately 13g of protein in a 100g serving.

Edamame: There is approximately 11g of protein in a 100g serving.

Chickpeas: There is approximately 20g of protein in a 100g serving.

Spirulina: There is approximately 57g of protein in a 100g serving.

24 RECIPES TO
HELP YOU WITH
FAT LOSS

BOILED EGG SALAD

Soft boiled egg served with crispy spinach leaves and juicy plum tomatoes



BOILED EGG SALAD



PREP TIME

5



COOK TIME

10



SERVES

1

INGREDIENTS

- 2 medium eggs
- 1 Tablespoon of extra virgin olive oil
- 2 ripe plum tomatoes
- 2 cups of baby leaf spinach
- 4 fresh basil leaves
- Black pepper to taste

INSTRUCTIONS

1. Place the eggs in a small pan, cover with boiling water and bring to the boil for 8 minutes.
2. Once the water starts to boil vigorously, remove the eggs and place them in a bowl, and fill the bowl with cold water.
3. Wash the fresh baby spinach leaves and place them in a salad bowl.
4. Wash the plum tomatoes and dice them into bite-sized pieces, then add them to the salad bowl.
5. Wash the fresh basil leaves, and chop them up so that they're finely minced.
6. Pour the olive oil into the salad bowl with the black pepper and combine the ingredients.
7. Scoop the contents of the salad bowl onto a clean plate.
8. Remove the eggs from the cold water, peel them, cut them into quarters, and add them on top of the salad.
9. Sprinkle the chopped basil leaves on top of the salad and serve.

NUTRITION FACTS

- ❖ Calories: 340
- ❖ Protein: 17
- ❖ Carbs: 9
- ❖ Fat: 23



**EGGS BENEDICT WITH
AVOCADO**

Fluffy poached eggs covered in a rich & creamy avocado sauce

EGGS BENEDICT WITH AVOCADO



PREP TIME

5



COOK TIME

10



SERVES

1

INGREDIENTS

- 1 Ripe avocado
- 1/3 cup of extra virgin olive oil
- Black pepper
- 1/4 lemon juice
- 2 medium eggs

INSTRUCTIONS

1. Blend the avocado and lemon juice until it is smooth and creamy.
2. Add the olive oil and season with a dash of black pepper.
3. Bring a pot of water to a boil, drop an egg in, and let it cook until the whites are set (2 to 4 minutes). Repeat for the remaining eggs.
4. Once the eggs are poached, remove them from the pan and place them on a clean plate.
5. Pour the avocado sauce on top of each egg to serve.

NUTRITION FACTS

- ❖ Calories: 472
- ❖ Carbs: 11
- ❖ Fat: 38
- ❖ Protein: 13



ARUGULA EGG SALAD

A light, yet satisfying salad with peppery arugula & egg whites

ARUGULA EGG SALAD



PREP TIME

5



COOK TIME

10



SERVES

1

INGREDIENTS

- 2 cups of rocket
- 2 medium eggs
- ½ a cup of blueberries
- 2 beetroots
- 1 tablespoon of virgin olive oil
- Black Pepper

INSTRUCTIONS

1. Place a frying pan on low heat and pour in the olive oil.
2. Once the oil has heated, crack the eggs into the pan and fry it until it has reached your desired firmness.
3. While the eggs are frying, wash the arugula and blueberries, and put them on a plate ready to serve.
4. Once the eggs are fried, place them on top of the arugula.
5. Slice the beetroots and place them on top of the salad.
6. Add black pepper to taste and serve.

NUTRITION FACTS

- ❖ Calories: 399
- ❖ Carbs: 33
- ❖ Fat: 24
- ❖ Protein: 18



ZUCCHINI AND EGGS

Crunchy zucchini paired with soft scrambled egg

ZUCCHINI AND EGGS



PREP TIME

5



COOK TIME

15



SERVES

1

INGREDIENTS

- 1 medium zucchini
- 1 tablespoon extra virgin olive oil
- 1 garlic cloves
- 2 medium eggs
- 2 tablespoons unsweetened coconut milk
- 1 tablespoon of chives

INSTRUCTIONS

1. Wash and grate the zucchini using a large grater.
2. Heat the olive oil over medium-high heat and add the zucchini.
3. Cook, stirring often until it wilts, then add the garlic.
4. Season to taste with pepper and reduce the heat down to medium.
5. Mince the chives ready for the pan.
6. In a large bowl, beat the eggs and add in the milk and chives.
7. Add the eggs into the pan with the zucchini and cook
8. Add to the pan with the zucchini, and cook until the eggs are scrambled.
9. Remove from the heat and serve.

NUTRITION FACTS

- ❖ Calories: 290
- ❖ Carbs: 7
- ❖ Fat: 23
- ❖ Protein: 13



BELL PEPPER EGGS

Sweet red bell peppers with egg

BELL PEPPER EGGS



PREP TIME

5



COOK TIME

10



SERVES

1

INGREDIENTS

- 1 red bell pepper
- 2 medium eggs
- ground pepper
- 1 tablespoon grated coconut cheese
- 1 tablespoon of extra virgin olive oil

INSTRUCTIONS

1. Heat 1 tablespoon of olive oil over medium-high heat.
2. While the oil is warming, wash the bell pepper and cut them into rings.
3. Add bell pepper to the pan, then crack 1 egg into the middle of each pepper ring.
4. Season with a dash of pepper and cook until the eggs are set.
5. Sprinkle with grated coconut cheese to serve

NUTRITION FACTS

- ❖ Calories: 342
- ❖ Protein: 16
- ❖ Carbs: 8
- ❖ Fat: 28



BRUSSELS SPROUT HASH

Hearty brussel sprouts hash with a simple poached egg

BRUSSELS SPROUT HASH



PREP TIME

5



COOK TIME

30



SERVES

1

INGREDIENTS

- 1 large sweet potato
- 2 tablespoons of olive oil
- 100g of Brussel sprouts
- 2 medium eggs
- A dash of pepper

INSTRUCTIONS

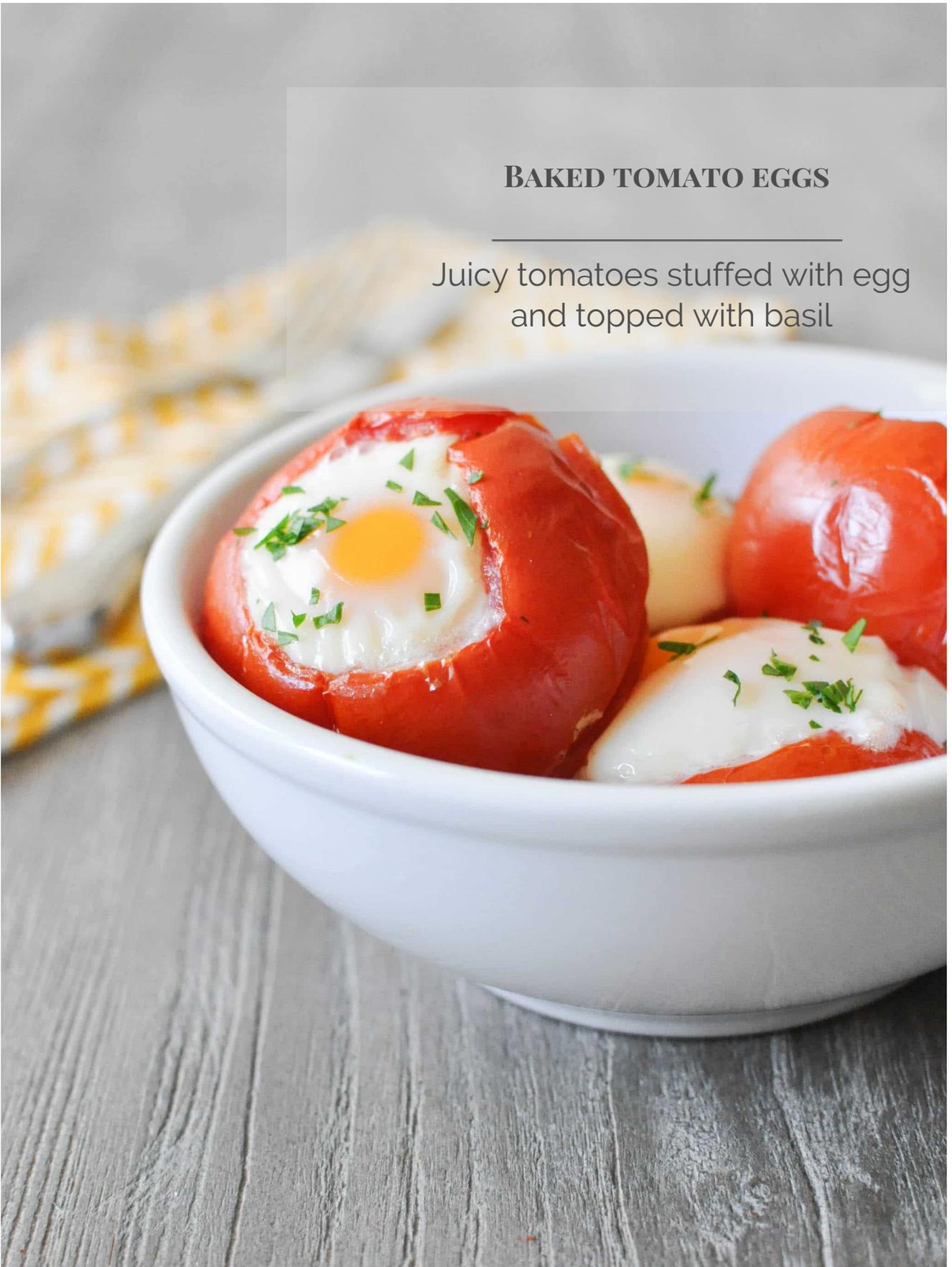
1. Wash the sweet potato and dice it into chunks
2. Put the sweet potatoes in a bowl, cover with cling film and microwave on high for 4-6 mins until tender.
3. Pour the olive oil into a pan and warm it on medium heat.
4. Wash the sprouts and cut them in half.
5. Add the sprouts and stir-fry over a high heat until softened.
6. Once the sprouts have softened, remove them from the pan and set them aside.
7. Add the sweet potatoes into the pan & leave for 5 mins until the potatoes start to crisp.
8. Add the sprouts back into the pan, and flip the potato over, trying not to break it up too much.
9. Cook for a further 5 mins until it's really crispy.
10. Bring a pot of water to a boil, drop an egg in, and let it cook until the whites are set (2 to 4 minutes).
11. Remove and repeat for the remaining eggs.
12. Once the eggs are poached, remove them from the pan and serve the hash with the eggs on top.

NUTRITION FACTS

- ❖ Calories: 511
- ❖ Carbs: 33
- ❖ Fat: 38
- ❖ Protein: 15

BAKED TOMATO EGGS

Juicy tomatoes stuffed with egg
and topped with basil



BAKED TOMATO EGGS



PREP TIME

5



COOK TIME

25



SERVES

1

INGREDIENTS

- 2 medium eggs
- 2 medium tomatoes
- 2 tablespoons fresh basil, minced
- Black pepper, to taste

INSTRUCTIONS

1. Preheat oven to 150°C
2. Wash the tomatoes, and slice off the top (about ½ an inch).
3. Using a spoon, remove the flesh from the inside of the tomato.
4. Crack one egg into each of the hollowed tomatoes.
5. Sprinkle with basil and top with a dash of pepper.
6. Bake for about 15-20 minutes, until the eggs are set.
7. Once the eggs are set, remove from the oven and serve.

NUTRITION FACTS

- ❖ Calories: 185
- ❖ Protein: 13
- ❖ Carbs: 13
- ❖ Fat: 9



EGG WHITE OMELETTE

Light egg whites coupled with fresh tomato and baby spinach leaves.

EGG WHITE OMELETTE



PREP TIME

5



COOK TIME

10



SERVES

1

INGREDIENTS

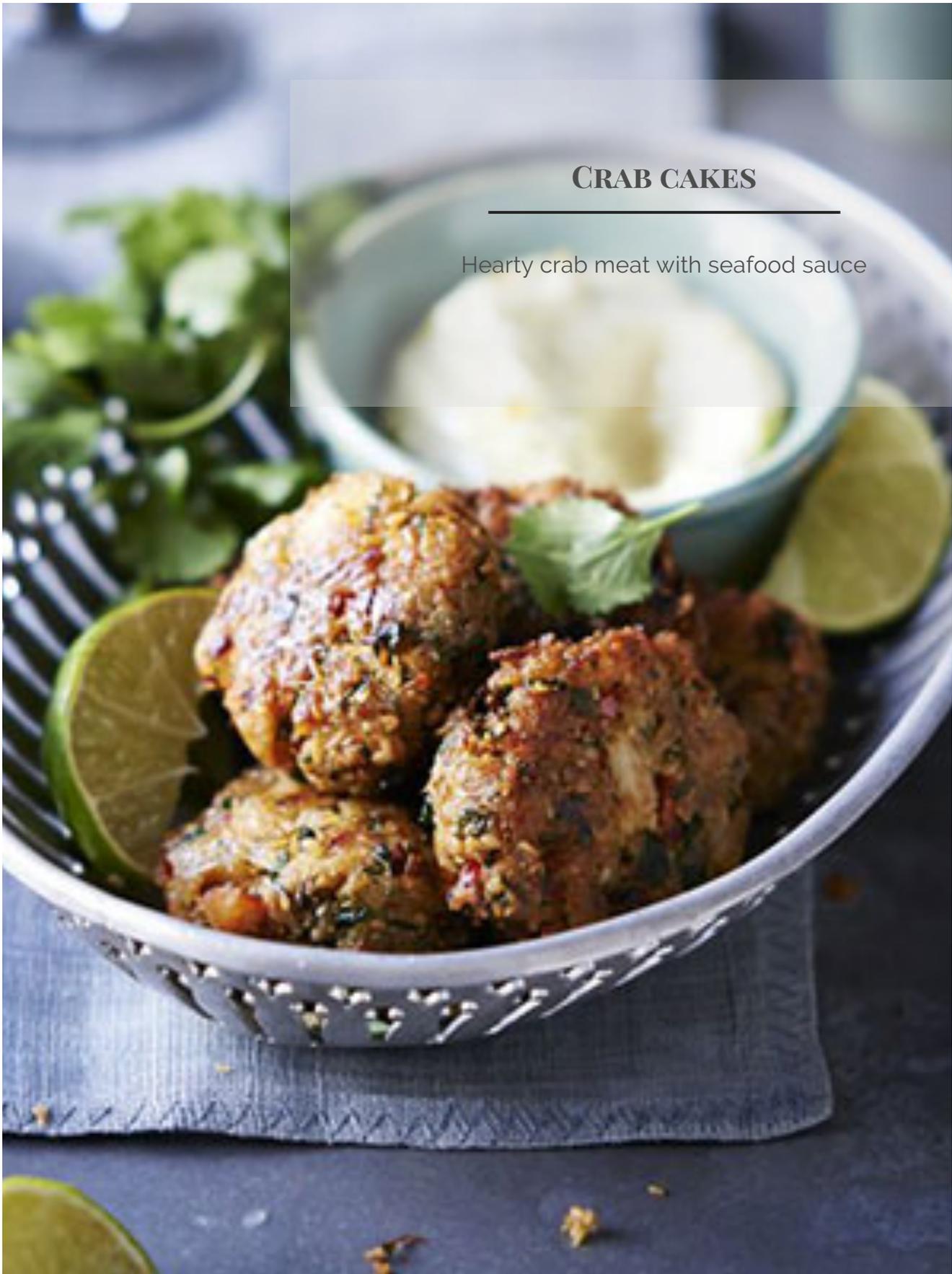
- 2 tablespoons of extra-virgin olive oil
- 1 plum tomato
- 1 cup of spinach
- Ground black pepper
- 3 medium egg whites

INSTRUCTIONS

1. In a small pan, heat 1 tablespoon of oil over medium heat.
2. Wash the tomatoes, chop them into chunks, and add them into the pan.
3. Wash the spinach leaves and add them into the pan.
4. Stir fry the tomatoes and spinach for 5 minutes.
5. Add pepper to taste, and stir-fry for another minute.
6. After one minute set the pan to one side.
7. In a medium bowl, whisk the egg whites, water, and a dash of pepper.
8. Add the remaining 1 tablespoon of oil into the pan, along with the egg whites.
9. Cook until the egg whites set.
10. Once the eggs have set, lift the eggs so that the uncooked egg white can flow underneath to cook.
11. Once all of the egg has set, cover $\frac{1}{2}$ of the omelette with the spinach and tomato and fold the other half of the omelette over.
12. Serve with an optional dash of pepper.

NUTRITION FACTS

- ❖ Calories: 170
- ❖ Carbs: 2
- ❖ Fat: 14
- ❖ Protein: 9



CRAB CAKES

Hearty crab meat with seafood sauce

CRAB CAKES



PREP TIME

5



COOK TIME

30



SERVES

1

INGREDIENTS

- 1 medium egg
- 1/2 Tablespoon of avocado oil mayonnaise
- 4 oz Crab Meat
- 1/4 teaspoon of parsley
- 1/4 tablespoon seafood mustard

INSTRUCTIONS

1. Preheat the oven to bake at 150°C.
2. Combine crab meat, egg, avocado mayonnaise, and parsley.
3. Using a 1/4 cup sized scoop, form crab mixture into cakes.
4. Place cakes on a greaseproof baking tray.
5. Bake for 25 minutes then serve.

NUTRITION FACTS

- ❖ Calories: 299
- ❖ Protein: 23
- ❖ Carbs: 4
- ❖ Fat: 23



OMELETTE BURRITO

A delicious alternative from a traditional burrito, with egg whites and fresh tomato

OMELETTE BURRITO



PREP TIME

5



COOK TIME

10



SERVES

1

INGREDIENTS

- 3 medium eggs
- 1 plum tomato
- 1 red pepper
- 1/4 cup finely chopped cilantro
- 1 tablespoon of olive oil

INSTRUCTIONS

1. Whisk the egg whites.
2. Pour oil into a pan and warm the oil.
3. Pour half of the egg whites in the pan.
4. Put a lid on the pan and let it fry for 1 minute.
5. Lift the egg and allow the uncooked egg whites to flow to the bottom of the pan to cook.
6. Once cooked remove from the pan.
7. Sauté the tomato, red pepper, and cilantro.
8. Add the sauteed vegetables on top of the egg and roll them up into a burrito to serve.

NUTRITION FACTS

- ❖ Calories: 366
- ❖ Carbs: 13
- ❖ Fat: 28
- ❖ Protein: 19



ARUGULA & SALMON SALAD

A light and easy salad that will leave you feeling satisfied

ARUGULA & SALMON SALAD



PREP TIME

5



COOK TIME

15



SERVES

1

INGREDIENTS

- 1 fresh salmon fillet 2 cups organic baby arugula
- 1 cup purple cabbage, chopped
- ¼ teaspoon of fresh curly parsley
- olive oil, to taste
- coarse ground black pepper, to taste
- ½ a lemon
- 1-2 teaspoons of capers

INSTRUCTIONS

1. Slice the salmon into chunks, and season with black pepper.
2. Heat a grill pan and cook salmon for 5 minutes on each side.
3. Wash the arugula and place it in a salad bowl.
4. Chop the purple cabbage and fresh parsley and a sprinkle of black pepper to the salad bowl.
5. Squeeze the lemon juice and drizzle olive oil on top, then toss to mix.
6. Place the salad on a plate top with salmon and capers.

NUTRITION FACTS

- ❖ Calories: 277
- ❖ Carbs: 7
- ❖ Fat: 14
- ❖ Protein: 31



TERIYAKI CHICKEN

Sweet teriyaki sauce combined with succulent chicken breast and broccoli

TERIYAKI CHICKEN



PREP TIME

5



COOK TIME

25



SERVES

1

INGREDIENTS

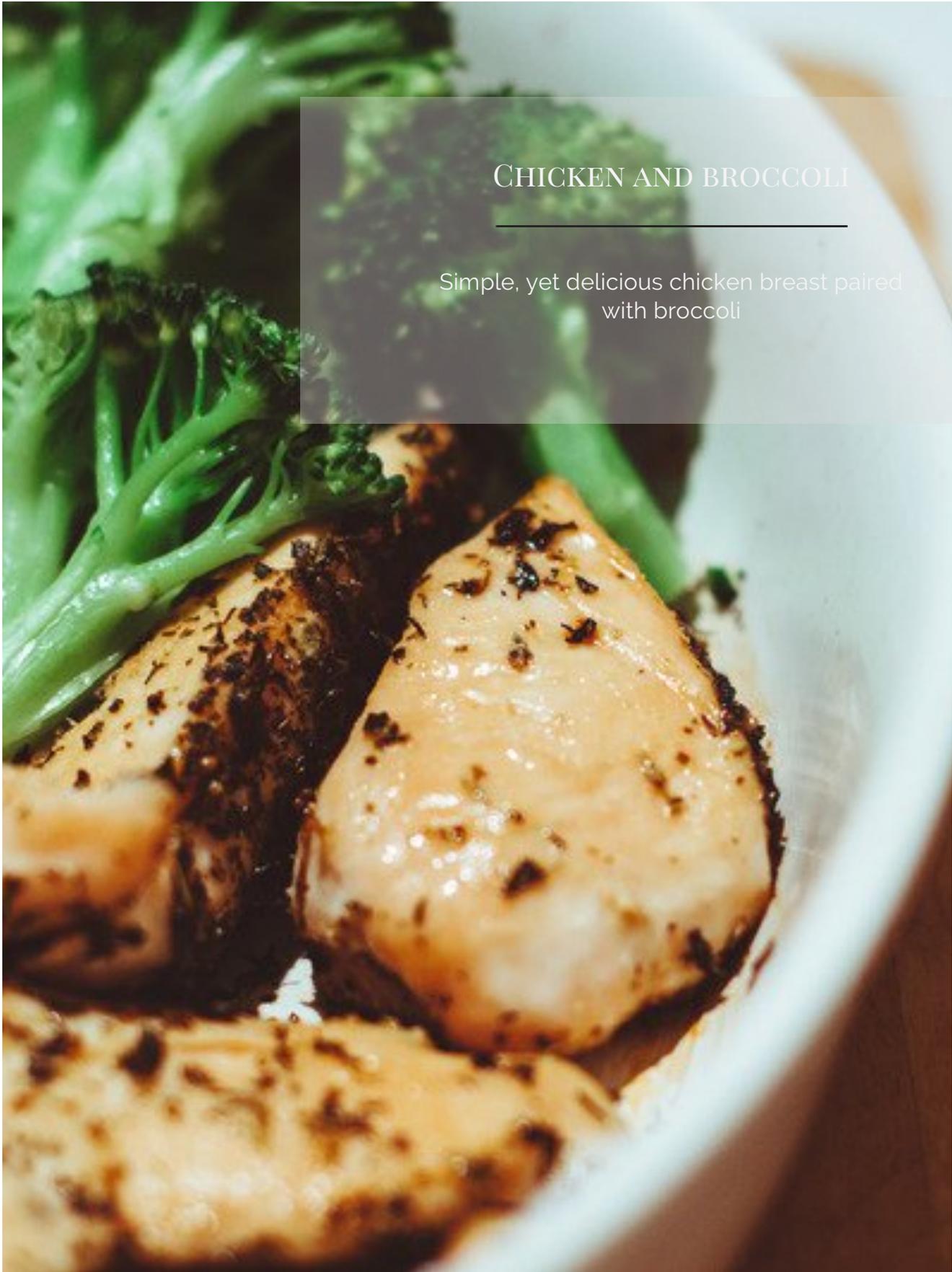
- Chicken breasts
- ¼ cup Toasted white sesame seeds
- ½ tablespoon of coconut oil
- ¾ tbsp of fish sauce
- 2 tbsp apple cider vinegar
- 1 tsp fresh grated ginger
- 1 tsp fresh grated garlic
- 2 cups of broccoli

INSTRUCTIONS

1. Heat the coconut oil over medium/high heat.
2. Pan fry about 10 mins until the skin is crispy and the chicken is cooked through.
3. Drain the oil from the sauté pan and set chicken aside.
4. Place the broccoli in a pan and cover with boiling water
5. Let it simmer for 10 minutes, then drain.
6. To make the sauce: combine the fish sauce, vinegar, ginger and garlic.
7. Heat the sauce over medium to medium-low heat until it has thickened.
8. Serve with steamed broccoli.

NUTRITION FACTS

- ❖ Calories: 313
- ❖ Carbs: 16
- ❖ Fat: 12
- ❖ Protein: 38



CHICKEN AND BROCCOLI

Simple, yet delicious chicken breast paired with broccoli

CHICKEN AND BROCCOLI



PREP TIME

5



COOK TIME

25



SERVES

1

INGREDIENTS

- 1 chicken breast
- 1 garlic clove
- ¼ teaspoon of paprika
- 2 cups of broccoli

INSTRUCTIONS

1. Pour the oil into a pan and warm it on medium heat.
2. Mince the garlic clove and add it into the pan to brown.
3. Dice the chicken breast and add it to the pan to cook thoroughly, stirring occasionally.
4. Add in the paprika and continue to let the chicken simmer.
5. Grab a new pan & place the broccoli inside, then cover it with boiling water.
6. Let it simmer for 10 minutes, then drain.
7. Once the chicken and broccoli are thoroughly cooked, remove from the cooker and serve.

NUTRITION FACTS

- ❖ Calories: 207
- ❖ Carbs: 14
- ❖ Fat: 4
- ❖ Protein: 33



SALMON ASPARAGUS

Delicious wild salmon fillet with freshly steamed asparagus

SALMON ASPARAGUS



PREP TIME

5



COOK TIME

25



SERVES

1

INGREDIENTS

- 1 salmon fillet
- Tablespoon of olive oil
- Black pepper
- ½ of a fresh lemon
- 1 teaspoon of rosemary
- 1 teaspoon of thyme
- 10 asparagus spears

INSTRUCTIONS

1. Preheat the oven to 180°C
2. Place the salmon into a zip lock bag.
3. Add the olive oil, black pepper, rosemary and thyme into the bag.
4. Zip the bag and mix the ingredients around to combine.
5. Remove the salmon from the bag and place it onto a sheet pan.
6. Put the sheet pan in the oven for 20 minutes until the salmon is firm and cooked through.
7. While the salmon is in the oven, prepare the asparagus by placing water into a double boiler.
8. Bring the water to the boil and place the asparagus inside the steam compartment. For 8-10 minutes.
9. Once the asparagus is tender, remove from the steamer and serve with the cooked salmon.

NUTRITION FACTS

- ❖ Calories: 342
- ❖ Carbs: 5
- ❖ Fat: 25
- ❖ Protein: 26



**PESTO ZUCCHINI
NOODLES**

Refreshing zucchini noodles accompanied
with a rich basil pesto sauce

PESTO ZUCCHINI NOODLES



PREP TIME

5



COOK TIME

15



SERVES

1

INGREDIENTS

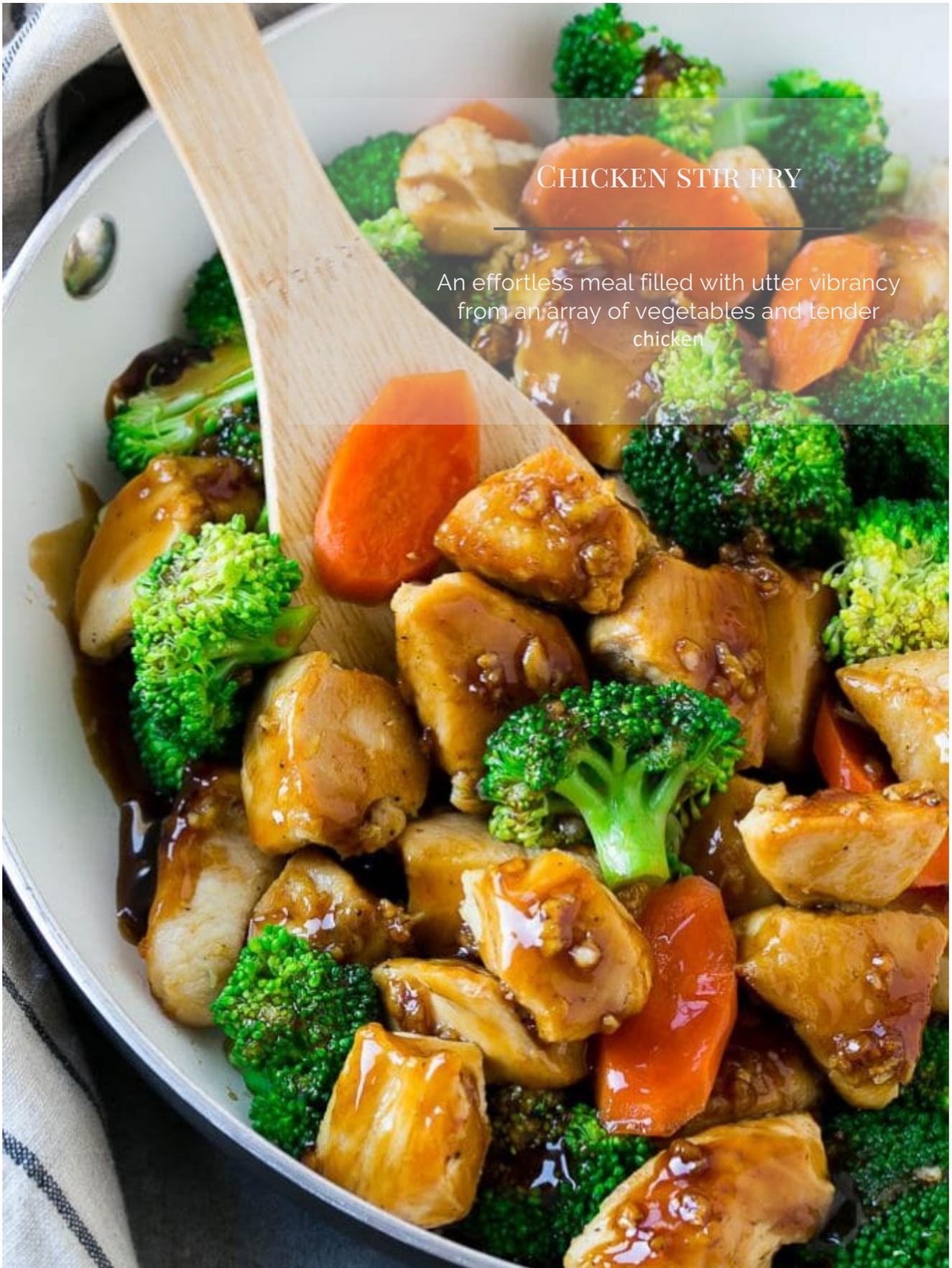
- ½ a cup of basil
- 1/4 a cup of olive oil
- ¼ cup of pine nuts
- 2 garlic cloves
- 1 medium zucchini

INSTRUCTIONS

1. Use a spiralizer to julienne the zucchinis and set them to one side.
2. To make the pesto: put the basil, garlic and nuts in a food processor and pulse until everything is chopped.
3. Add the olive oil if using, and pulse again until smooth.
4. Combine the zucchini noodles and pesto, tossing until well coated.
5. Top with tomatoes and pine nuts to serve.

NUTRITION FACTS

- ❖ CALORIES: 344
- ❖ CARBS: 8
- ❖ FAT: 34
- ❖ PROTEIN: 5



CHICKEN STIR FRY

An effortless meal filled with utter vibrancy from an array of vegetables and tender chicken

CHICKEN STIR FRY



PREP TIME

5



COOK TIME

15



SERVES

1

INGREDIENTS

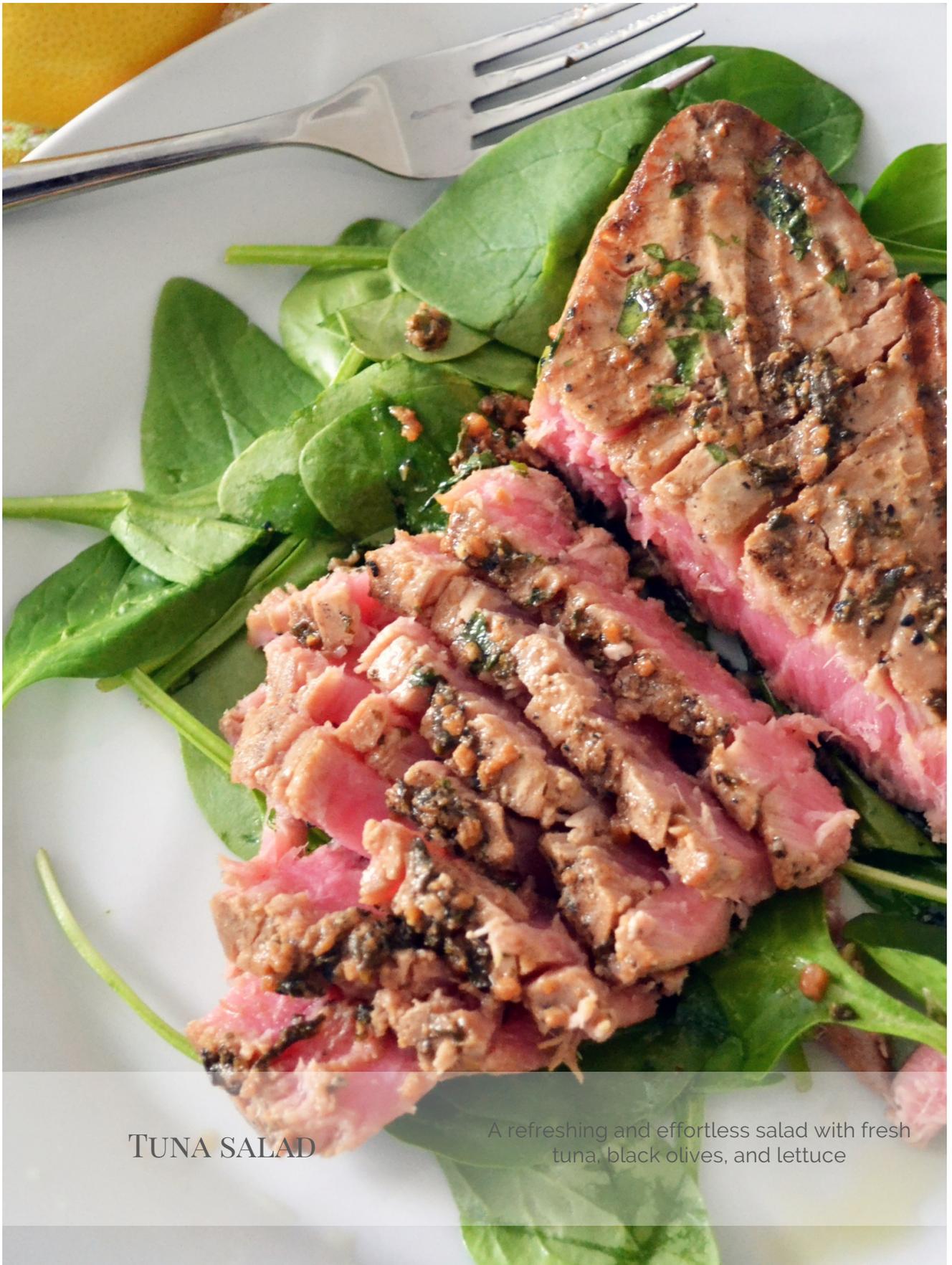
- 2 tbsp Extra virgin olive oil
- 1 chicken breasts
- 1/2 Red bell pepper
- 1/2 yellow bell pepper
- 1 Carrots
- 1/2 a cup of broccoli
- 2 cloves garlic
- 1/2 tsp fresh ginger
- 1 tsp Sesame oil

INSTRUCTIONS

1. Heat the olive oil in a large skillet until it starts to simmer.
2. Season the chicken pepper and add to the pan.
3. Cook until browned.
4. Stir in the peppers, carrot and ginger and sauté for 5 minutes.
5. Add the broccoli and garlic and cook for an additional 4 minutes.
6. Drizzle with sesame oil and stir.
7. Serve warm.

NUTRITION FACTS

- ❖ CALORIES: 447
- ❖ CARBS: 25
- ❖ FAT: 16
- ❖ PROTEIN: 31



TUNA SALAD

A refreshing and effortless salad with fresh tuna, black olives, and lettuce

TUNA SALAD



PREP TIME

5



COOK TIME

10



SERVES

1

INGREDIENTS

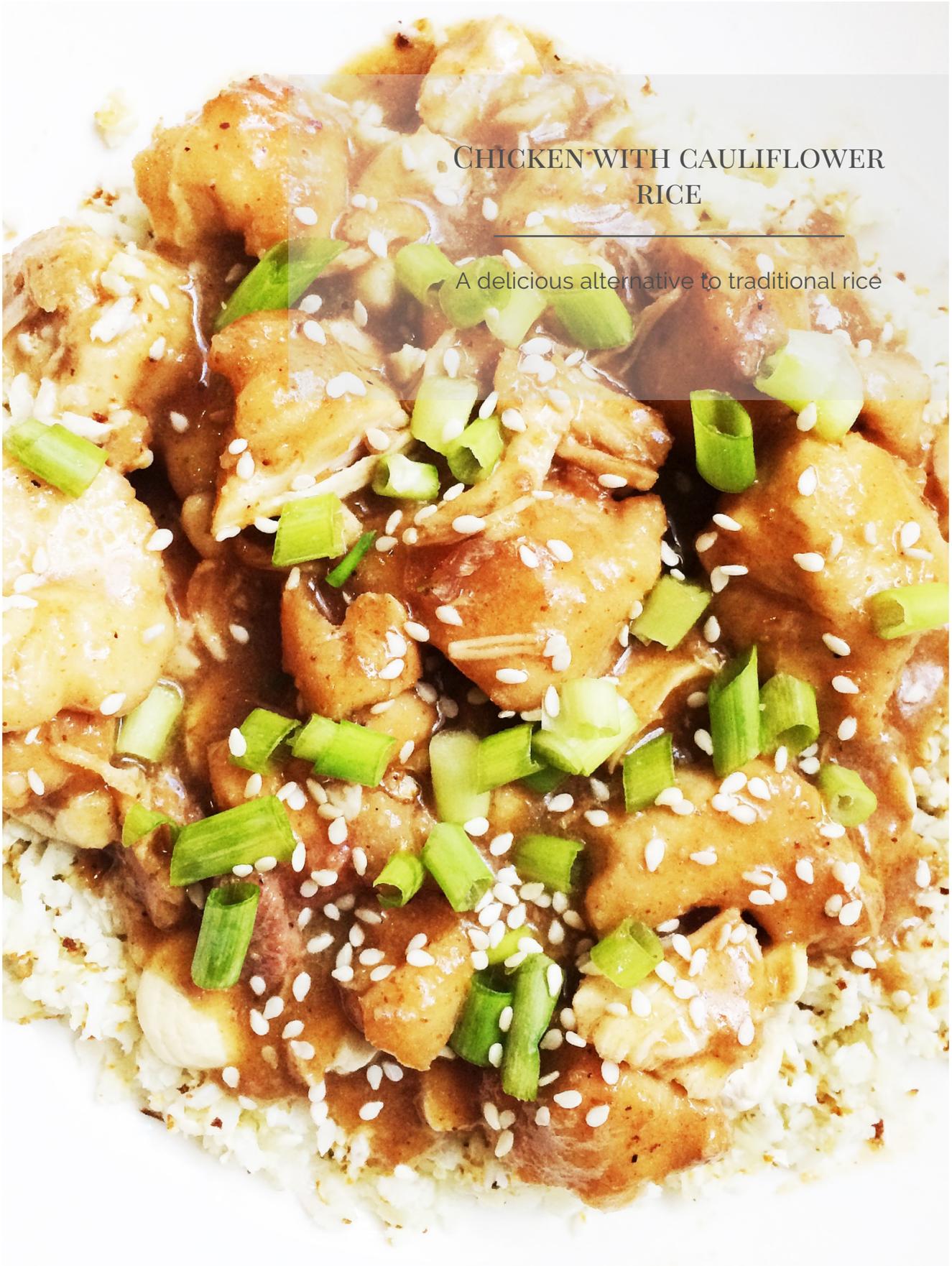
- 2 cups of Romaine lettuce
- 1/2 a cup of black olives
- 2 Roma tomatoes
- Tuna steak fillet
- 1 Tablespoon of olive oil

INSTRUCTIONS

1. Pour the oil in a pan and warm on medium heat.
2. Season the tuna with pepper & lemon .
3. Place the tuna in the pan on sear for a few minutes on each side until it's cooked to your desired firmness.
4. Wash the romaine lettuce and tomatoes and then and set it aside.
5. Layer the lettuce, olives, tomatoes on the plate.
6. Finally, slice the tuna & place the tuna on top to serve

NUTRITION FACTS

- ❖ Calories: 203
- ❖ Carbs:5
- ❖ Fat: 17
- ❖ Protein: 24



CHICKEN WITH CAULIFLOWER RICE

A delicious alternative to traditional rice

CHICKEN WITH CAULIFLOWER RICE



PREP TIME

5



COOK TIME

25



SERVES

1

INGREDIENTS

- 1 chicken breast
- 1 head of cauliflower
- ¼ cup of lime juice
- 1 tablespoon of coconut oil
- 1/2 tablespoon cumin
- 1/2 teaspoon of oregano
- 1/2 teaspoon of paprika
- 1/2 teaspoon of onion powder
- 1 tablespoon garlic

INSTRUCTIONS

1. Season the chicken with the mixed herbs
2. Add 2 tablespoons of coconut oil into the pan, dice the chicken and place it into the pan.
3. Add lime juice to the pan and allow the chicken to brown and cook through
4. To make the rice, wash the cauliflower and cut off the florets.
5. Put the cauliflower into a blender and pulse until it is a fine consistency.
6. Add some oil to the pan and cook for 5-8 minutes until tender.

Once the rice is done, serve it with the chicken.

NUTRITION FACTS

- ❖ CALORIES: 424
- ❖ CARBS: 29
- ❖ FAT: 20
- ❖ PROTEIN: 40



**GARLIC & ARTICHOKE
STUFFED CHICKEN**

Luxurious chicken breast stuffed with hearty artichoke and a mild hint of garlic

GARLIC & ARTICHOKE STUFFED CHICKEN



PREP TIME

5



COOK TIME

30



SERVES

1

INGREDIENTS

- 1 Chicken breast
- 1 head of roasted garlic
- 9-10 artichoke hearts
- 1 /4 cup of parsley
- ¼ cup extra virgin olive oil

INSTRUCTIONS

1. In a blender, put the cloves, artichoke, and parsley and blend them together.
2. Butterfly chicken breast.
3. Scoop equal amounts of the artichoke mixture and spread into the pocket of the cut chicken breast.
4. Place the chicken under the grill for 20-30 minutes until it is golden brown
5. Serve warm

NUTRITION FACTS

- ❖ Calories: 361
- ❖ Carbs: 19
- ❖ Fat: 17
- ❖ Protein: 34



POACHED COD WITH CAULIFLOWER

A delicious way to get more fish into your diet.

POACHED COD WITH CAULIFLOWER



PREP TIME

5



COOK TIME

20



SERVES

1

INGREDIENTS

- 1 cod fillet
- 2 tbsp. of finely chopped dill.
- 2 tbsp. of coconut oil
- 1 tsp. of grated Horseradish, to taste.
- 1 Lemon.
- 1 cauliflower head

INSTRUCTIONS

1. Fill a saucepan with water so that it will just cover the cod fillet.
2. Add the coconut oil and dill and bring to the boil
3. Fill the bottom of a pan with 2 inches of water. Set up the steamer and put in the cauliflower florets. Cover with a tight fitting lid and steam over medium-high heat. Steam for about 5-7 minutes until the cauliflower is tender but still has a crunch.
4. Place the cod fillets in the water and let them simmer until they have turned white on top.
5. Serve the poached cod with some fresh or roasted vegetables, and a scoop of horseradish.

NUTRITION FACTS

- ❖ CALORIES: 277
- ❖ CARBS: 14
- ❖ FAT: 15
- ❖ PROTEIN: 25



SEAFOOD CHOWDER

A seafood medley packed with an array of flavours

SEAFOOD CHOWDER



PREP TIME

5



COOK TIME

25



SERVES

1

INGREDIENTS

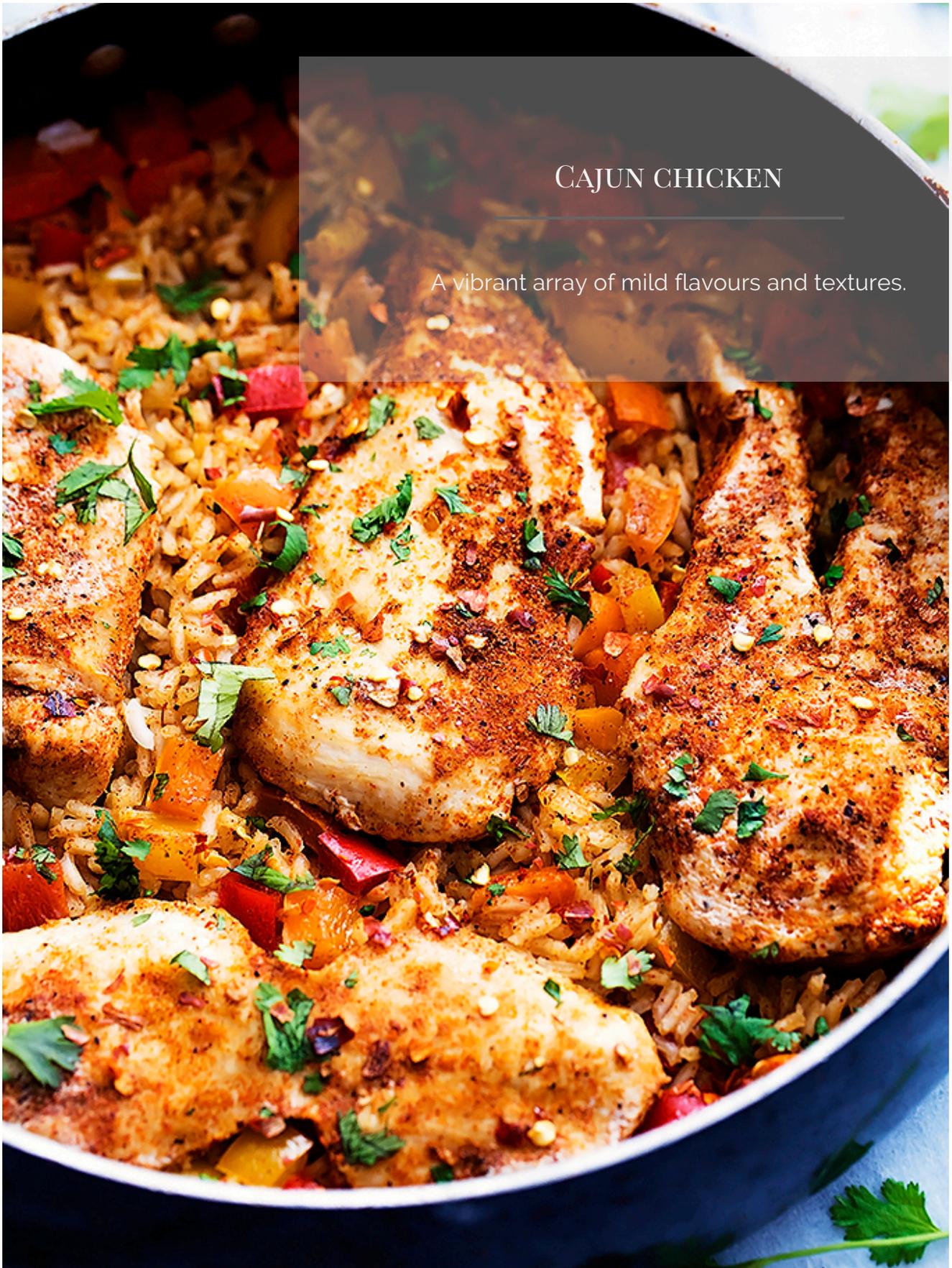
- 1 fresh white fish fillet
- 12 shrimp, peeled and deveined
- 2 garlic cloves, minced
- 2 cups fish of stock
- 1 1/2 cups of coconut milk
- 2 tbsp. of coconut oil
- black pepper

INSTRUCTIONS

1. Melt coconut oil in a large saucepan over medium-high heat.
2. Add the shrimp to the pot and cook until pink, 2 to 3 minutes, then set aside.
3. Add garlic and cook 4 minutes.
4. Add in the fish and cook 2 to 3 minutes, pour in the fish stock and stir – scraping the bottom of the pan.
5. Add the shrimp back to the pot, cover it, and let it simmer for 15 minutes.
6. Pour in the coconut milk and season to taste.
7. Serve the chowder while hot

NUTRITION FACTS

- ❖ Calories: 464
- ❖ Carbs: 24
- ❖ Fat: 30
- ❖ Protein: 29



CAJUN CHICKEN

A vibrant array of mild flavours and textures.

CAJUN CHICKEN



PREP TIME

5



COOK TIME

20



SERVES

1

INGREDIENTS

- 1 chicken breast
- 1 cup chopped green bell peppers
- ½ cup red bell peppers
- 2 garlic cloves, minced
- 2 tbsp. tapioca starch
- 2 cups chicken stock

INSTRUCTIONS

1. Melt coconut oil in a large saucepan over medium-high heat.
2. Preheat a skillet over a medium-high heat.
3. Brown the chicken pieces on all sides and set aside.
4. Begin to melt a tablespoon of coconut oil in the pan.
5. Stir in the tapioca starch and continue stirring until browned.
6. Add the onions, peppers and garlic, and cook to soften.
7. Pour in the chicken stock, stirring continuously.
8. Add all the remaining ingredients, including the browned chicken, and season to taste.
9. Serve with either zucchini noodles or with sweet potatoes

NUTRITION FACTS

- ❖ Calories: 444
- ❖ Carbs: 40
- ❖ Fat: 17
- ❖ Protein: 48



BEEF CASSEROLE

Wholesome sweet potatoes paired with the rich taste of beef in a cinnamon-based sauce

BEEF CASSEROLE



PREP TIME

5



COOK TIME

35



SERVES

1

INGREDIENTS

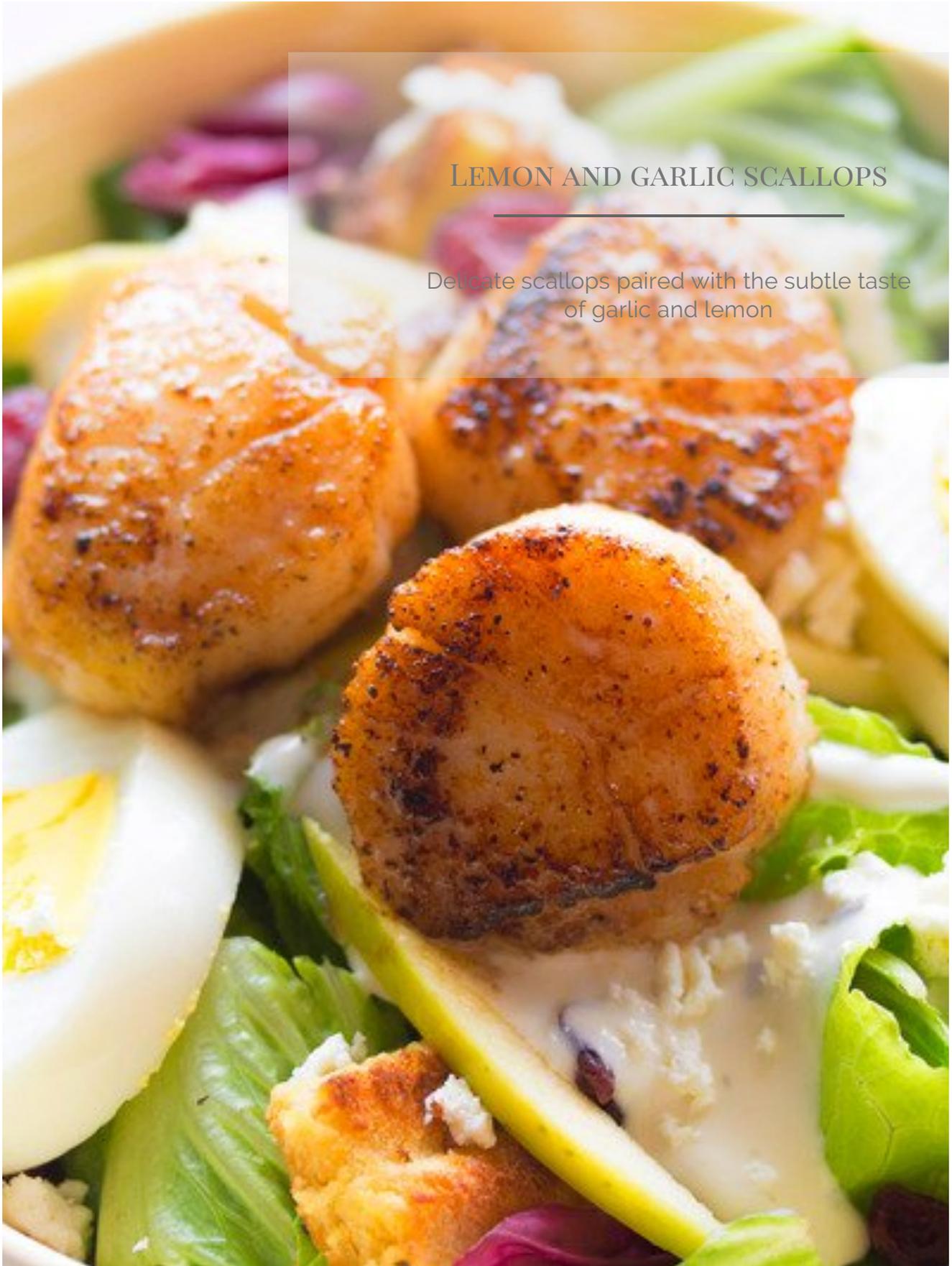
- 2 sweet potatoes
- 85g of ground beef
- 1 tsp. fresh thyme
- 1/2 tsp. cinnamon
- 1 medium egg
- 1 tablespoon of olive oil
- 1/2 cup almond flour
- Black pepper

INSTRUCTIONS

1. Place diced sweet potatoes in a large saucepan and cover with water; bring to a boil over medium-high heat. Simmer until it can easily be pierced with a fork.
2. Drain the water, season the potatoes to taste, and mash to your desired consistency.
3. Pour the oil into the skillet and warm it over medium heat.
4. Add the beef and cook until no longer pink, ensure to break into pieces while stirring.
5. Season the beef to taste, add the thyme, cinnamon, and paprika. Mix everything until well combined, remove from heat and set aside until it cools down.
6. Preheat oven to 180°C
7. In a bowl combine the beef with the almond flour and egg.
8. Layer the bottom of a baking dish with the mashed sweet potatoes and top with the beef and almond mixture.
9. Bake in the oven 15 to 20 minutes or until the top is crisp.
10. Serve warm.

NUTRITION FACTS

- ❖ Calories: 672
- ❖ Carbs: 57
- ❖ Fat: 38
- ❖ Protein: 28



LEMON AND GARLIC SCALLOPS

Delicate scallops paired with the subtle taste of garlic and lemon

LEMON AND GARLIC SCALLOPS



PREP TIME

5



COOK TIME

10



SERVES

1

INGREDIENTS

- 3 tbsp garlic, minced;
- 2 tbsp lemon juice;
- 1 tablespoon of coconut oil
- 2 pounds large scallops;
- Pepper to taste.

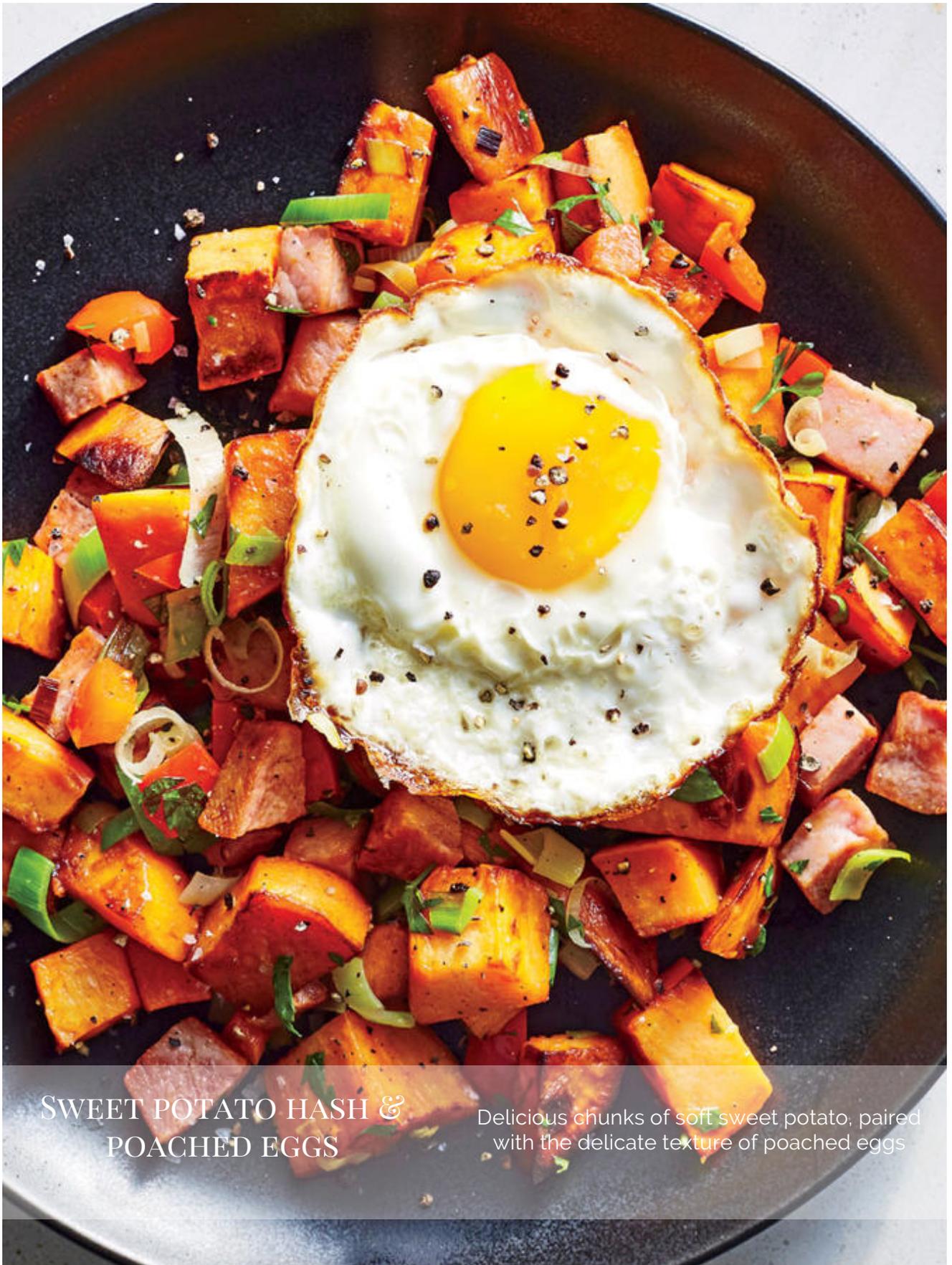
INSTRUCTIONS

1. Heat a pan over medium heat and warm the coconut oil. Add the minced garlic and stir for a few minutes
2. Add the scallops and cook for a few minutes on the first side so they are about halfway cooked. Turn the scallops and finish cooking until they are firm.
3. Set the scallops to the side, and add the lemon juice to the hot butter and garlic in the pan.
4. Serve vegetables or a light spinach salad

NUTRITION FACTS

- ❖ Calories: 218
- ❖ Carbs: 8
- ❖ Fat: 14
- ❖ Protein: 16

24 RECIPES FOR
BUILDING
MUSCLE



SWEET POTATO HASH &
POACHED EGGS

Delicious chunks of soft sweet potato, paired with the delicate texture of poached eggs

SWEET POTATO HASH & POACHED EGGS



PREP TIME

5



COOK TIME

30



SERVES

1

INGREDIENTS

- 1 sweet potato
- 1 tablespoons of extra virgin olive oil
- Salt and pepper to taste
- 1 teaspoon of rosemary
- 2 medium eggs

INSTRUCTIONS

1. Preheat oven to 180°C
2. Line a clean sheet pan with grease-proof paper.
3. Peel the sweet potato, dice it into chunks and place it into a mixing bowl.
4. Add the extra virgin olive oil, rosemary, salt, and pepper into the bowl.
5. With cleans hands, combine the ingredients together until all the potatoes are evenly coated.
6. Pour the contents of the bowl onto the sheet pan, and place in the oven for 15-20 minutes until they are soft and golden brown.
7. Once the sweet potatoes are brown, remove them from the oven and spoon them onto a cast iron pan.
8. With a large spoon, shape the sweet potatoes to create two circular gaps for the eggs.
9. Crack the eggs into the gaps, and replace back into the oven for 15 minutes until the eggs have set.
10. Once the eggs have set, remove from the oven and serve.

NUTRITION FACTS

- ❖ Calories: 363
- ❖ Carbs: 27
- ❖ Fat: 23
- ❖ Protein: 13

A photograph of a bowl of coconut porridge. The bowl is white and sits on a rustic wooden surface. The porridge is topped with sliced bananas, shredded coconut, and chocolate chips. A copper-colored spoon is inserted into the porridge. In the background, a copper-colored pot is visible, and a banana peel is on the wooden surface.

COCONUT PORRIDGE

A creamy alternative to traditional porridge with decadent shredded coconut and wholesome banana

COCONUT PORRIDGE



PREP TIME

5



COOK TIME

10



SERVES

1

INGREDIENTS

- ½ cup of coconut milk
- 30g of shredded coconut
- ½ of a banana
- 3 tablespoons of coconut flour

INSTRUCTIONS

1. In a small saucepan, mix together the coconut milk, coconut flour, and shredded coconut.
2. Bring the mixture to a boil to thicken it.
3. Reduce heat to low, and simmer for 2-3 minutes. Stir halfway through.
4. Off the heat, mash the banana and add it into the saucepan and whisk quickly.
5. Let it thicken for a further 2 minutes before serving it.

NUTRITION FACTS

- ❖ Calories: 355
- ❖ Carbs: 34
- ❖ Fat: 24
- ❖ Protein: 6



SWEET POTATO &
ZUCCHINI FRITTERS

Grated zucchini with sweet potato and a hint of paprika is the perfect combination that completes this soulful meal

SWEET POTATO & ZUCCHINI FRITTERS



PREP TIME

5



COOK TIME

15



SERVES

1

INGREDIENTS

- 1 large sweet potato
- 1 zucchini
- 2 medium eggs
- ½ tsp. Paprika
- 1 tablespoon of olive oil
- Black pepper to taste

INSTRUCTIONS

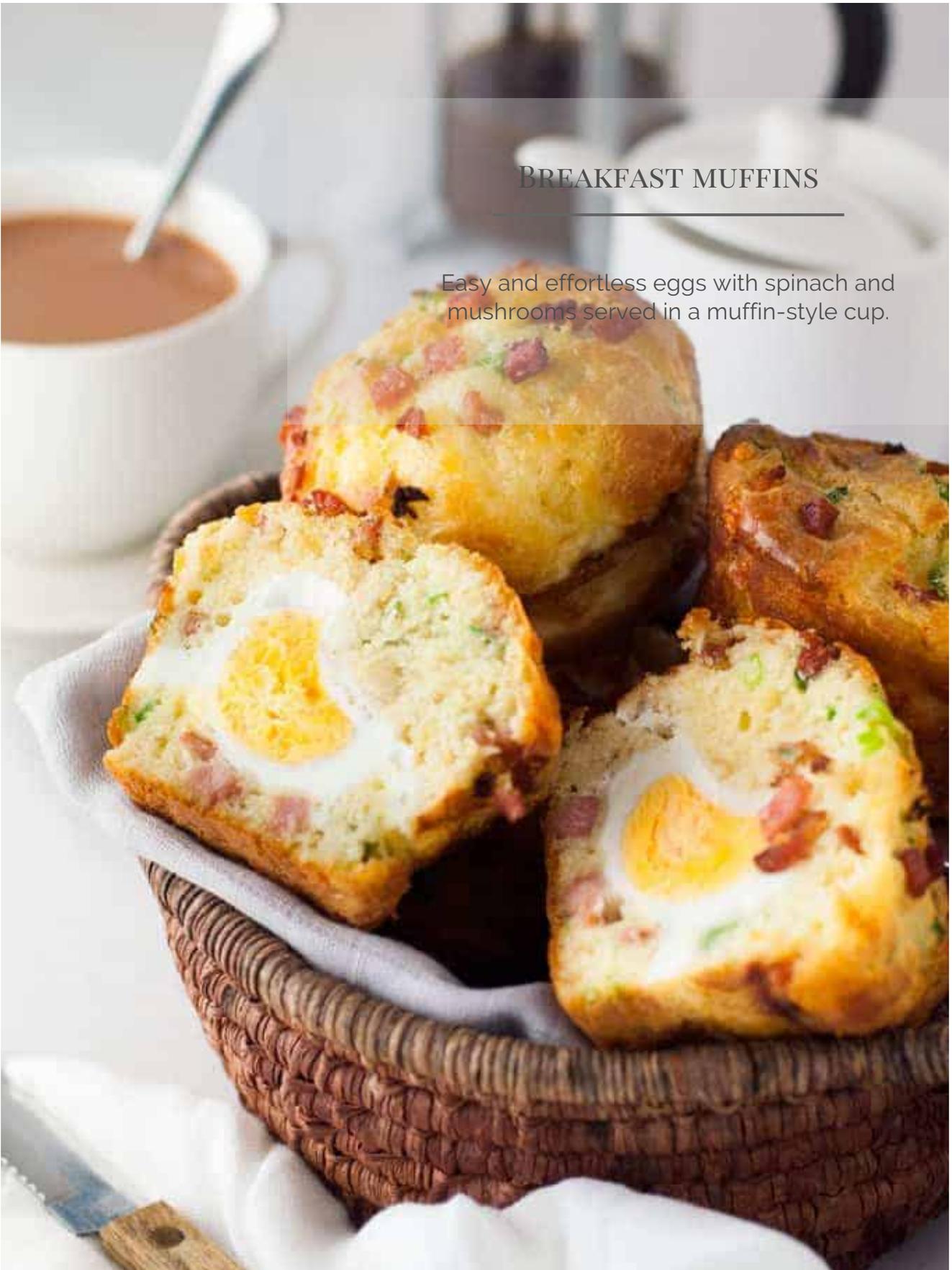
1. Wash and peel the sweet potato
2. Grate the sweet potato and squeeze out the excess liquid and place it into a bowl
3. Grate the zucchini and place it in the bowl
4. Add the eggs, paprika, and pepper to the bowl and mix well.
5. Place a frying pan on medium heat and add the oil to the pan to warm
6. Use a 1/4 cup to scoop out the batter, use your hands to shape the fritter and place it into the pan.
7. Cook for 5 minutes on each side then serve once it's crispy.

NUTRITION FACTS

- ❖ Calories: 398
- ❖ Carbs: 34
- ❖ Fat: 23
- ❖ Protein: 16

BREAKFAST MUFFINS

Easy and effortless eggs with spinach and mushrooms served in a muffin-style cup.



BREAKFAST MUFFINS



PREP TIME

5



COOK TIME

15



SERVES

1

INGREDIENTS

- 4 medium eggs
- Avocado oil cooking spray
- 2 cups of fresh spinach
- 50 grams thinly sliced mushrooms
- 3 tablespoons of coconut cheese
- Black pepper to taste

INSTRUCTIONS

1. Preheat the oven to 180°C
2. Crack the eggs into a mixing bowl, add pepper and whisk
3. Grease a 4 cup muffin pan with the avocado oil cooking spray
4. Chop the spinach and mushrooms
5. Divide the spinach and mushroom between the 4 muffin cups.
6. Pour the whisked eggs over each muffin cup and top with cheese.
7. Bake for 20-25 minutes or until a wooden pick inserted inside the muffin comes out clean.
8. Remove from the oven and serve

NUTRITION FACTS

- ❖ Calories: 401
- ❖ Carbs: 4
- ❖ Fat: 28
- ❖ Protein: 31



**SALMON ZUCCHINI
CROQUETTES**

A delicate blend of salmon, eggs, and ground almond flour brings this meal together effortlessly

SALMON ZUCCHINI CROQUETTES



PREP TIME

5



COOK TIME

25



SERVES

1

INGREDIENTS

- 100g of fresh salmon
- 1 zucchini
- 1 medium egg
- ½ cup almond flour
- Pepper to taste
- 1 Tbsp. coconut oil

INSTRUCTIONS

1. Place the salmon on a tray and bake for 10 minutes at 180°C until partially cooked.
2. Remove the salmon from the oven and shred it into pieces and place it in a large bowl.
3. Wash the zucchini and finely grate it.
4. Next, strain the zucchini to ensure that all the excess water is drained out.
5. Place a pan on medium heat and add in the coconut oil to warm.
6. In a clean bowl, combine the zucchini, eggs, salmon, and almond flour.
7. Scoop a handful of the mixture and form the patties with the mixture and place in the skillet to brown for 6-10 minutes.
8. Once the patties are crispy and firm, remove from the heat.

NUTRITION FACTS

- ❖ Calories: 400
- ❖ Carbs: 11
- ❖ Fat: 26
- ❖ Protein: 32



PORTOBELLO MUSHROOM SANDWICH

Enjoy the subtle taste of soft mushroom, paired with fresh baby spinach leaves and poached fried eggs.

PORTOBELLO MUSHROOM SANDWICH



PREP TIME

5



COOK TIME

10



SERVES

1

INGREDIENTS

- 2 portobello mushrooms
- 1 cup of baby leaf spinach
- 1 medium egg
- 1 ripe tomato
- 2 tablespoons of extra virgin olive oil
- Black pepper to taste

INSTRUCTIONS

1. Brush the mushrooms with olive oil and season with black pepper, and place under the broil for 5 minutes.
2. Once the mushrooms start to brown, remove them from under the grill.
3. Take one of the mushrooms and place them on the plate and cover it with the spinach.
4. Grab a small skillet and pour 1 tablespoon of oil into the pan.
5. Place the skillet on the hob and warm the oil on medium-high heat.
6. Crack the egg into the pan and fry the egg until it has reached your desired firmness.
7. Remove the egg from the pan, and place it on top of the spinach covered mushroom.
8. Place the other mushroom on top to complete the sandwich and serve.

NUTRITION FACTS

- ❖ Calories: 314
- ❖ Carbs: 14
- ❖ Fat: 20
- ❖ Protein: 16



EGG & AVOCADO WITH
ALMOND BREAD TOAST

Why have boring egg on toast
when you could enjoy this?
The fluffy scrambled eggs and
creamy fresh avocado go
perfectly with the wholesome
texture of almond bread toast.

EGG & AVOCADO WITH ALMOND BREAD TOAST



PREP TIME

5



COOK TIME

10



SERVES

1

INGREDIENTS

- 2 slices of almond bread
- 1 fresh ripe avocado
- 2 medium eggs
- Black pepper to taste
- 1 ½ tablespoons of extra virgin olive oil

INSTRUCTIONS

1. Heat up the extra virgin olive oil in a frying pan over medium-high heat. Crack the eggs into the pan one at a time, and begin to fry them.
2. Once the eggs have reached your desired firmness, remove the eggs from the pan and set them to the side.
3. To make the toast, grab a clean, dry frying pan and place over high heat. Place the 2 slices of almond bread into the pan and begin to fry it. Once one side starts to form a nice golden-brown crust, flip the bread over so that the other side can toast.
4. Once both slices are nicely toasted, remove from the pan and place the slices on a clean plate.
5. Grab the avocado and slice it in half to remove the seed. With a clean spoon, scoop out the avocado and place it into a clean bowl and add the pepper into the bowl. Take a clean fork and begin to mash the avocado into a smooth and creamy paste.
6. Smooth the avocado over the toast and place an egg on each slice of toast to serve.

NUTRITION FACTS

Calories: 514

Carbs: 15

Fat: 42

Protein: 28



CINNAMON FRENCH TOAST

The hearty flavour of walnut bread paired, with the warm, earthy aroma of cinnamon, against the tart contrast of fresh blueberries will definitely leave you satisfied.

CINNAMON FRENCH TOAST



PREP TIME

5



COOK TIME

10



SERVES

1

INGREDIENTS

- 1 medium egg
- 2 slices of almond bread
- 1 tablespoon of olive oil
- 1/2 a cup of coconut milk
- 1/2 a cup of blueberries
- 1 teaspoon of cinnamon

INSTRUCTIONS

1. In a clean skillet, pour the extra virgin olive oil into the pan and warm it on medium-high heat.
2. In a clean bowl, add the eggs, cinnamon, and coconut milk, and mix together to thoroughly combine the ingredients.
3. Grab the slices of bread and submerge the slices into the bowl thoroughly, and then place them into the pan.
4. Cook the slices for about 4 minutes on each side until the slices are golden brown.
5. Serve the French toast slices with the fresh blueberries.

NUTRITION FACTS

- ❖ Calories: 378
- ❖ Carbs: 19
- ❖ Fat: 26
- ❖ Protein: 21



SWEET POTATO
OATMEAL

This oat-free recipe is an unusual, yet delectable version of traditional oatmeal

SWEET POTATO OATMEAL



PREP TIME

5



COOK TIME

10



SERVES

1

INGREDIENTS

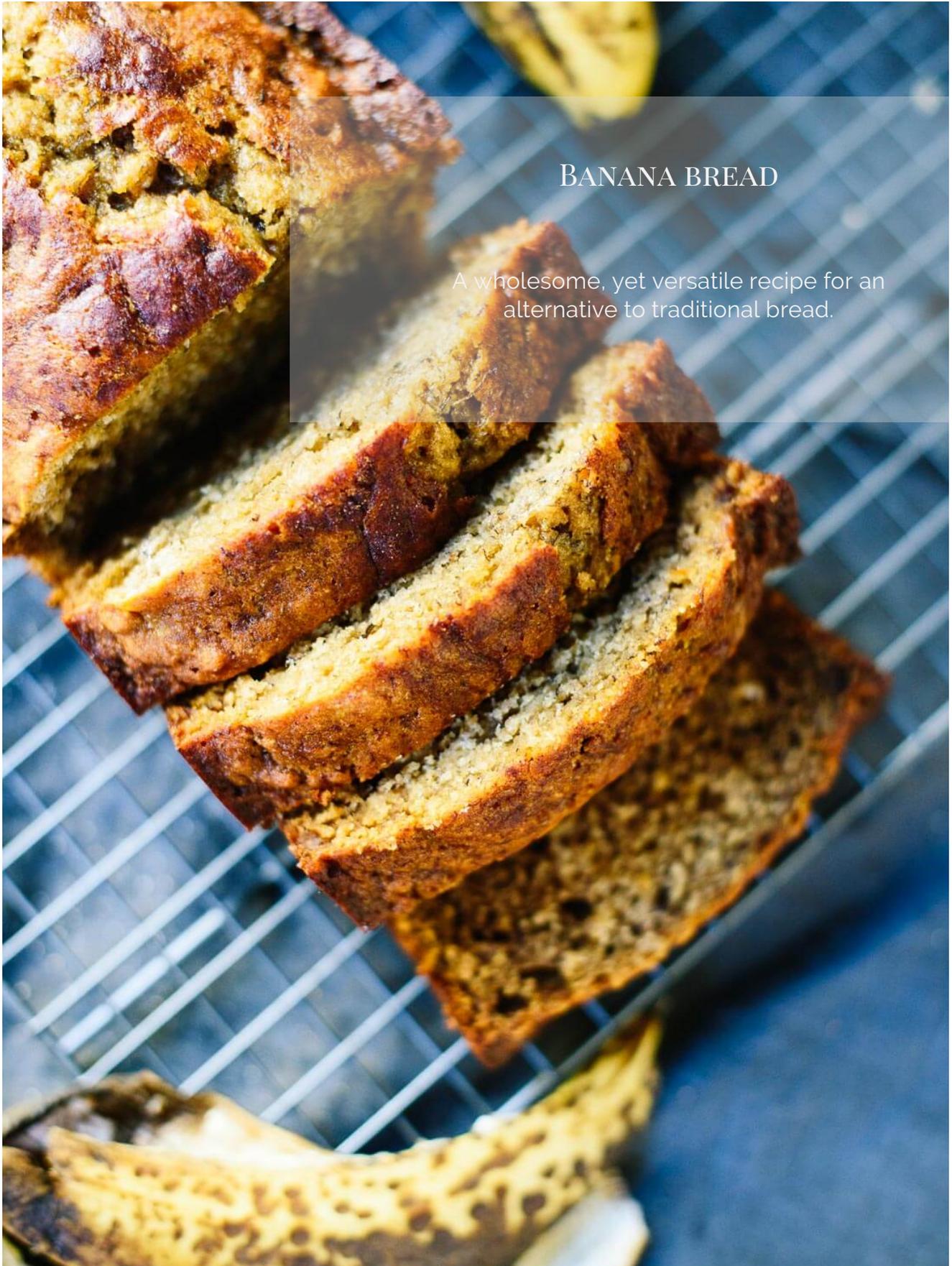
- 1 medium sweet potato
- 1/3 cup almond milk, unsweetened
- 1 medium egg (whites only)
- 1 scoop of protein
- 1/2 teaspoon vanilla extract
- 1/2 a cup of raspberries

INSTRUCTIONS

1. Wash and peel the sweet potato.
2. Finely grate the sweet potato and place it in a small saucepan.
3. To the saucepan, add the almond milk, protein powder, and egg whites and begin whisking.
4. Whisk the mixture until it starts to thicken.
5. Remove from the heat and top it with the raspberries to serve.

NUTRITION FACTS

- ❖ Calories: 182
- ❖ Carbs: 34
- ❖ Fat: 1
- ❖ Protein: 17



BANANA BREAD

A wholesome, yet versatile recipe for an alternative to traditional bread.

BANANA BREAD



PREP TIME

5



COOK TIME

60



SERVES

12

INGREDIENTS

- 3 large eggs
- 2 Bananas
- 1 tablespoon vanilla extract
- 1 tablespoon honey
- 2 cups almond flour
- 1 teaspoon baking soda

INSTRUCTIONS

1. In a blender, pulse together bananas, eggs, vanilla, and honey
2. Line a baking tray with grease-proof paper, and scoop the batter into the tray
3. Bake at 190°C for 50 minutes
4. Once the bread has browned, remove from the oven and allow to cool before serving
5. This loaf makes approximately 12 slices, seal in a food bag and consume within 7 days.

NUTRITION FACTS

- (Per slice)
- Calories: 147
- Carbs: 7
- Fat: 10
- Protein: 6



MANGO CHICKEN

Sweet mango paired with succulent chicken

MANGO CHICKEN



PREP TIME

5



COOK TIME

20



SERVES

1

INGREDIENTS

- 1 chicken breast
- 1 tbsp olive oil
- 1/2 mango
- 1/2 an avocado
- 3 tbsp yellow onion
- 1 tbsp cilantro
- 1 tomato
- Juice from 1/2 a lime

INSTRUCTIONS

1. Dice the chicken
2. Heat olive oil in a pan and cook chicken until cooked all the way through.
3. Dice up the mango, onion, tomato and cilantro and place in a bowl; add chicken.
4. Mix together and then add avocado, and lime juice and stir until everything is mixed together.
5. Serve with cauliflower rice.

NUTRITION FACTS

Calories: 548

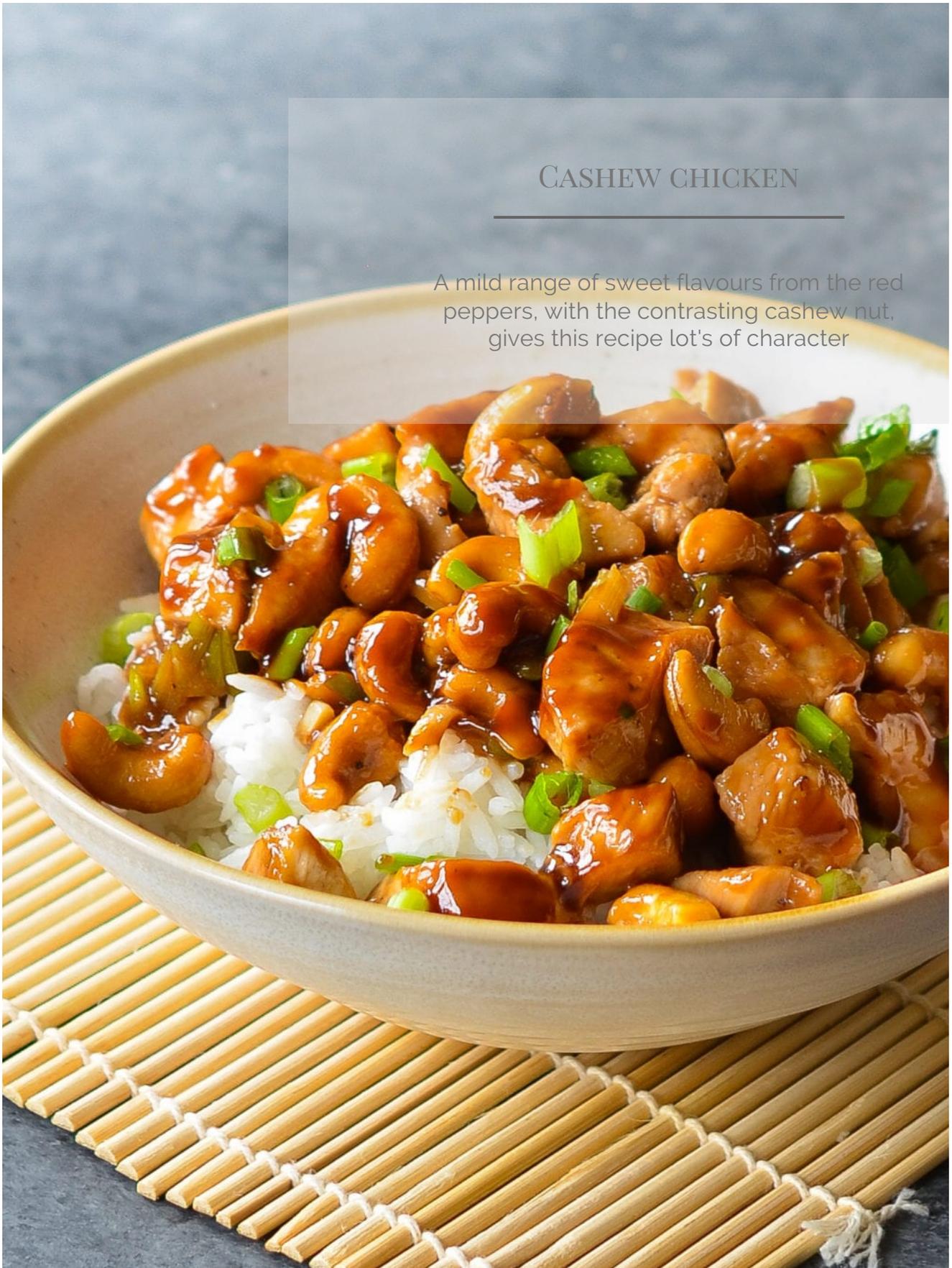
Carbs: 26

Fat: 32

Protein: 32

CASHEW CHICKEN

A mild range of sweet flavours from the red peppers, with the contrasting cashew nut, gives this recipe lot's of character



CASHEW CHICKEN



PREP TIME

5



COOK TIME

20



SERVES

1

INGREDIENTS

- Diced chicken thigh
- 2 tablespoons coconut oil
- 2 red bell peppers, seeded and cut into bite-size pieces
- 1 1/3 cups raw whole cashews
- 1 large bunch scallions, chopped
-
- Sauce:
- 1 large bunch scallions, chopped
- 1/3 cup coconut oil
- 1/4 cup coconut vinegar (instead of rice vinegar)
- 1 tablespoon tomato paste
- 3 cloves garlic, minced
- 1 tablespoon fresh grated ginger

INSTRUCTIONS

1. Preheat a large deep skillet to medium high.
2. Add the coconut oil and once melted, add the red bell pepper.
3. Simmer for 2-3 minutes to soften, then scoop out the peppers
4. skillet. Stir and sauté for 5-8 minutes until the chicken is mostly cooked through and seared on the outside.
5. Meanwhile, whisk all the ingredients for the sauce in a small bowl. Once the chicken is mostly cooked, add the sauce to the skillet and stir. Add the red bell peppers and cashew to the skillet. Once the sauce starts to simmer, lower the heat to medium-low, and simmer another 3-5 minutes to thicken.
6. If the sauce thickens up too much, add a little water to loosen it. Switch off the heat and add the chopped scallions. Serve warm with Roasted Cauliflower Rice.

NUTRITION FACTS

- ❖ Calories: 442
- ❖ Carbs: 20
- ❖ Fat: 30
- ❖ Protein: 35



**COD WITH GARLIC AND
LEMON**

Soft cod fish paired with a garlic and lemon
sauce

COD WITH GARLIC AND LEMON



PREP TIME

5



COOK TIME

20



SERVES

1

INGREDIENTS

- 1 cod fillets
- 1 tbsp. chopped flat-leaf parsley
- 2 garlic cloves, peeled and minced
- 1 tsp.
- Dijon mustard
- 2 tbsp. freshly squeezed lemon juice
- 2 tbsp. coconut oil
- Lemon wedges
- black pepper

INSTRUCTIONS

1. Preheat your oven to 180°C
2. In a bowl, combine the parsley, garlic, Dijon mustard, lemon juice, and season with pepper to taste.
3. Heat the coconut oil in an ovenproof skillet placed over a medium-high heat.
4. Cook the fillets for 3 to 4 minutes per side.
5. Spread the mixture over each fillet.
6. Transfer to the oven and bake for 5 to 10 minutes, or until the fish is cooked through.
7. Serve with roast sweet potatoes.

NUTRITION FACTS

- ❖ Calories: 378
- ❖ Carbs: 27
- ❖ Fat: 29
- ❖ Protein: 21



THYME CHICKEN BREAST

Soft roast chicken paired with the subtle
flavour of thyme

THYME CHICKEN BREAST



PREP TIME

5



COOK TIME

20



SERVES

1

INGREDIENTS

- 2 boneless skin-on chicken breasts
- black pepper
- olive oil
- Handful fresh thyme sprigs
- Half of a lemon
- 1 Sweet potato
- 1 tablespoon of coconut oil

INSTRUCTIONS

1. Preheat the oven to 180 °C.
2. Rub the chicken with olive oil, thyme, and pepper.
3. Place in the oven for 20-30 minutes.
4. Put the sweet potatoes in a large pot with cold water and bring to a boil (approximately about 15 minutes).
5. Once the potatoes are soft, drain from the water and proceed to mash the potatoes.
6. Once the chicken is thoroughly cooked, serve with the sweet potatoes and a dash of lemon juice.

Nutrition facts

- ❖ Calories: 410
- ❖ Carbs: 27
- ❖ Fat: 20
- ❖ Protein: 29



BAKED SWEET POTATO &
SALMON

Soft garlic and lemon salmon paired with
crispy skin baked sweet potatoes

BAKED SWEET POTATO & SALMON



PREP TIME

5



COOK TIME

60



SERVES

1

INGREDIENTS

- 1 salmon fillet
- olive oil
- 1/2 of a lemon
- 1/2 a teaspoon of garlic
- 2 Sweet potatoes

INSTRUCTIONS

1. Preheat the oven to 180°C.
2. Rub the salmon with olive oil, garlic powder and lemon juice
3. Place in the oven for 20-25 minutes.
4. Pierce the sweet potatoes several times with a fork, cover them with foil and place them in the oven for 30-35 minutes.
5. Once the salmon is firm and the potatoes are soft and crispy, remove them from the oven and serve them.

NUTRITION FACTS

- ❖ Calories: 537
- ❖ Carbs: 56
- ❖ Fat: 23
- ❖ Protein: 28



SHRIMP SALAD

Quick and easy shrimp with cucumber and lettuce

SHRIMP SALAD



PREP TIME

5



COOK TIME

10



SERVES

1

INGREDIENTS

- 1/2 a large cucumber
- 1 large mango
- 1 pound cooked medium shrimp
- 3 tablespoons chopped fresh dill
- 1/2 a cup of avocado oil mayonnaise
- 1/2 a cup of Dijon mustard
- 1/2 a lemon
- 12 Bibb lettuce leaves

INSTRUCTIONS

1. Mix the Dijon mustard, dill, avocado mayonnaise and lemon juice
2. Combine cucumbers, mango, and shrimp, in a large bowl.
3. Pour dressing over; toss to coat. Season with salt and hot pepper sauce.
4. Scoop the shrimp mix and serve them inside the lettuce leaves.

NUTRITION FACTS

- ❖ Calories: 392
- ❖ Carbs: 44
- ❖ Fat: 17
- ❖ Protein: 27



RASPBERRY OATMEAL

Effortless oat alternative using rich coconut flour

RASPBERRY OATMEAL



PREP TIME

5



COOK TIME

5



SERVES

1

INGREDIENTS

- 1 small banana ripe
- 1/4 cup coconut flour
- 1/4 cup of shredded coconut
- 1 teaspoons honey
- 1/4 cup unsweetened almond milk
- 1/4 teaspoon vanilla extract
- 1/2 a cup of raspberries

INSTRUCTIONS

1. Peel the banana and place it into a small microwaveable bowl, and mash with a fork until soft.
2. Stir in the coconut flour, shredded coconut, cacao powder, honey and milk ensuring that they are totally combined.
3. Place in the microwave and cook on full power for 1.30 minutes.
4. Remove the oatmeal from the microwave and stir.
5. Top with raspberries and serve.

NUTRITION FACTS

- ❖ Calories: 286
- ❖ Carbs: 51
- ❖ Fat: 8
- ❖ Protein: 10

GRANOLA WITH COCONUT YOGHURT

Enjoy a crunchy mixture of nuts layered over
creamy coconut yoghurt



GRANOLA WITH COCONUT YOGHURT



PREP TIME

5



COOK TIME

30



SERVES

1

INGREDIENTS

- 1 tablespoon of coconut flakes
- 1/4 cups of almonds
- 1 tablespoon of coconut oil
- 1/2 a teaspoon of cinnamon
- 1/2 Coconut yoghurt

INSTRUCTIONS

1. Preheat the oven to 180 °C.
2. In a food processor, pulse the almonds, cashews, and coconut flakes until they are bite-sized pieces.
3. In a small saucepan, heat the coconut oil and cinnamon for 5 minutes over low heat.
4. Add the nuts into the pan and combine to ensure that all ingredients are evenly coated.
5. Spread the mix over a baking sheet pan and place in the oven for 20 minutes.
6. Once the granola is golden brown and toasted, remove from the oven and leave to cool.
7. Serve with fresh coconut yoghurt and sprinkle with protein powder.

NUTRITION FACTS

- ❖ CALORIES: 367
- ❖ CARBS: 17
- ❖ FAT: 34
- ❖ PROTEIN: 5



SMOKED SALMON TOAST

Toasted almond bread topped with avocado hollandaise, fresh smoked salmon, and pan-fried mushrooms.

SMOKED SALMON TOAST



PREP TIME

5



COOK TIME

15



SERVES

1

INGREDIENTS

- 4 slices of thinly cut smoked salmon
- 2 slices of almond bread
- Black pepper to taste
- 1 Tablespoon of capers
- 1 Tablespoon of mustard
- ½ of a fresh lemon juice

INSTRUCTIONS

1. To make the toast, grab a clean, dry frying pan and place over high heat. Place the two slices of almond bread into the pan and begin to fry it. Once one side starts to form a nice golden-brown crust, flip the bread over so that the other side can toast.
2. Once both slices are nicely toasted on both sides, remove from the pan and place the slices on a clean plate.
3. In a clean bowl, mix the capers, mustard, and lemon juice, making sure that all the ingredients are thoroughly combined.
4. Spread the mixture evenly over the two slices of toast, then place two slices of smoked salmon on each slice of toast.
5. Season with black pepper to taste and serve.

NUTRITION FACTS

- ❖ Calories: 379
- ❖ Carbs: 2
- ❖ Fat: 24
- ❖ Protein: 34



COD AND TOMATO HOLLANDAISE

Flaky cod in a creamy tomato sauce

COD AND TOMATO HOLLANDAISE



PREP TIME

5



COOK TIME

15



SERVES

1

INGREDIENTS

- 1 wild Alaskan Cod fillet
- 1 tablespoon olive oil
- Tomato Hollandaise:
 - 1 large egg yolk
 - 1 tablespoon of butter
 - 3 tablespoons warm water
 - 1/4 teaspoon black pepper
 - 1 tablespoon tomato paste
 - 2 tablespoons fresh lemon juice

INSTRUCTIONS

1. Season both sides of the fillet with pepper.
2. Pour the olive oil in the pan and warm it over medium heat.
3. Place the cod in the pan and sear (about 3 minutes on each side)
4. To make the hollandaise, place the butter into a clean pan to melt.
5. Over a double boil, beat egg yolks and warm water until thick and creamy.
6. Once the yolks reached the desired thickness, remove from heat.
7. Season with pepper.
8. Add tomato paste. Mix to combine.
9. Add a dash of lemon juice.
10. Place the cod on a clean plate and pour the hollandaise over to serve.

NUTRITION FACTS

- ❖ Calories: 444
- ❖ Carbs: 24
- ❖ Fat: 30
- ❖ Protein: 24



**BAKED CHICKEN AND
MUSHROOM**

Chicken thighs in a creamy mushroom sauce

BAKED CHICKEN AND MUSHROOM



PREP TIME

5



COOK TIME

30



SERVES

1

INGREDIENTS

- 2 chicken thighs
- 1/4 cup of mushrooms, thinly sliced
- 1/4 tbsp. fresh chives, minced
- 1/2 cup of chicken stock
- 1 tbsp. coconut milk
- 1 tbsp. extra-virgin olive oil
- Ground black pepper to taste

INSTRUCTIONS

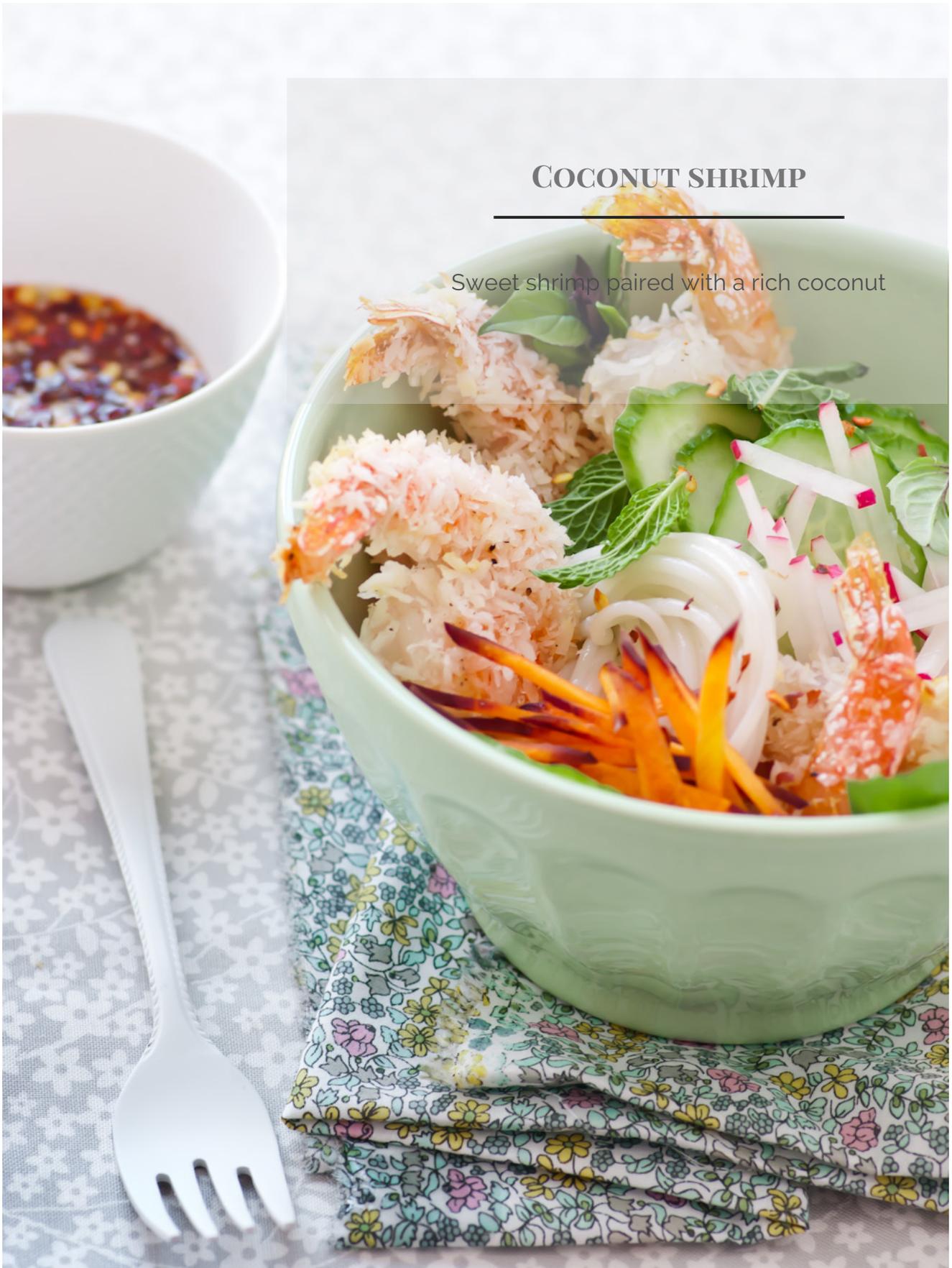
1. Preheat your oven to 180°C.
2. Place the chicken in an oven dish and bake for 25 minutes
3. When the chicken is almost done, heat the oil in a skillet over a medium heat.
4. Add the mushrooms and cook for about 3-minutes until tender
5. Pour in the broth and cook for around 2 minutes.
6. Stir in the coconut milk and chives and bring it to a simmer.
7. Once the chicken is done, cover it with the mushroom sauce and serve.

NUTRITION FACTS

- ❖ Calories: 537
- ❖ Carbs: 4
- ❖ Fat: 41
- ❖ Protein: 47

COCONUT SHRIMP

Sweet shrimp paired with a rich coconut



COCONUT SHRIMP



PREP TIME

5



COOK TIME

15



SERVES

1

INGREDIENTS

- 8-12 large shrimps, peeled and deveined
- 1 cup of shredded coconut
- 1 egg
- 1 1/2 tablespoons of coconut oil
- ¼ tsp of black pepper

INSTRUCTIONS

1. In a bowl, beat the egg with black pepper and set aside.
2. Pour the shredded coconut onto a plate.
3. Dip each shrimp in the eggs then press in the shredded coconut.
4. Pour the coconut oil into the pan and warm the oil.
5. Fry the shrimps in batches until golden brown, about 4 minutes per batch.
6. Serve with your favourite sauce.

NUTRITION FACTS

- ❖ Calories: 280
- ❖ Carbs: 8
- ❖ Fat: 14
- ❖ Protein: 27



COCONUT CHICKEN
CURRY

A hearty curry loaded with a blend of mild
flavours

COCONUT CHICKEN CURRY



PREP TIME

5



COOK TIME

25



SERVES

1

INGREDIENTS

- 1 chicken breasts, boneless, skinless, sliced
- 1 spring onion (the green part only)
- 1/4 tbsp. fresh ginger, minced
- 1 garlic clove
- 1/4 tsp. ground cumin
- 1.4 tsp. garam masala
- 1.2 tbsp. fresh lemon juice
- 2 tbsp. olive oil
- 1 cup coconut milk
- Ground black pepper

INSTRUCTIONS

1. In a bowl, combine coconut milk, ginger, garlic, cumin, garam masala, lemon juice, half the olive oil, and black pepper
2. Add the chicken to the marinade and set it aside.
3. Heat the remaining olive oil in a skillet over medium heat.
4. Remove the chicken from the marinade, and reserve the marinade.
5. Cook in the preheated skillet until chicken is browned on all sides.
6. Add the spring onion and cook until soft, then pour in the remaining marinade.
7. Cook for a further 5 minutes or until chicken is cooked through
8. Serve the coconut curry with an optional sprinkle of chopped spring onion as a garnish.

NUTRITION FACTS

- ❖ Calories: 468
- ❖ Carbs: 11
- ❖ Fat: 35
- ❖ Protein: 29



TUNA STEAK WITH LIME

A wholesome and succulent fresh tuna steak served with a vibrant lime

TUNA STEAK WITH LIME



PREP TIME

5



COOK TIME

25



SERVES

1

INGREDIENTS

- 3 tbsp coconut oil
- 1 tsp ginger, minced
- 2 cloves garlic, minced
- ½ cup cilantro, finely chopped
- juice and zest of 1 lime
- ½ avocado, sliced
- 2 cups fresh spinach
- Black pepper to taste

INSTRUCTIONS

1. This recipe requires the tuna to marinate for a few hours. You are recommended to marinate the tuna a few hours before you want to eat it so that the flavours can soak.
2. Combine the coconut oil with ginger, garlic, cilantro, lime zest and juice. Season to taste with pepper.
3. Cover the tuna with the marinade and let it rest for about 2 hours, or until you are ready to eat it.
4. Heat a pan on medium-high and allow the tuna to cook through on both sides for about 4 minutes.
5. To serve, place the spinach on the bottom of the plate, topped with the tuna. Lay the sliced avocado on top of the tuna and finish the dish off by adding the remaining cilantro marinade.

NUTRITION FACTS

- ❖ Calories: 640
- ❖ Carbs: 15
- ❖ Fat: 52
- ❖ Protein: 28

12 RECIPES TO
SATISFY ANY
SWEET TOOTH



COCONUT PANCAKES

Fluffy & light pancakes made with coconut flour

COCONUT PANCAKES



PREP TIME

5



COOK TIME

10



SERVES

1

INGREDIENTS

- 1/4 cup coconut flour
- 1/8 t baking soda
- 1/4 cup coconut milk
- 2 Tbsp. Of coconut oil
- 3 medium eggs
- 1 tablespoon of honey
- 1 tablespoon of butter

INSTRUCTIONS

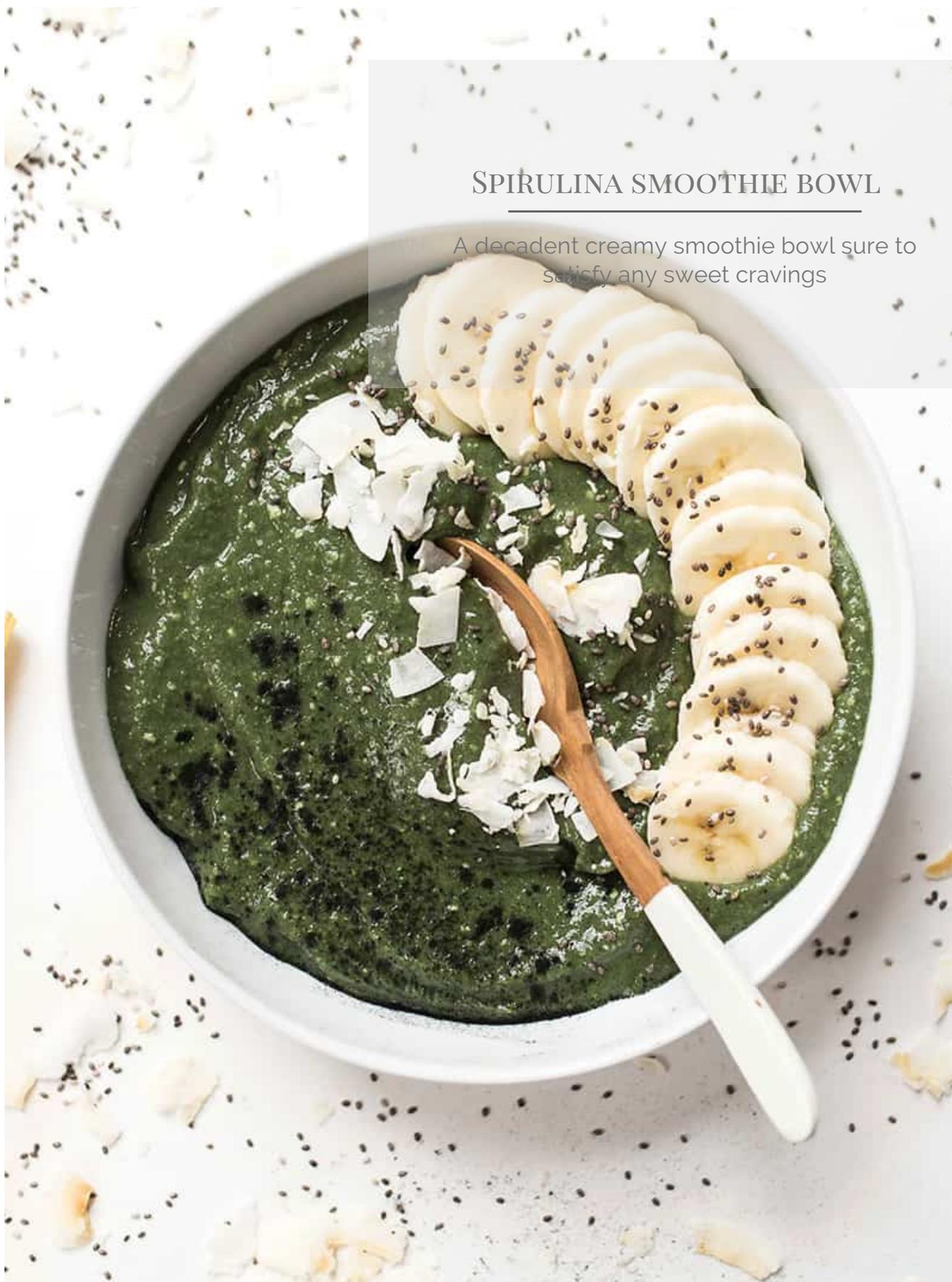
1. Thoroughly mix the eggs, coconut oil, and honey together.
2. Add the coconut milk.
3. Add in the coconut flour, baking soda, and stir lightly.
4. Melt the butter in the pan.
5. Add in a scoop of batter at the time until you have used all the batter.
6. Serve with some fresh berries.

NUTRITION FACTS

- ❖ Calories: 479
- ❖ Carbs: 34
- ❖ Fat: 29
- ❖ Protein: 18

SPIRULINA SMOOTHIE BOWL

A decadent creamy smoothie bowl sure to satisfy any sweet cravings



SPIRULINA SMOOTHIE BOWL



PREP TIME

5



COOK TIME

5



SERVES

1

INGREDIENTS

- 2 cups of mixed berries
- 1 tsp spirulina
- 1 tsp moringa powder
- 1 frozen banana
- 1 ½ cup almond milk
- 1 tsp shredded fresh coconut

INSTRUCTIONS

1. Blend frozen banana, spirulina, moringa, and almond milk into a blender until a smooth ice-cream texture is formed.
2. Place mixture into serving bowl.
3. Scatter some shredded coconut on top to garnish

NUTRITION FACTS

- ❖ Calories: 388
- ❖ Carbs: 23
- ❖ Fat: 13
- ❖ Protein: 15



COCONUT TAPIOCA
PUDDING

Thick and creamy coconut blended with
hearty tapioca

COCONUT TAPIOCA PUDDING



PREP TIME

5



COOK TIME

25



SERVES

1

INGREDIENTS

- ½ cup of tapioca
- 2 cups of coconut milk
- 1 vanilla bean
- 1 medium egg (yolk only)

INSTRUCTIONS

1. Place a saucepan on medium heat and combine the tapioca, 2 ½ cups of coconut milk, and the vanilla.
2. Bring to a simmer over a moderate heat and cook, whisking occasionally, until the tapioca is translucent and tender (about 20 minutes).
3. Whisk in the remaining coconut milk.
4. In a small bowl, whisk the egg yolks until smooth. Pour in about ½ cup of the hot coconut very slowly while continuing to whisk the entire time.
5. Then pour the egg/coconut mixture back into the saucepan, stirring constantly, and keep stirring for about 5 minutes.
6. Refrigerate the pudding until solid, and serve chilled.

NUTRITION FACTS

- ❖ Calories: 234
- ❖ Carbs: 18
- ❖ Fat: 13
- ❖ Protein: 6

CHIA SEED YOGURT & BLUEBERRY BOWL

Creamy yoghurt coupled with tart blueberries and crunchy chia seeds



CHIA SEED YOGURT & BLUEBERRY BOWL



PREP TIME

5



COOK TIME

20



SERVES

1

INGREDIENTS

- 1 cup of blueberries, fresh or frozen
- 1/4 cup of chia seeds
- 1/2 teaspoon of honey
- 2/3 cup coconut yoghurt
- 2/3 cup water

INSTRUCTIONS

1. This recipe needs to chill for a few hours, so prepare in advanced and chill it until you are ready to eat it.
2. In a saucepan, combine the blueberries and honey and cook over medium heat, stirring occasionally, until the berries begin to soften.
3. Remove from the heat and let it stand and cool to room temperature. Once cool, place into a jar, seal the lid and store in the refrigerator until ready to use.
4. For the chia mixture: Combine chia seeds, yoghurt and water in a mason jar.
5. Stir, then let it sit for 5 minutes, then stir again, screw on the lid and place in the refrigerator for a few hours.
6. When you're ready to eat it, scoop the chia mixture into a bowl and top with half of the compote

NUTRITION FACTS

- ❖ Calories: 254
- ❖ Carbs: 32
- ❖ Fat: 9
- ❖ Protein: 14



PUMPKIN PIE SMOOTHIE

A rich and creamy autumn inspired smoothie, perfect for all year round

PUMPKIN PIE SMOOTHIE



PREP TIME

5



COOK TIME

5



SERVES

1

INGREDIENTS

- 1 frozen banana
- 1 tsp of pumpkin spice
- 1/2 a cup of pumpkin puree
- 1 cup of coconut milk

INSTRUCTIONS

1. Add all the ingredients to the blender starting with the coconut milk.
2. Blend until very smooth and creamy.
3. Pour out into glasses and decorate with a sprinkle of pumpkin pie spice.

NUTRITION FACTS

- ❖ Calories: 161
- ❖ Carbs: 28
- ❖ Fat: 6
- ❖ Protein: 3

CACAO HAZELNUT BALLS

A rich and indulgent sweet treat with a subtle
essence of hazelnut



CACAO HAZELNUT BALLS



PREP TIME

5



COOK TIME

60



SERVES

1

INGREDIENTS

- 150g hazelnuts
- 50g dates
- 1 tbsp peanut butter
- 2 tbsp cacao powder, plus extra to coat
- 1½ tbsp coconut oil

INSTRUCTIONS

1. Put all the ingredients in a food processor and blend until combined.
2. Scoop out little handfuls of the mixture and roll into balls.
3. Roll the balls in the cacao powder for a light dusting .
4. Put the balls in the fridge for an hour, then serve.

NUTRITION FACTS

- ❖ Calories: 402
- ❖ Carbs: 27
- ❖ Fat: 30
- ❖ Protein: 8



STRAWBERRY AND
MANGO SORBET

Smooth and rich fruit blended into a thick sorbet

STRAWBERRY AND MANGO SORBET



PREP TIME

5



COOK TIME

5



SERVES

1

INGREDIENTS

- 1 cup of mango chunks
- 1 cup of strawberries
- 1 teaspoon of honey
- 1/2 cup of water
- 1/2 cup of coconut yoghurt

INSTRUCTIONS

1. Load the strawberries and mango into a food processor and begin to blend.
2. Add in the coconut yogurt and continue to blend.
3. Let the food processor run for 20 seconds. If the mixture seems too stiff, add in the water. If the consistency is smooth and creamy, scoop it out into a bowl and serve.

NUTRITION FACTS

- ❖ Calories: 266
- ❖ Carbs: 39
- ❖ Fat: 12
- ❖ Protein: 2

MIXED BERRY PARFAIT

Sweet berries blended with coconut milk



MIXED BERRY PARFAIT



PREP TIME

5



COOK TIME

15



SERVES

1

INGREDIENTS

- 1/4 coconut milk
- 1/4 cup raw pecans
- 1/4 tsp ground vanilla beans
- 1/4 cup sliced strawberries
- 1/4 cup blueberries
- 1/4 cup blackberries

INSTRUCTIONS

1. Spread the nuts onto a lined baking sheet and bake for about 10 minutes, then let the nuts cool.
2. Place the coconut milk in a mixing bowl and whisk it with the vanilla.
3. Once the coconut milk is whipped into a cream, set it aside to assemble the parfait.
4. In a clean bowl, spread a layer of the cream, then a layer of the nuts and continue to alternate until the bowl is full.
5. Place the fruit on top to serve.

NUTRITION FACTS

- ❖ Calories: 260
- ❖ Carbs: 17
- ❖ Fat: 22
- ❖ Protein: 3



APPLE MAPLE MUFFINS

Sweet yet tart apples in a fluffy muffin

APPLE MAPLE MUFFINS



PREP TIME

5



COOK TIME

45



SERVES

12

INGREDIENTS

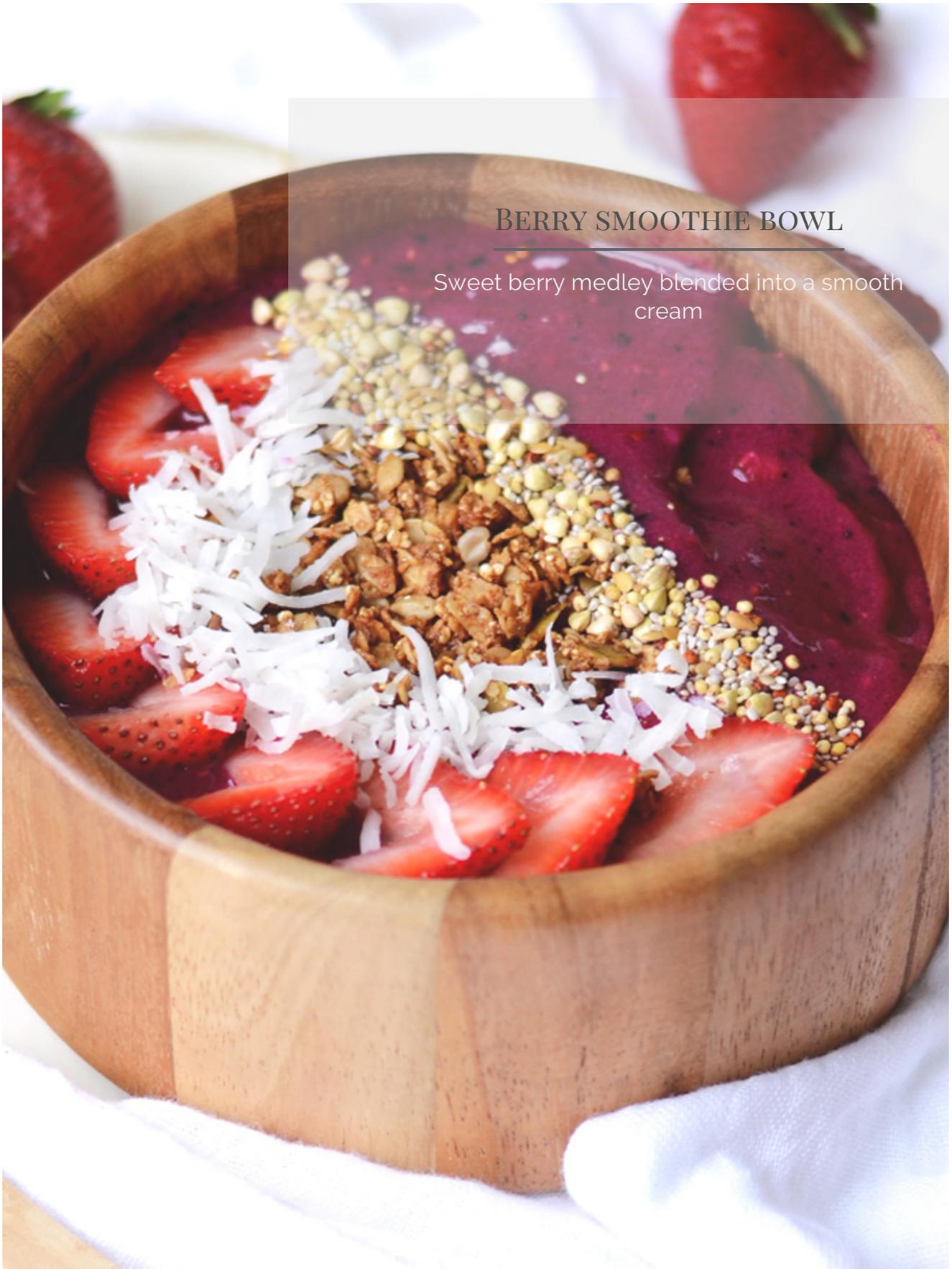
- 1/2 cup of coconut oil, melted
- 1/4 cup of pure maple syrup
- 1 teaspoon of vanilla
- 6 eggs
- 1/2 cup of coconut flour
- 1/2 teaspoon of cinnamon
- 1/4 teaspoon of baking soda
- 1/2 teaspoon of fine sea salt
- 1 cup of granny smith apples, peeled and diced [about 1 large apple]

INSTRUCTIONS

1. Preheat oven to 190°C.
2. Whisk eggs, melted coconut oil, vanilla extract, and pure maple syrup together in a large bowl.
3. Add in the coconut flour, fine sea salt, baking soda, and cinnamon.
4. Gently fold in peeled and diced granny smith apples.
5. Grease the muffin tin and fill each muffin cup 3/4 of the way.
6. Bake for 35-40 minutes.

NUTRITION FACTS

- ❖ **(Per muffin)**
- ❖ Calories: 160
- ❖ Carbs: 9
- ❖ Fat: 13
- ❖ Protein: 4



BERRY SMOOTHIE BOWL

Sweet berry medley blended into a smooth cream

BERRY SMOOTHIE BOWL



PREP TIME

5



COOK TIME

10



SERVES

1

INGREDIENTS

- 1 cup strawberries quartered
- 1/2 cup blueberries
- 1/4 cup raspberries
- 2 Tablespoons of protein powder
- 1 teaspoon of coconut cream for garnish

INSTRUCTIONS

1. In a blender, blend together the berries until smooth.
2. Pour the protein powder into the blender to mix with the berries
3. Pour it into a bowl and top it with a drizzle of coconut cream and extra berries.

NUTRITION FACTS

- ❖ Calories: 152
- ❖ Carbs: 25
- ❖ Fat: 1
- ❖ Protein: 12



CACAO & BANANA
SMOOTHIE BOWL

Rich and decadent cacao powder with
creamy banana

CACAO & BANANA SMOOTHIE BOWL



PREP TIME

5



COOK TIME

5



SERVES

12

INGREDIENTS

- 2 frozen bananas
- 5 ice cubes
- 1/2 coconut yoghurt
- 1 tablespoon of cacao powder
- 1/4 almond milk

INSTRUCTIONS

1. Place all the ingredients in a blender and pulse until smooth and thick.
2. Spoon into a serving bowl and top with fruit or nuts.

NUTRITION FACTS

- ❖ Calories: 380
- ❖ Carbs: 29
- ❖ Fat: 27
- ❖ Protein: 4



HONEY-FRIED BANANA

Ripe banana delicately coated in honey

HONEY-FRIED BANANA



PREP TIME

5



COOK TIME

10



SERVES

1

INGREDIENTS

- 1 banana, sliced
- 1 tbsp. honey
- 1/2 a teaspoon Cinnamon
- 1 tbsp. coconut oil
- 1/4 cup of water

INSTRUCTIONS

1. Combine the honey with 1/4 cup of warm water and mix well.
2. Heat the coconut oil in a pan placed over medium-high heat.
3. Add the banana slices to the pan and fry for 2 minutes on each side.
4. Remove the pan from the heat and pour the honey mixture on top.
5. Sprinkle cinnamon on top to serve.

NUTRITION FACTS

- ❖ Calories: 272
- ❖ Carbs: 34
- ❖ Fat: 14
- ❖ Protein: 2

ABOUT THE AUTHOR

When I was younger, I was not healthy, and I remember getting tonsillitis six times per year. The doctors wanted to take out my tonsils, and I refused because I did not believe we should rip bits out just because they aren't working. I believe the body was trying to tell me something; I saw it as a symptom of an underlying issue, but I didn't know what. I was diagnosed with Ulcerative Colitis at 13 and refused to take the medication prescribed because intuitively I knew that was not the answer for me and my body. I did not have the answer, but the search started then. I also had an innate aversion to putting anything synthetic in my body. At that time I did not know that the processed "food" I was eating contained ingredients that were not designed to be in the human body. So I was eating synthetic material without knowing it.

My mother died of cancer when I was 22. When I asked the doctor what caused her cancer, he said, "It's all the junk food we eat. I needed to understand more, and after trawling for someone who makes sense, I found Cain Leathem, and I moved to Birmingham to study Nutrition, Exercise and the mind. I got my Diploma in Nutrition, my Personal Training qualification and my Neuro-Linguistic Programming certification. I studied alongside healthy athletes with a completely different approach to their diet. They believed "Food is Fuel". And I thought the food was "Naughty, yummy and delicious".

It took me years to bridge that gap between where I was and embracing an athletic life, and I lost 30 kilos in the process. I truly transformed inside and out. There is a difference between having the knowledge and applying it. Behaviour change is a daily choice. If things are not working, change your approach. I continued my studies in nutrition and psychology while working on my property projects - helping investors find high yielding property investments which I still do today. Everyone in my network witnessed my transformation and asked me for guidance. My passion for helping people achieve more wealth often involved helping them in their health, that is true wealth after all. I have developed my coaching skills and witnessed extraordinary personal growth in my clients - whom I consider dear friends. I would be delighted to introduce you to one of my clients so you can see for yourself. I developed my URBAN HEALTH SYSTEM; this is a fat loss nutrition and coaching programme, and I have guided hundreds of people internationally who have enjoyed fat loss, improved mood, more energy, and less stress. After helping all types of individuals with all types of personalised nutritional needs. Please see our contact information below to find out more about our 12-week programme.

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Episode 75: 'Burn Fat, build muscle'. Get your hormones tested with Dutch Plus from Nordic Labs with Dr Shania Lee. Interviewed by Stephanie Webster Urban Health Method.

Stephanie Webster : Well. Hello there and welcome to the Urban Health podcast, keeping busy people healthy without time conscious solutions brought together in one place. The Urban Health Method. I'm Stephanie Webster, I'm nutritional therapist on Harley street London, specializing in fat loss, gut health and hormone optimization therapy for the over forties. Now when people come on their health journey, they become interested in health because they're not well for some reason they've either put on weight or maybe they have low energy, bloating constantly, whatever it is, they make the decision to start looking after themselves better and they changed their diet and their habits and their lifestyle. But sometimes the issues can still remain. So this requires further investigation and this is where taking a test can become very useful. Maybe a vitamin D deficiency test or an allergy intolerance test, a blood test, maybe a DNA test. So I like using Nordic laboratories because they have some outstanding tests, which we're going to discuss today with Dr. Lee.

Stephanie Webster: Hi, how are you?

Dr. Lee: Very well, thank you.

Stephanie Webster: So, and Dr Sean Lee is a qualified registered doctor of homeopathy and the practitioner support at Nordic UK. So practitioners will call and ask her for her advice when we're calling the lab for results and advice. She uses integrative complimentary medicine focusing on head tissue, mineral analysis, DNA analysis, homeopathy, and functional medicine. Her areas of interest include hormones and detoxification, chronic fatigue, fibromyalgia, infertility, mood disorders, immune and stress disorders. So thank you so much for coming on the show.

Dr. Lee: It's my pleasure.

Stephanie Webster: There's not much you're not interested in.

Dr. Lee: Someone asked me the other day what I specialize in and I said I specialize in generalism looking at the whole body.

Stephanie Webster: I liked that a lot.

Dr. Lee: Everything, Yep .

Stephanie Webster: And you have a beautiful phrase, making sick people better, keeping healthy people healthy.

Dr. Lee: That's the thing. We want to keep those healthy people healthy.

Stephanie Webster: Absolutely. So tell us a bit about you and what drew you to the healthcare profession cause you're so passionate and loving and caring and studious and accurate and I just love it.

Dr. Lee: Oh thank you. Yeah, it's a long story, but it starts when I was about 12 when I got seriously sick. Kind of like what I think you were talking about earlier. Just couldn't wake up in the morning. It felt like I was made out of led and went to normal GP, got all sorts of medications and just got worse and worse and worse. And then I went to an alternative practitioner and got better within two weeks. So that was the planting of the seed. And I went straight from school into Varsity, did my six year degree in homeopathy. And from

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then on it's just been growing as a practitioner. So yeah. Got introduced to functional medicine in 2008 and haven't looked back since.

Stephanie Webster: Yeah, I really love functional medicine. Offers a lot of, uh, solutions that general medicine doesn't provide.

Dr. Lee: It makes sense.

Stephanie Webster: And when it comes to homeopathy, some people listening to this say, oh, homeopathy, that's a bit. And so why does homeopathy have a need for a PR, uh, improvements? So why do some people love homeopathy? Some people think it's a load of rubbish. So what's your take on that?

Dr. Lee: I'm guessing the ones you said. So though rubbish. Haven't tried it properly. Um, but yeah, I don't just practice functional, homeopathy, I do everything complimentary. So it's nutrition. Hydrotherapy, functional medicine, et Cetera. So homeopathy is just one of my modalities. It's where I got my medical training. But it's just one thing I is, if somebody comes to me and they're very anti homeopathy, I would use it on them but I'm more than happy to try.

Stephanie Webster: That's what I love. I love the fact that we don't impose the therapy on the clients. That's really not, the client has their own opinion of what they want to be done to their body.

Dr. Lee: And there are many ways to, to treat a person. Many modalities can come into a functional approach, including general practice. So I work with a lot of functional doctors who are general practice orientated, but they've seen the lights and they understand that there's a root cause. So if functional medicine is a, is a thinking paradigm, it's not a treating paradigm. It's finding that root cause and then treating it however you're trained to treat it. So my training is integrative, complementary gp's training is GI general practice. Wasted medicine doesn't mean they can't integrate now, which is even better. The practices that I worked in in South Africa were all integrative. I worked alongside my gps, not antagonistically to them, which was, which was a blessing. More of that needs to happen here.

Stephanie Webster: I agree. And I love it when a client comes to me and they've got blood tests, they've got scans and I've ended up in whatsapp groups with the different practitioners that the the, the patient is seeing. So yeah, cause I think it's really important that everybody communicates. So if there's, there's one patient, five people helping that patient and if we all communicate then we're all giving that patient that the best thing instead of the patient being confused. Oh well she said this, he said that.

Dr. Lee: That happens a lot because people when they're desperate they will go to multiple practitioners. If those multiple practitioners start speaking to each other, they get better results is absolutely. So it is nice to see the change. I mean I've only been here four years, but I've seen a massive change in the thought patterns of people in this country with regards to complimentary alternative integrative medicine. So there's more and more practices coming together where it's okay that you have a nutritional therapist and stuff or an acupuncture therapist or something like that to compliment your treatments. That's much better.

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Stephanie Webster: Yeah. And also make sure that what I'm doing isn't interfering with what somebody else is doing. So they do and that that way we could all get the result, but

Dr. Lee: That whatsapp group idea is fantastic.

Stephanie Webster: Well yeah, I'm an evolve, I'm links and now I'm getting all these updates.

Dr. Lee: It makes sense. You don't even have to be in the same practice, but as long as you've got a group going, right. We are talking about x patients. Yeah. Yeah. That's great.

Stephanie Webster: I like to keep technologies to our advantage.

Dr. Lee: I'm all about that.

Stephanie Webster: So speaking about amazing, so Nordic labs, let's explain a little bit about why Nordic is outstanding. So you, you fell in love at first sight. So just tell us a bit about that.

Dr. Lee: So first sight was 2012 when the owner Christmas did onstage at a, an applied functional medicine for clinical practice seminar. And he spoke about why he, he does what he does with regards to Nordic as a company. Now. It's not a laboratory itself. It's an umbrella company. Or You could say concierge.

Stephanie Webster: I called it a laboratory concierge.

Dr. Lee: Yeah, that makes sense. The Virgi concierge. Um, and what he does is he inspects each laboratory, find out which tests they're the best ad, and then taste them double-blind since two samples from the same person and checks to see that they come back accurate. And if they don't, they're not under our umbrella anymore. If they do, they stay. But scientists also very important. There are a couple of really big laboratories in the states that are represented by other companies, but not us. And the reason being is that they refuse to have onsite visits. And that's a red flag for Chris. So you won't, he won't even consider them even though some people do. So I love it as a practitioner because I can trust the results. You know, it's good to know that you're sending stuff out into the great wide world and you're getting answers as opposed to maybe getting things that aren't necessarily correct. Stephanie Webster: The whole point of diagnostic testing is to actually get the answers that you've been looking for. So if they're not accurate. That's a misdiagnosis which is costing us a lot of time, money and pain.

Dr. Lee: Precisely.

Stephanie Webster: So I'm, I'm the same with supplement companies and equipment companies. I'm not loyal to any one brand. I'm loyal to my clients. Yeah. And I will give them the best supplement that they can regardless of of the brand. So just because, you know, I like higher nature. I like Solgar, I like oodles choice. I like VSL probiotics. I'd like to see improve. I like all these different brands, but I don't like the whole range. I just like particular products in that range for either potency or absorbability. And I just pick that and only that, so then you end up with a box that looks quite different. But um,

Dr. Lee: Yeah. Also when people ask me what's my favorite brand, I kind of just sit there quiet cause I don't have one. No, I don't have one. Not loyal to one. I like a lot of them for a lot of different reasons. Um, and sometimes it's cost even, you know, like you've got to weigh everything into the equation.

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Stephanie Webster: Yeah, sure.

Dr. Lee: So yeah. Don't have a favorite either.

Stephanie Webster: No. You have to be loyal to your body.

Dr. Lee: Yep. Perfect.

Stephanie Webster: So if the body was making this decision, what would they prefer and sort of, and then do they have a wallet? But we'll have to invest in health. So what are your favorite tests?

Dr. Lee: So again, I don't, I don't have necessarily one state a favorite test because I don't, I don't have, when my patients walk in, I don't have a list of tests and go ride your, you're only having these days and none of the above. I will listen to the patient and then we have hundreds of tastes. So depending on what, but there are some that I prescribe more often than others, so I'll talk about those.

Stephanie Webster: Yeah, let's talk about them.

Dr. Lee: I love Dutch dried urine tastes of comprehensive hormones. That is men. Is that a game changer in the business. It's so easy because it's, I mean, we're where we were. We'll talk specifically about Dutch plus as opposed to complete where it includes saliva for the cortisol as well as the, the urinary metabolites touch plus.

Stephanie Webster: I love Dutch plus.

Dr. Lee: I love Dutch plus and somebody, a practitioner was asking me, quizzing me the other day, why Dutch class over the other one? And I said, well, the cortisol awakening response needs to come up in the morning. If you're flat lining, that's a sign of a serious problem. And it could even be a sign of auto immunity lurking. I know, it's crazy. So Dutch plus rules are all sorts of things or rules in all sorts of things. So I love Dutch plus when it comes to still tasting. I have two states that are like, I like the kind of comprehensive stool analysis by doctor's data. And then I like GMF for different reasons. Um, I have a whole blog post on that, so we're not going to talk about all of that. Uh, I love DNA and I'll tell you why because of my own history, I had that fatigue come back when I was 28 and I nearly died. It was, it was like literally in a, in a doctor's room. I had no energy and my heart stopped. And thankfully I was in the doctor's room, pulled me back together and said, you basically have to be on chronic medication. And with my background, I was like, that's not ever happening. And this was roughly like probably about two months before the very first functional medicine conference came to South Africa in 2008 and this guys stood on the stage, there was me sitting at the back practically dead from fatigue and he said, we can now taste your genes and your lifestyle and food can influence the expression of these genes. And I thought, wow, this must be it. This must be it. And I didn't have much money at the time. I said, take all my money and I got the results. It didn't know what I was looking at. Went and studied it for a couple of years. And when I realized what my results said, they absolutely changed my life. I am 43 now and I'm abundantly interjected. I'm super like I know like the energizer bunny now. I can't actually believe that in my twenties I was crawling around practically dead and in my forties I'm running around walking randomly because I want to back there and I wouldn't be able to. And I attribute that to the DNA that I did. I was also looking for specific heavy metals cause I grew up in a mining town and heavy made poles are a big problem. Yeah. I mean I'm still

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working on that, but um, yeah, without those tastes I would never have found my root cause, and I would have died before I was 30. I mean, that's, that's crazy. So, so I absolutely love these days. Yeah. So yeah, DNA, I mean the, the DNA health was the first one that I did.

Stephanie Webster: I love DNA help.

Yeah. It's great. But recently DNA mind, yeah. Oh Wow.

Stephanie Webster: We're going to do a podcast specifically on DNA lines. We can talk a lot on that. So that's, that's a lot.

Dr. Lee: Yeah. Really impressive, especially in this country where the prevailing illness of the elderly is dementia and Alzheimer's. So understanding your neurodegenerative risks and your risk for addictive behavior and mood disorders, very important to know your risks because you, when you know them genetically, you can do something about them. You're not doing them to those results. It's not like you are set in stone and not gonna move from this. You can so you can change the way you think. You can take different sacraments, you can exercise differently, you can sleep better.

Stephanie Webster: So I was recommended Nordic, by Cain Leathem who really, uh, rates you and rates your DNA testing also. Yeah, I said I don't really see the point cause I'm not getting, I'm looking to improve anything else in my regime. So whatever the results say, I'm still going to do the same protocol I'm currently on anyway cause it can be optimized further. But I'm curious and I want to know, but I know that for a lot of people doing the DNA test can either be scary or it can be a real trigger. Oh my goodness. I could be, I could get cancer, I could get Alzheimer. I'm going to make this big change now to my life. It can be a trigger of changes. It's very good. So that absolutely motivation.

Dr. Lee: Well, you say you don't, you weren't changed that much, but I can guarantee going to be something that you'll find where you're like, oh, Ooh, if I just did this little tweak

Stephanie Webster: and what, but what tweaks are left?

Dr. Lee: Oh, I can't wait for your results to come in and we're going to have so much fun.

Stephanie Webster: Oh, we'll have to, I don't want to be like, okay, yeah, well that blueberry has to go, well, no, no.

Dr. Lee: It's never going to be where the blueberry having to go. It's like vitamin B, yeah, some people can take a methadone, but it would be editors, the best thing on earth for them. Other people, you put them near a bottle of vitamin methylated, but there won't be, and they go mental. You can tell genetically who's going to do what. Yeah, it's fantastic. So you can look at the genes and you can go, you should not be on those particular group of vitamin B's, but this one would be much better for you. And they get better results from it. That's just one example. One example, I can talk for hours on it, you know. Well, we'll find out why.

Stephanie Webster: Okay. We'll see. We'll see. So I'm, I'm very excited. So I've, I've now done all of them. Right. I've subscribed to all tests.

Dr. Lee: You will have and the results just under two weeks.

Stephanie Webster: I'm not a very patient patient.

Dr. Lee: Yeah. You know, the, I've had to wait for mine too.

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Stephanie Webster: So why did it take so long?

Dr. Lee: A DNA takes a while to actually get broken down to the point where it can duplicate and be read. I see. So it's, uh, it's just a long process and I mean, it used to take a year, you know, when better than 2003 when they first started the genome project, it would take maybe even two years to actually read someone's genome. Now we're down to three weeks. So like, wow, you cannot complain. I can, no, you got it.

Stephanie Webster: Okay. No, it's fine. It's the first time I have experienced delayed gratification this year.

Dr. Lee: Oh, you do? That's a problem with functional testing is that they generally take three weeks. So it is, yeah,

Stephanie Webster: It's good. Why the rush?

Dr. Lee: But in that three weeks, I would like as a practitioner in the three weeks that I've taken the sample and submitted, I work for on foundation stuff. So I work on like eating habits, sleeping habits, decentralized. So it's not like we don't do anything until the results come in. It's always foundation stuff.

Stephanie Webster: So the cake has to go.

Dr. Lee: Oh, absolutely. Yeah. That's, I don't remember when I last had cake. I'm not a nice sweet tooth thing, thankfully.

Stephanie Webster: Okay. Okay. So the, the other thing I like is let's talk about Dutch plus. Let's talk about a bit more detail because that is now mandatory as part of the program. So, uh, the hormone detail that that goes is just extraordinary.

Dr. Lee: So look at it and talk through it and let's do that then. And unfortunately they won't be able to see it.

Stephanie Webster: Well, I'll include a link.

Dr. Lee: Yeah. I'm also thinking it actually included to the sample.

Stephanie Webster: I will

Dr. Lee: Brilliant okay. So they have this little picture on the left hand side and this is explaining how the results are and as a visual person, um, I love it because it's little dials so you can see what's high and what's low. You don't have to look at the numbers, you can, you can see it instantly. Um, in this person, their issue issue dials, so that's the more active estrogen to join is on the low side of normal. Progesterone is low, uh, which probably means she hasn't ovulated and testosterone is low, which is going to Affect Energy and sex drive. Um, if we look at who is seller very cortisol pattern, you can see that there is a s it's not a very high rise. That cortisol awakening response isn't, isn't very, it's not going up and like such, it should go right up. This is the better angle that it should be at. And it's almost flatlined. So this, if this is a case of someone who has an autoimmune condition, I would be concerned about a potential redex coming on soon if they weren't already in it. We can look at the cortisol, you can see a daily free cortisol is perfect, metabolized cortisol is a little bit on the high side. So what that basically means is her adrenals are actually pushing out quite a lot more than what your body is allowing to be active. Okay. So she's alert, she might present with adrenal fatigue. She's not adrenally fatigued. She's got other issues going on. Probably inflammation or something like that. Again, I would look for opportunity here. So

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I'm just going to jump past all the numbers because otherwise we'll be here all day.

Stephanie Webster: So from an autoimmune point of view, so, uh, my clients that come to see me because I have ulcerative colitis, so yeah, autoimmune disease. So this would give you an indication or whether you're just about to come to a flareup or not?

Dr. Lee: Absolutely. Always. They're in the active Clara if you need that cortisol awakening response to go up instantly, like within half an hour, that cortisol needs to be at its peak. Okay. So they've broken it down again into pictures. Here is your mother, woman pregnant alone going into progesterone and testosterone. The sense of DHA, DHA is testosterone. So you can see the low testosterone, low DHA is, which means that she's liver is not functioning all that great. Um, pay attention to that. Probably not ovulating. So low progesterone is an indicator of the fact that a violation didn't happen. You can see it as very low e1 to use low e three very high e three is the least active out of all of them. So let's see how she's breaking them down.

Stephanie Webster: We just talk about DHA for a second.

Dr. Lee: Yeah, sure.

Stephanie Webster: So DHA is so on the undervalued. Yeah, like once we just focused on to stop spreading and stuff. So I really liked DHS. So wonderful woman. Do you like supplementing?

Dr. Lee: It depends on the person. Sometimes supplementing that can push their social too high and they get acne. So it really depends on the person and like going to be my answer for everything probably.

Stephanie Webster: Is there particular brand you like your life or in this country?

Dr. Lee: I haven't found a brand that I like. I usually refer to a bioidentical practitioner that points. So that's then crossing the back. Okay. Um, nice visual. Here is the green Arrow is is the sip one a one pathway. So this is the phase one detoxification pathway that is protected. Green is good, blue is not good. Not Bad. If its high like this, it'll give you all the symptoms of pms. So even though she's not that high in estrogen, she's probably feeling pretty moody, maybe even guard. So brace at that point. This red one is the dangerous one. It's the sip one d one. And we check these in in the DNA as well. So we can actually check to see if you've got the genetic predispositions. And in this would be checking expression. That can be, she's not too high there. We want this pathway to be high and it's not. So then we look at the diets. Okay. We look at methylation as a process is constant inflammation. This is also a gene that we look at and you'll see methylation activity, which is a very important biological process is on the low side. So we taste methylation in the genetics, we taste the expression here and we combine the two to get the best answers for them. For the person Mesa, there's more, okay. Just very quickly on cortisol and cortisone. Cortisone is the inactive cortisol and its made in active by an enzyme in the, in the kidneys. So if this is happening, uh, you, you need to slow that enzyme down and uh, something like licorice tends to be speaking. It's a fantastic test. You can go on for hours and next we have got the, the organic acids so we can see B12 markers, we can see if she needs gluta plan, we can see if dopamine and adrenaline are being metabolized correctly if she's

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got enough Melatonin. And most importantly this oxidative stress, this 85 drop CD, oxy Guanosine, this is a marker of DNA damage. It's above range in the school setting.

Stephanie Webster: So this test is amazing and I use it, uh, with all of my clients. And how do you feel this helps them assess the fat burning muscle building potential for optimum body composition.

Dr. Lee: So if you're looking at fat and optimal body composition, stress, cortisol obviously plays a role in whether you are, because it's a glucocorticoid, it'll make sure that even if you're not eating it, sit here. If you're stressed and you're getting that stomach around your waist, you've got to deal with the stress. This will tell you exactly how you're dealing with your stress. And then there's the two social in DTA, which is your muscles, right? Estrogen is also prolific. If you very high in estrogen, you're going to have a fat bum and fat boobs. That's just what estrogen does. It's just the fat. It's just a fact. It is a fact. So the Vegan as far as fact.

Stephanie Webster: Yup. So I love this test because it really helps us plan a more prescriptive fat loss.

Dr. Lee: Tailor made, and made the patients patient centered practical advice.

Stephanie Webster: So let's talk about the seat s a p test, which is amazing for ulcerative Colitis, gut issues, IBS, let's talk about that and how it differs the GI map.

Dr. Lee: So I use both, but when I'm looking for IBS versus I B d I'm going to pull it up example as well. If not the all leaders. Um, CSAP has markers in it that that can literally differentiate whether the person has IBS or IBD. GI Map has good markers for looking more for infectious things. So we, I'll use GI map is a virulence factors of h pylori. And people might disagree with me here. They might use a different day, but this is how I use it. And uh, if I were, if a woman is estrogen dominance, which you might find under the Dutch test, then I would look for an enzyme called Beta glucuronidase. Uh, that's that d conjugates, the estrogen. We've got a for CSAP it's, you're getting the, the microbiology, so you're getting all the same stuff. Also the genetics, a PCR, which is what GI map does, you get at the aerobic growth. You get the PCR, you get all the markers of inflammation and digestion. I like it as a full round of test, but like I said, I use both depending on the case.

Stephanie Webster: Amazing. And for what you said Cortisol earlier and norepinephrine and there's a lot of adrenal burnout.

Dr. Lee: Oh there's a lot of diagnosed adrenal Buena and might not even be adrenal burnout like I just showed you in this case that that adrenal gland is pumping out adrenaline and cortisol, if you were to stimulate it even more, you would push that person into a problem. Uh, what do you need to do is look at what's, what's causing the, the, the output to be high and the metabolism to be high. They, the reasons for that. So you look for the reason.

Stephanie Webster: So what tests is outstanding for that?

Dr. Lee: Dutch, Not that adrenal or cortisol or anything.

Stephanie Webster: And so for vitamin and mineral deficiencies.

Dr. Lee: So I like the ion profile, um, or Nutri bowl. And as practitioners, you either Gel with one or the other. They, they're both really good. Um, I recently just did an ion on myself. Love the inflammation, love it. So like, right, this is what you need.

No questions. I love it. Yeah. Down to the molecule. You know, it's fantastic. I love that. I love having answers on paper.

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Stephanie Webster: I love nerding out that.

Dr. Lee: Me too geeking out for hours,

Stephanie Webster: But most patients aren't really this interested.

Dr. Lee: Yeah, there's a variety of them. Some someone I have all the tastes done other than just not interested,

Stephanie Webster: But you know, some of you just want to know which switch flicks the lights on and others want to know electricity and that's okay. I'm happy with all of that. But if you do want to know, you can join us and we're having a third party. Okay. And what about allergies and intolerances? Which is my final question.

Dr. Lee: Right? So I use immuno lab also and the Nordic, um, it comes back with a base reproducibility, which for an igg taste is rare. A lot of them are not reproducible for many reasons. We can go into the science of IDG differently on another day, but a lot of them are not reproducible. It doesn't mean that they're not good tastes because they still get people to think about, uh, the food that they're eating. But I like reproducibility. Yeah. So using, you know them.

Stephanie Webster: So from a body composition point of view, fat loss, muscle building, optimal body, other, any other tests that you feel my patients should consider?

Dr. Lee: Yeah. DNA, sport, DNA diet. Yeah. Yeah, those would be, I'd see that the top of my list.

Stephanie Webster: Yeah. DNA, sport, DNA diets. You're already doing the Dutch class. And yeah, I just think it's an outstanding suites.

Dr. Lee: All the tests and everything get to, gets done in one profile. It's really easy to use and it's a real report and it actually gives diagnostics and you can come back and get your complete interpretation and we've always got you to hand.

Stephanie Webster: Absolutely. Thank you so much for coming onto the show.

Dr. Lee: My pleasure. Anytime.

Stephanie Webster: How'd we get in touch with you personally and how do you get in touch with the lab? What are the deep side?

Dr. Lee: I've got an email address. It's s l e e@nordicgroup.edu. So people are welcome to email me. Uh, they can also go onto a Nordic club site and could phone the office of whichever the country they're in. Cause I don't know if you're listening to the only London based or worldwide, but not as worldwide. So, um, they can phone the local offers. Nice. Stephanie Webster: Yeah, you have your own site.

I have my own site, which is called radiant balance that see it. That's the UK. Lovely.

Stephanie Webster: Thank you so much for coming onto the show.

Dr. Lee: It's my pleasure.

Stephanie Webster: Thank you all for listening to the Urban Health podcast, keeping busy people healthy, get tested, get healthy.

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Episode 74: "I DON'T HAVE TIME TO WORK OUT." Yes you do. Its a question of priority. Clare Evans: author of Time Management for Dummies explains. Interviewed by Stephanie Webster: Urban Health Method.

Stephanie Webster: : Well. Hello there and welcome to the urban health podcast, keeping busy people healthy with our time conscious solutions brought together in one place. The Urban Health Method. I'm Stephanie Webster: . I'm a nutritional therapist on Harley street London, specializing in fat loss, gut health and hormone optimization therapy for the over forties what? We're busy for some reason it gets really easy to let our health fall by the wayside and we get tired. We start saying, I don't have the time to go to the gym. I'm too tired. I don't have time to cook. I'll just grab a sandwich or something quick and it becomes a downward spiral and you end up getting out of shape, sick or tired. But deep down we all know that if we did go to the gym, we would actually feel better physically and we'd feel better psychologically. Like we're not letting ourselves down, keeping ourselves in good condition and we know that when we prepare our own food, we feel better. I've got more energy and we've got a better mood. It's sort of question of priority and time and getting organized and we need to learn how to manage our time better. And today we have the privilege of having clear Evans on the show www.clareevans.co.uk. Clare is a best-selling author of the book entitled Time Management for Dummies. Being a fabulous entrepreneur. She won the coach of the year for the Sussex business women excellence awards and she is a time and productivity coach helping stressed out entrepreneurs find a calm amongst the chaos of an ambitious schedule or Sheffield. Depends who you speaking to. Clare, thank you so much for taking the time to come onto the show.

Clare Evans: : Well thank you very much for coming Stephanie. It's great to be here. Stephanie Webster: Clare, what got you interested in time management and why is time so precious to you?

Clare Evans: Well, time is the only resource that we really have that we can't make more of. We can always make more money, but we can't necessarily make more time and we all have the same 24 hours in the day. So it's really important as to how we spend it and actually valuing the time that we have and having come out of the corporate world where everyone is under pressure, constantly feeling overwhelmed and if anything it's got worse. It's one of those things that I think is so important to at least understand the basics of time management and how you can reprioritize and use it in the most effective way.

Stephanie Webster: And I know that you specialize in business owners and who do you help? Exactly and what clients do you love helping?

Clare Evans: I'm love those busy people who are feeling completely overwhelmed with everything that they've got to do. They're not necessarily completely disorganized. They know what it is that they need to do. It's just that they need to stick their head above the water, that they're just completely overwhelmed. So people busy, people who want to plan and organize their time better. People in senior management who are perhaps working with teams who want to know how to delegate better. So actually helping them to be more effective has a positive knock on effect on the teams and the people that they're working with. And also I

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work a lot with business owners who are looking to either grow wood. I looked at business but have recognized that they need to be able to use their time more effectively if I were actually going to manage to fit everything in.

Stephanie Webster: So when we have ambitious clients who are either executives or they have their own business and they also have a personal life, the trying to achieve a multitude of things. And as you said earlier, we've only got 24 hours in the day. So it's a question of priority. How do you help a client sort out their values? Because you must have to challenge their beliefs and their priorities.

Clare Evans: 03:56 One of the interesting things is like they'll quite often come to me with very specific, I need to be more productive, I need to get more done in less time. I need to be more efficient, more organized, and that part of it. So we'll start by creating a structure and helping them understand their priorities. But it's also really important to take that step back and look at actually what's really important in my life and helping them to get that balance back. Not in a sort of 50/50 way because life just didn't like that, but at least some element of being able to focus on what's really important in their life and understanding that values helps them to do that. So thinking about what's really important, how they work best, the preferred way of working, their interactions with both family but also their peers, colleagues is the people they work with helps them to identify where they're not working as efficiently. And sometimes it's the first time they've really thought about what their values are and recognizing where it's coming into conflict with the way that they're currently working.

Stephanie Webster: 05:07 It's often very difficult because you're trying to excel. And in the, I'm thinking of a few executives at the moment where they need to stay late in order to get that promotion, but they've got complaining family at home, where are you? and, and that can cause a bit conflict or uh, they want to go to the gym in the morning but they've got now they've got a breakfast meeting that need to go to. So what comes first? The house or that. So it must be quite humbling for you to ask the question, is this how you want to spend your time? Is this going to make you happy? Cause I can imagine a lot of them come to you because they're not happy cause it becomes a unmanageable.

Clare Evans: 05:45 definitely. And sometimes this is first time they've actually been off that question too. What is it that I want? We're all design. I need to be spending all my time at work. And there were a lot of assumptions that people may call if they set expectations with themselves about what an entrepreneurial business owner should be like. As in starting only finishing late, working all hours, putting a lot of energy into the business, which you do need to do. But again, there is that balance of, hang on a minute, if I keep working at that level, it's not sustainable for a long period of time and it will have an impact and it will impact your relationships. You end up with family that never see you because you always leaving early, getting back home late. You will partner who you sort of almost pass ships in the night or we never spend quality time with each other. So being able to identify actually what's important and what do you want your day to look like and to make that happen. So if you don't want to get in early and leave late every single day, constantly feeling under that pressure, then don't do it. Create a structure that works for you. That re-address is that violence. So you are able to spend time with

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family, with friends, for yourself, which is something a lot of people just don't make that a priority.

Stephanie Webster: 07:11 And let's talk about health for a moment where that fits into people's diaries. So because some successful people, it's absolutely critical and it's first thing in the morning or it's every day it's a regular thing with their trainer or they do their own routine. But for a lot of people and a lot of people that you see, they don't prioritize their health. And why does it come last on the list sometimes and what's the cost of that decision?

Clare Evans: 07:41 I think with our health, we don't appreciate it until it's gone or it comes on the threat or we start to get ill and it is one of those things that people don't have time for. They don't plan it in fall where it falls off the bottom of the list. And whenever I asked the question around what would people do if they had more time, the two things that tend to come up are exercise and sleep. Cause we don't have enough quality sleep. We end up burning the candle at both ends. And it's really, really important that you look after your health because when you, your health starts to suffer, all the other different areas of your life will start to suffer, including how productive you are and how effective you are in work.

Stephanie Webster: 08:27 And, uh, from a workout point of view, sometimes it must come up when you're helping somebody plan their week and their month. How do they fit workouts in? Are there any tips, let's say they've got 30 minutes here getting to the gym, how do you help them plan the workouts in their diary?

Clare Evans: 08:46 It definitely needs to be planned in as in the same way that you plan in your meeting things in your other confessions you need, I mean, when you guys went to size, what's the sort of exercise you're going to do? What are the things that you enjoy doing and finding the time to do that. So you mentioned earlier fitting in a workout or going to the gym first thing in the morning before you get to work. Usually a great time of day to do that. Or after work between finishing work and getting home. And if you can leave on time or earlier than you can find the time to do that. So making it a priority. And one of the things with going to a gym, which tends to put people off, is that even if it's a 30 minute session or the time that you've got that got changed, had you exercise session, shower is left gym, got back to work or home, it can be a two hour do to do a block of time in your day, which I don't have time to do that.

Clare Evans: 09:49 There's so much we can now do at home from really simple exercises, making it part of your routine. If you improve the way that you plan and organize your day, you can potentially find that time to be able to go to the gym two, three times a week. And there's been a lot more done around benefits of high impact activities. So better focus on shorter sessions, but more quality, more intensive, big better for you, especially as you get older. And especially for the women and doing something is better than nothing. We tend to go to the gym because we don't have time to exercise. We're solely sedentary. We spend a lot of time sitting at our desk. So you can also think about ways of building in more activity into your day, walking and sort of jumping in the car. I'm going out for a walk or a jog from home or from the office. Very little equipment needed and essentially times you can fit in 15, 30 minute walk, getting off the tube or the bus stop, couple of stops earlier to build that exercising and even taking the stairs at

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work, I'm only people by default. We'll just press the left button and use that rather than thinking, okay, I'll take stairs. It's an easy way to get fit and fit in a bit of a bit more activity.

Stephanie Webster: 11:12 Yeah. And also if you're struggling to keep up with friends and family, you can actually combine that with your exercise. So you put your ticking two boxes there or you can listen to an e-book. So it's really productive time. And uh, what about preparing foods? I really like Ocado because they have one hour delivery slots and they have lots of vegetables that doesn't need to be washed and, and they've got prawns that doesn't need to be cooked so it's quite quick to assemble your meal prep. That's, that's my personal way to save time. Whilst I'm preparing six days' worth of meals in one go or three days' worth of meals in one go. Um, but how do you help your clients figure out how they can find time to cook for themselves or eat healthier?

Clare Evans: 11:59 That's one of the other traps that people tend to fall into is I, I need something quick and easy. Therefore I'll buy ready meals. I can just stick in the microwave and then they're done. If you plan your meals ahead, so you look at what are we going to eat across the week, we can do some meal planning and ordering accordingly. Ordering online is so easy. We say you can have a one hour delivery slot so you can get both of the same foods delivered at the same time each week and plan your menus accordingly. It means you will always have what you need in the for the evening meal. So you don't have to think what are we going to really, oh well it would rotate away cause we haven't got anything yet. So doing the meal planning, having the right ingredients that ready to be cooked, using some of those time saving elements, which can be a bit more expensive.

Clare Evans: 12:52 But if it's based on time having pre chopped precooked veg the you can just throw together. Batch cooking is also really useful. So particularly the weekends and with some of the moms that I work with, it's about cooking up in batches so you can then freeze those new, they know that you've at least got meals for a few weeks, potentially across the week. Avoiding the default. Take away fast junk food, quick fixes, ready mail. So you actually think about eating more healthily and avoiding those snacks. Don't buy them in the first place. Don't have them in the house so you'll be less tempted and replace them with fruit phase. We all know we need to eat fruit veg. Summer makes life so much easier because there's so many great salads and vegetables available, but it doesn't take a lot of time to prepare.

Stephanie Webster: 13:46 Yeah. It doesn't take a lot of time to prepare. And it's a question of managing our expectations. Of course it's better to have homegrown organic festivals in our potted garden. But um, we go to supermarkets, we, we buy what's there and we, we prepare what we can with the time that we have. And I guess a lot of your clients have to manage their own expectations if they are perfectionists or have their high achievers or they're very ambitious and it's just not quite right. They have to accept the standards that they can manage without causing stress and anxiety to get, uh, overwhelmed with not quite perfect. Well, it is what it is and this is what I'm working with right now whilst I'm working on more important things like my business or raising a family, I guess.

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Clare Evans: 14:34 It is, it's socially about making those things that are important to you, like your health a priority. So you plan and you focus on it accordingly. In which case it will happen. If you don't, then it won't happen. And particularly from the food and the health eating quantity, so much out there on quick and easy recipes that you can cook. But our healthy ways of replacing your snacks and it's about reeducating your whole, the way you eat and what you're eating for rather than reaching for the carbs and the sugar or quick fixes, which does take a little bit of time or even going on diets, why a lot of diets don't work and people will do the diets and amounts of time and then go back to the ways they were sort of eating previously, which they haven't reeducated their stomach or their mind as to what they, their body actually needs.

Stephanie Webster: 15:28 Yeah. And what I really love about how you approach priorities is what do you do when you've got more than one and you really can't go cause health is important but my business is important but you know, I can't let the family down and you really help bring it down into sizable chunks. And I think you've got this a phrase, do, delegate or ditch, is that all right?

Clare Evans: 15:51 Yes. Yup. There is that. And again, it comes out to what is important, what are your priorities with the big picture of what is my overall objective for what I want for my business and my family and my relationships. And for most people it's going to be, I want to be healthier and happier and everything else fits in that. So it is about that balance of not trying to do everything. With a lot of entrepreneurs, they've got so many great ideas that either they don't know which one to start on or they can start on multiple different projects at one. So understanding which one is the most important, what am I going to focus on first? That one up and running. How much can I actually delegate? Uh, another, uh, which I see a lot of people, even just busy people generally, is that they feel they need to do everything themselves rather than what am I called responsibilities or what are the really important things that I can only I can do that I'm going to focus on and what can I delegate or outsource, we'll get someone else to do to help me out so I can be more productive, more effective.

Stephanie Webster: 17:05 And it's always interesting to see how often you've done this process with them and they've been chasing the money, the money, the money all the time. And then they realize actually that's not the most important thing. It must be quite a mindset shift and quite a profound moment when they realize, actually my, my family is more important. But what's important to all is health of course, because we all have that. Without your health you don't have anything. So maybe you can give us a case study or someone who didn't value their health. And now it's habits.

Clare Evans: 17:39 Health probably comes into court. A lot of the discussions that I have with people and I've got a client that I'm working with at the moment who was totally stressed out under pressure, very busy environment, which they've worked lots of different priorities and the health was just something they just didn't have time for. They had the ideas that they wanted to be able to exercise on a daily basis, but didn't we were eating all of the wrong things and that had a major impact on their, their mental ability to do their job or how stressed out they were. So they actually ended up leaving that job and has now, I've now had the time to think,

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right, my health is a priority. So then now exercising every day, they're really focusing on that feeling so much better about how they feel, but also meant their mental shifts in what's important to them and that they want to maintain this focus on their health and exercising regularly even as they go into a new job role. Clare Evans: 18:42 And that's something that I see time and time again. There's a lot of people feel they don't have time for health, but as soon as they find that time, it just makes them feel so much better in so many different areas as well. And that the healthier Bestie, new feel, it has a positive impact. Not just physically but also mentally and emotionally. You can release some of that stress when you get out and you're being active on a regular basis, you feel so much better. So actually you can be more productive and don't feel so tired.

Stephanie Webster: 19:11 Well Clare, I have to say you wouldn't right the way you do in your book and you wouldn't win the awards that you've won and you've touched so many people with your knowledge and it must be so rewarding for you. Why do you love what you do?

Clare Evans: 19:28 I love it cause I think having been through a lot of it myself is understanding the a importance of health because health is always something I balance with that whole time management aspect of being productive. But it helps people to be able to reflect and it gives them back their senses of purpose and just seeing them being able to come from being completely overwhelmed and stressed out, just feeling calmer and more in control and recreating that balance for them so they can spend time on themselves more importantly than most things, which then enables them to spend time with family and friends and still happier, calmer while still being able to achieve, actually achieving more because they're not as stressed out as they have been.

Stephanie Webster: 20:14 Wonderful. And Clare, how can we work with you? You've got a great website, clareevans.co.uk . How can we get in touch? What or what's the next step? If somebody wants to have a consultation with you to look at their diary,

Clare Evans: 20:28 You can go to my website which you've mentioned and book a free session for a quick chat. I can find out a bit more about you. There is also a free time quiz on the site, which is a really good starting point. What are your current time habits and it looks at various different categories including balance and, and use that as a starting point to become more aware of, oh, okay. This is some of the areas I need to look at. Actually think about what it is that you're doing, how you're working currently, and what you might like to change, and then look up session with me and we can take it from there.

Stephanie Webster: Marvelous. Clare, thank you so much for coming onto the Urban Health podcast.

Clare Evans: Thank you so much for inviting me.

Stephanie Webster: Thank you for taking time to help Londoners get their diary sorted and make the most out of their lives and become the best version of themselves of being organized urban health past.

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Episode 73: WHAT IS YOUR OPTIMUM FAT BURNING HEART RATE? Jim Pate from CHHP will tell you.

Stephanie Webster: 00:01 Well. Hello there and welcome to the Urban Health podcast, keeping busy people healthy with our time conscious solutions brought together in one place. The urban health method. I'm Stephanie Webster. I'm a nutritional therapist on Harley street London, specializing in fat loss gut health and hormone optimization therapy for the over forties I'm always looking for outstanding doctors and healthcare professionals to interview for my podcast to introduce that expertise to my esteemed clientele and it's important to me to only work with providers who are at the top of their fields, give proactive, caring customer service and provide amazing value for the financial investment. My clients are making ads today is no different. We have Jim Pate on the show. Jim is a senior physiologist at the center for Health and human performance. Jim, thank you for coming onto the show.

Jim Pate: Thanks for having me Stephanie, It's really good to be here.

Stephanie Webster: Jim, may I call your clinic c h h p for short?

Jim Pate: 00:58 Yes, please do. It is rather they have a mouthful.

Stephanie Webster: 01:01 It's fine. So Jim, when did you join c h h p, what do you do here and why do you love being a part of this amazing team?

Jim Pate: 01:10 Well, uh, I joined this a clinic in 2007 when we started it. Uh, that seems like a very long time ago now. Um, but, um, essentially my role, uh, has always been the laboratory manager here. Uh, specifically I specialize in the form of, um, heart and lung stress testing and fitness testing called cardiopulmonary exercise testing. Uh, probably, uh, one of the best things that I really like about working in my clinic is, um, although I specialize in this type of testing, we have a variety of, uh, clinicians who, uh, also work within, uh, medicine and exercise like physiotherapist, sports doctors and, uh, other medical specialists. Uh, so you get a really nice variety of complimentary people who are specialists in their own fields, who you can work together with. I would say is actually probably my most favorite thing.

Stephanie Webster: 02:09 Wonderful. And you've got an amazing team, but you also have a, a broad variety of clients. Tell us a little bit about the clients that you serve. You've got first time exercisers, Olympic medalists and all sorts in between. So tell us about who you serve.

Jim Pate: 02:22 Yeah, that's right. Um, so I, I would say our clinic itself, we serve everybody from, from uh, um, uh, you know, cancer sufferers right the way through to, uh, Olympic professional athletes. Uh, really it's more like a, and everybody in between, of course, it's probably about 25% are direct clinical referrals from other, um, uh, medical practitioners. Uh, at least for, for what we do here in the lab, 50% is more like a health and wellness, uh, or preventative healthcare. And then 25% is a finally like, uh, dealing with the athlete population.

Stephanie Webster: 03:00 You have an amazing diagnostic equipment here, but also you provide plans thereafter. So once you've done the diagnostic test afterwards, you actually, you don't send the client off with the, with the, with the test results, you actually sit down and you go through what the results mean and interpret a plan going forward based on the client's lifestyle, which I find really

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wonderful.

Jim Pate: 03:20 Yeah. Well, we, I mean, we understand that the type of testing that we do here, uh, we go, like I said, we call it cardiopulmonary exercise testing.

It's a, it's a very, uh, it's, it's the best objective measure that we have of your cardiovascular fitness. Uh, but also it serves as a great dynamic heart lung stress test to make sure that everything is okay. Uh, we heart in your lungs as we placed more demand upon them. Uh, the nature of that though is that the information that we get is, is tough to deal with or needs a specialist interpretation. So I always think that it's really critical that you, uh, indeed support, um, and uh, try and help, uh, the person who, uh, is making use of the testing to also make use of the information to try and best get them at or give them the best chance that, that they can have a to reach whatever their goals may be.

Stephanie Webster: 04:12 Yes. So the C pex test is actually fantastic. It's a cardiopulmonary exercise testing and it includes a vo two Max. And tell us a little bit about what the Vo two Max is and also what the other components of the CPX test include.

Jim Pate: 04:30 Okay. So when we start talking about your cardiovascular fitness, what we really mean is sometimes we call that your aerobics fitness and essentially that you are body's ability to use oxygen to produce energy for itself so that it can then do activity, physical activity or exercise. Okay. So, uh, when we do our tests, one of the key things that we measure is, uh, your body's rate of oxygen consumption. As we, uh, when we asked people to exercise for us, we increase the intensity. And in fact we let them try and keep increasing their intensity to the maximum amount that they're able to tolerate. Uh, as we're measuring the Max oxygen consumption at this point, we now have, uh, an excellent objective marker of how much, uh, work they can do as well as how well their body does what it does to support this.

Stephanie Webster: 05:27 Yeah. And at different heart rates, the body's using different fuels.

Jim Pate: So yeah, absolutely.

Stephanie Webster: So it goes from, from a resting heart rate all the way up to what are the ranges are, what fuel are we using at each range?

Jim Pate: 05:40 Well, at lower intensity is what we tend to use is more, um, free fatty acids. So you run off your body fat essentially at lower intensities. That's good news. Yes, that is good news. Um, but uh, what happens is that lower disease tends to be a relatively low a burn rate, right? So for instance, if you don't run your engine very hot, right, it takes a longer time to, to get through the fuel tank, right? So, uh, what's the best way to empty your fuel tank while you need to, um, increase the rate at which your engine runs and you increase your, your, um, uh, consumption. But the problem is, is that if you increase your consumption, you also need to change the fuel that you're using a little bit in order to meet the demands that are being placed upon that system. So as we increase our intensity of exercise, what we tend to find is that at certain point, uh, you start to, um, switch from using fat as your dominant fuel source into using a mixture of carbohydrate and fat or sugar and fat.

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Jim Pate: 06:45 Basically as you increase further, eventually you squeeze out all the fat and you just arrive your, um, energy from sugar because you need that, uh, the most quick, efficient fuel source that you can because there's a high demand being placed upon you. So indeed, uh, the intensity of exercise does, uh, uh, certainly influence what a fuel that you were using. Although when we're

operating aerobically, we're burning everything with oxygen. So, uh, the, the difference is, is actually that you probably need to do a little bit of exercise that will make use of your fat usage system as well as we also need to try and do not neglect, uh, the other systems that use your sugars as well too. Because as a human, you're actually meant to be using both of them. Yeah. We're not meant to use just one or the other.

Stephanie Webster: 07:42 So, and as far as impact on the body, I, I like my clients to do a fasted power walk in the morning for optimum fat burning,

Jim Pate: Getting warmed up as well too and ready to go for the day. That's a good idea.

Stephanie Webster: Yeah. Just general activity and your test will actually help them determine at what heart rate they are burning the most fat so they can feel that they're being very efficient when they're doing that morning mark.

Jim Pate: That's right. So we can help them precisely identify, sometimes they call this the V fatmax or your fatmax. Um, if you do some searching on the internet, you may come across these terms, but essentially, yeah, that's this optimum rate of, uh, of exertion or intensity of exercise, whatever you want to call it. It will be linked to, for instance, the heart rates and at work rate as well too. If we had you on an exercise bike, which, which is how you, you can do our test here. Um, although I have used a treadmill, it's, it, it's a speed, uh, but it's also linked to a heart rate as well to uh, you can ensure that you exercise it, that optimum intensity where you're going to be, um, burning through your fat stores as your primary fuel source. Yeah.

Stephanie Webster: 08:56 So you have your resting heart rate and then you have your v fat max. Is that okay?

Jim Pate: 09:00 Yeah, probably start up, are you resting? Then you increase a little bit up and you're getting towards your v Fat max. Once you kind of get past about maybe 60% to your maximum heart rate, then you probably have just about cross over this point. And you started to use a little bit of sugar, which isn't necessarily a bad thing to do sometimes because what you will find is that as you've been increased your intensity, it's also going to help to stimulate your body to improve its fitness as well too. Uh, which is, uh, a key, uh, component as well to have a progressive kind of overload system in order to, uh, effect long-term change.

Stephanie Webster: 09:41 Absolutely. And then at some point it goes into sugar only.

Jim Pate: 09:45 Yeah, that's right. When you get into the highest intensities, then you're just basically burning through, uh, huge sources of carbohydrate or sugar, um, that you've got. Uh, so you don't, you don't, uh, take it away from fat. But the good news is, is that you're burning a lot of, you're burning a lot, the absolute ray of consumption actually quite high at these high intensities as well too. So you're making a real dent in terms of your like, overall calorie consumption for your day,

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which you will have to, which will be affect the overall system long-term in some way, shape or form. Um, so it's good and yeah, you'd get these nice additional benefits of the fact that you get a bump in fitness or it drives your body to try and adapt and, um, become more fit. Uh, this means that you, uh, it meets, needs to make some, some changes to itself.

Jim Pate: 10:38 So sometimes when you've, uh, people now talk about the after burn of training. Yeah, that's right. Or, uh, yeah, excess post exercise, oxygen consumption. And, uh, this is seen as very beneficial now because actually, um, what you've done is, is, is usually you stimulate this kind of response through high intensity type exercise. And we see that the rate of oxygen consumption of the individual is elevated what it would normally be post training. And we think this is because now your body is going through the adaptive process to try and help you recover and restructure and adapt so that it's fitter and stronger the next time it gets that. So, uh, you tend to burn a little bit more fat just as you are arresting and recovering as part of this. The other good thing is that this epoch is occurring during a period of rest.

Jim Pate: 11:32 So it tends to be fat as your primary fuel source source that you'll be relying off of when you're seeing this post exercise. Um, excess oxygen consumption. Um, so that's why I say the intensity is good to see sometimes cause you get a, a really high, uh, amount of, uh, of caloric burn in a short period of time. And then it drives you into this nice adaptive process, which then also has this enhanced effect of burning away the body fat in the off time as well too. And uh, then when you just help, uh, enhance that a little bit more with a little bit of, you know, kind of recovery, a steady state, uh, exercise that these kinds of intensity, then you, you, you see that you really start to try and make use of what make you take advantage of the way that our body works in order to get it to go into the goals that we want it.

Stephanie Webster: 12:27 I've got different types of clients who would find this a very interesting podcast because if I've got somebody who's got over 50% of body fat to lose, they're unmotivated. The idea of a movement at all is, is a struggle, let alone to working at intensity. The good news is it doesn't take much of an increase in your heart rate in order to start burning fat, which is great if you don't want to work all, you can't medically work at high intensity. Uh, maybe cause you're injured or, or, uh, uh, you've got, uh, uh, a stress response that we're trying to avoid in your blood reports. And the other good news is if you're working at high intensity and you get injured and you'll, you just have to resort to low intensity now at least you're still being, you're being optimal in your training no matter what heart rates it is.

Stephanie Webster: 13:17 So, um, it's just good to know at what stage you are in your fitness journey and know what to apply when. So your body is in the condition that is in due to a series of decisions, health decisions that you have made. And it's important to make better decisions going forward by being educated, informed, and getting the right diagnosis for your current phase in your fitness journey. And if you're experiencing a lot of stress at work, maybe high intensity isn't for you. If you've got a certain medications, maybe high intensity isn't for you.

Jim Pate: Pick your date, right?

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Stephanie Webster: You got to pick your days, you've got to pick your days based on your body, your injury, your age, your, your outlook and everything. That's why a personalized approach is so key. So sorry, I interrupted.

Jim Pate: 14:03 That's quite all right. Yeah, that's a great point actually. You got to pick your days. You can't, um, uh, life is always going to, you know, even when we work with, with, um, people who are not novice exercisers, we still have to take into the fact that a lot of them still have jobs. They have, why they have families. They have heels to walk. Exactly. Exactly. That's right. Indeed. And so, you know, uh, you have to come up with, with, um, you know, we can do all of the testing and fancy testing and stuff like that we want, but unless we can translate that into a plan of action or a structure that is, uh, achievable and applicable to someone and we don't have, we are decreasing our likelihood successfully reaching the goal that we, we want to.

Stephanie Webster: Yeah. I have found high-intensity has been brilliant to break through a plateau that's been stubborn.

Jim Pate: 14:58 Sure. Yes. That's the best. That is probably in the, and that's what we're trying to do. We would try and do is we introduce intensity to try and get us up to the next level. Yeah. Right. Then once we kind of given ourselves that stimulus to improve, what we actually want to do is, is recover a little bit because we've pushed ourselves hard. Yeah. So we recovered then a little bit, regroup ourselves, allow all of those changes to kind of take shape and then we can think about going and trying to push the intensity again. So yeah, it's definitely like this punctuated. Yeah. It's not, you shouldn't be, you know, if you're going at high intensity all of the time with your exercise, with your life, with everything. Ultimately what we're going to find is that, uh, the overall system is going to just be progressively worn down and fatigued and we'll see actually performance decline.

Jim Pate: 15:59 So we will, the quality of everything is gone. The exercise included is going to be, uh, less as a result of this. And when we, when this happens, the athletes, uh, we call it over training because what you, what you have is athletes who, um, are so motivated that they, uh, subject themselves to really high volume, high intensity. And in the short term it can stimulate your body to make big changes and improvements do you fitness. But if you do that chronically or over long periods of time without adequate rest and recovery, then ultimately becomes detrimental and they start to fall apart. Which is why kind of like at the end of the season you will see athletes having accumulated injuries and everything is kind of weighing on him. But the same thing happens to everybody else as well. And so we can learn from sport and exercise and, um, uh, science and apply those methodologies to everybody else. We just need to shift the scale down and tools like c pat or cardiopulmonary exercise testing allow us to, uh, make that shift so that we have the numbers that we need in order to make sure that whatever we are doing is appropriate as well as effective for the individual.

Stephanie Webster: 17:23 Yeah, absolutely. And it's about understanding what this is serving. So the seed pack is going to give you your optimum fat burning heart rate, which is very useful for what we do on our program. It's going to give you a

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whole bunch of information as well on your, your cardiac output, which I think we should measure every three to four months just to see the improvement of your overall health. Aesthetics is one thing, but your health is really where my is at and why I designed this program. So having these health goals is actually very motivating for when the weight is being stubborn. For some reason. It's nice to see, well, how is my aesthetic coming along? How's my health coming along? How's my performance coming up? Do you know what? I haven't lost any fat this week, but my strength, I've gone from 20 Quito dumbbells to 25 kilo done.

Stephanie Webster: 18:09 That's impressive. It's important to see yourself as a whole, as a, as a multidimensional functional human being with a beautiful body that's just been designed for great things and to invest in it in every sphere and to see the progress across the board and don't be superficial and just go for the abs alone. You are so much more than just one piece of the anatomy. Well, literally, Gosh, never. Nevermind. Um, so yeah, and the other thing I like is sometimes if you get clients who have what they term to be addictive personalities and they go from being addicted to sugar to addicted to exercise, and they're running, running, running, and they're not paying attention to the nutrition. So they're not eating enough protein and they're not lifting enough weights. So they're losing fat and muscle, which I find deeply unacceptable and offensive. So it's important to understand, you need to lift the weights to give the muscle a reason to stay there.

Stephanie Webster: 19:04 Yeah. Eat enough dietary protein so that if your heart rate does increase and you start to go into the sugar zone that was mentioned earlier, that your body does not eat into his own protein sources, ie sacrificing muscle tissue in order to make up the, the uh, caloric deficits. It requirements. Yeah. So eating enough dietary protein, which we discussed together and uh, lifting the, uh, lifting the weights to make sure that the muscle, uh, has enough reason to stay there in anaerobic activity. And this seed pack is fantastic for aerobic activity. Let's, let's figure out what your bottom fat burning zone is at low intensity and it's figure out what your maximum capacity is at high intensity. And let's try to edge the up further. I think it's a very exciting to discover this about your body. And uh, the other thing about high intensity when they, when someone who's got an addictive personality switches from let's say sugar to addicted to exercise and they start doing high intensity boxing. Barry's bootcamp, these, these high intensity places, they burn outs quickly cause we're taking someone who's a non-athletes. Yeah. Doing fairly athletic thing. When they get injured. And do you see that a lot?

Jim Pate: 20:15 So we do. And um, we do see the injuries. The thing that I'm most primarily concerned with when I start working with somebody who maybe hasn't exercised in a while. Um, you know, when you were younger you had all, you did all this activity all of the time. So your body was in what we call condition and it was used, your joints and your bones, your muscles and uh, the connective tissues, we're all used to being loaded and impacted. But as we kind of become less active in our lives, you actually lose this condition and there's an important process that everybody needs to go through, which is conditioning and just getting your body used to, um, these sorts of things again. Yeah. Um, and yeah, if you throw yourself into high intensity exercise too soon, then yeah, you, you are without this condition

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know you are running the risk of injuring yourself a little bit, um, more than you might do if you were in good condition.

Jim Pate: 21:15 So, uh, this is why the diagnostics to do with the beginning of something alive is a really useful because you can set things up based on um, what someone's current state of fitness is so you don't over don't have to overcook them. But um, well you will find that you are able to do is, once you kind of get them going a little bit then you can start to introduce the, the higher intensity type stuff. But again, as you already alluded to, also just doing high intensity means that we're probably neglecting other areas like our and aerobic base endurance type, fitness qualities as well too. So, uh, a good variety type exercise program approach is the, is in most cases the best for maintaining your function as a person and we're improving it therefore, and um, also improving your health risk profile.

Stephanie Webster: 22:16 All of my clients, like the phrase, I want to be the best version of myself. So understanding what yourself is and what it's made of will determine where you are now and we can create a plan of where you're going to be. Yeah. When it comes to the Cpx though. The other thing is, um, I get referrals from, I work with some cardiologists who need their patients to lose body weight and body fat before the go for an operation. So, but this test gives you a lot of data that would be useful for the application. So tell us the, the cardiac output and yeah,

Jim Pate: 22:48 reservoir stuff. Sure. Well, well our tests, like I said, it serves is this really good objective measurement of your cardiovascular fitness. And we can put a number on your fitness and uh, we can describe how it works as well too and be a little bit more prescriptive with your exercise. But before, uh, it really serves that purpose because we use exercise to apply stress to your heart, your lungs. We can check and make sure that, um, everything is normal with him to start with. Uh, so when we get referrals from cardiology, uh, or a respiratory physician and we're just, a lot of times we're just, uh, having a very good look at, uh, heart, uh, and or the lungs at the same time to make sure that, that everything is okay. Um, <inaudible> what, uh, this does is, it means that, yeah, sure. We get to look at some of these really interesting cardiovascular dynamics, like how much blood is being pumped out of the heart and how big it, uh, is, uh, the volumes that it's able to achieve when it's doing these sorts of things. We can measure all of this, these, this dynamic function of your, of your heart and lungs to make sure that, that everything is okay.

Stephanie Webster: 24:02 Yeah, that's perfect. And so those of you who are listening to this, who are, have got over 50% of body fat, they need to lose quite a lot. You know, doing high intensity doesn't mean having to enjoy a 60 minute class. You can do five minutes and 10 minutes of high intensity in your home throughout the day and actually the release of dopamine in your head and you'll feel a lot better. And the antidepressants that you might be on might go and get the endorphins going and the antidepressants that you might be on will no longer have the relevance, may be in four months time. And if we have better systems in place of how to keep ourselves happy, healthy, lean and, and uh, you know, loving life and always often say sometimes when you're feeling low and depressed and you're on these medications, that the opposite of that is, is really to really embrace life and look at your body and think, govern to look after you and having these

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markers and seeing yourself progress is actually a very motivating and very life affirming.

Jim Pate: 25:08 Yeah, definitely we do. I mean this is the nice thing about this cabinet business is yet we, when we repeat testing, we have objective markers and when we see change and we see improvement, we actually, we really get to see the improvement. We can tell you, you know, that your exercise capacity has improved by 30% or 40% or 50%, or sometimes you'll even see people, they'll, they'll be able to double their, you know, exercise capacity compared to what they did when they first came and didn't have, uh, an exercise program, didn't have structure to anything. And then just by adding a little bit of structure, educating them and, and helping teach them how their body works and, um, what they can do, uh, to take advantage of that in order to, to get to their goals. Is it really good, uh, and very rewarding. Um, experience for me at least

Stephanie Webster: 25:59 It is to take someone who's never exercised before to finally see themselves as an athlete and give them such markers.

Jim Pate: Yes. Just rewarding.

Stephanie Webster: Yeah, it's definitely great. So how can we get booked in? What's the best way of getting in touch with you to book in for a CPex tests?

Jim Pate: 26:13 Well, we, um, I mean we're offices open from, uh, essentially, uh, 8:00 AM to 8:00 PM Monday to Friday. Uh, although we do close at 6:00 PM on Fridays, uh, our office number a, you can ring up this, uh, our front of House as man, uh, by our lovely appointments team. And you can call us up, our numbers 02076377677, or you can email us on info@chhp.com. And, um, you can ask for more about what we do, uh, and a book appointments did you, if you'd like to as well too.

Stephanie Webster: 26:48 Jim, thank you so much for coming onto the show. You've been absolutely outstanding and yeah, so Jim, pate, thank you so much. From the Center for Health and human performance, 76 Harley street to chhp.com. Often Stephanie Webster for the urbanhealthmethod.com. Keeping busy people healthy.

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Episode 72: PATRICK HOLFORD NUTRITION. The gut brain axis.. mental & physical health affected by what we eat. Listen in. Interviewed by Stephanie Webster Urban Health Method.

Stephanie Webster: 00:00 Well. Hello there everyone and welcome to the urban health podcast, keeping busy people healthy. I'm Stephanie Webster. I'm a nutritional therapist and Harley street London, specializing in fat loss, gut health and hormone optimization for busy executives and entrepreneurs over 40. Today we have the privilege of having Patrick Holford on the podcast. Patrick is a leading spokesman on nutrition in the media specializing in the field of mental health. He's the author of 37 books, translated into over 30 languages and selling millions of copies worldwide, including the optimum nutrition Bible, the low GL GI diets, and good medicine. His educational website, www.patrickholford.com attracts half a million visits a year and Patrick started his academic career in the field of psychology. He then became a student of two of the leading pioneers in nutrition medicine and Psychiatry, the late Dr. Cole Pfeiffer and Dr Abraham Hoffer. Patrick, thank you so much for coming on to the show today.

Patrick Holford: 01:07 Hi, it's my great pleasure. It says nutrition is, it should be at the very top of the agenda because most of our health issues, mental and physical, are actually driven by optimum nutrition.

Stephanie Webster: 01:19 Yes. And I apologize for fluffing my lines a little bit in the introduction. There is only because I've been a humble student and a huge fan of you since the beginning of time. I remember all those years ago when I came across the optimum nutrition Bible and a lovely soft Edinburgh called the Edinburgh sense of nutrition and therapy. And I was inspired then and I'm inspired now. So tell me what got you interested in nutrition?

Patrick Holford: 01:43 Well, I was actually incident two things. Uh, when I was studying psychology, one was intelligence and how, how can we get more this, I thought that was a, that would solve a lot of problems. And the other was schizo premium because it was literally the worst one. Mental illness suffered by about one in a hundred people. And the drugs really are just chemical, straight jackets. And that got me studying the brain, those two subjects and two things happens or reasonably simultaneously. One was I came across this extraordinary book by Dr Carl Pfeiffer Mentor in Elemental and started to learn about the tremendous impact of nutrition on the brain and his, uh, his colleague, Dr freight And that I'd done the first ever, uh, book time controlled trials giving placebo or this means in the history of psychiatry using high doses of B. This means for schizophrenia. He was the research director of the country in Canada and I, I, his results were x. I jumped on a plane, went to visit him and Austin, how many people he had treated using this sort of megavitamin optimum nutrition approach. And you said about 3000 And I said, what's your success rate? And he said 85%. Sure. Yeah, I still, I do to see the kids gets a friend, what's your definition here? And he said, free of symptoms, able to socialize with family and friends and paying income tax. So I also liked it, some of these formerly schizophrenia people, and they were saying as you are on a, so I sort of have one more question, which is can I become your student? And the other half of this story is that very early on in the days of a, I founded an institute called the Institute for optimum nutrition and one of my

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students was a headmaster of a secondary school and we devised an interesting study that culminated in a double blind controlled trial published in the long set, 1987 where we took the 90 school kids, we gave 30 of them relatively high dose. This means a minerals and a, we gave first years enough to see burn proceeds or nothing and we hired the services of a professor of psychology, David Benson who thought we were nuts. There's no way that this happens in minerals again to affect IQ, but actually what happened was yeah, it went up like 10.77 months change on the vision in this and by three points on CBOs. So seven point difference, which is a massive difference. A five point difference. We get half a bubble is classified as special education that was all normal classification. So as those two sort of streams of research into mental illness and intelligence that got me realizing that nutrition is actually fairly powerful. So that's how I got started.

Stephanie Webster: 04:35 Yes. And uh, I think it's just fascinating. If I have a phrase that says, give your body what it needs and nothing that it doesn't need and manipulating micronutrients, vitamins, minerals, macronutrients, it affects our brain chemistry and it effects on mood and, and everything in that. So, but in this day, let's talk about fat loss. We'll come back to more of that later. What is actually happening when the body is losing fat? Patrick Holford: 05:02 Okay, well you, you know, your, your, your cells, um, rather than mainly on vlookups sugar, they can run on key sentence that be exactly wrong. And if you are consuming more glucose sugar than you need, then the excess gets stored as fat. So you get fat from a ski excesses of Glucose. If you have a very limited supply of glucose, for example, by eating a low glycemic load diet, uh, then what happens is you start to burn fat. It's as simple as that. So when you lower the carbs, you burn fat. When you increase the carbs, you gain weight.

Stephanie Webster: 05:39 But if you have the same amount of calories from fat or from protein, so these are lower in the glycemia clothes, would you still put on fats? Yeah, you're in a caloric.

Patrick Holford: 05:53 So there are these three main macro big nutrients, fats, proteins, and carbohydrates and fats and proteins essentially don't have a glycemic load or they don't have any substantial effect on your blood sugar level. What affects your glycemic load, which is your blood sugar, um, is eating carbs. So fats and proteins don't, um, do that. The, the argument has been for a long time that losing weight is simply a matter of eating less calories or burning off more. So what you eat less, what your exercise is, your weight. And of course there's some truth to that. I mean, if you eat very little and exercise a lot, you'll lose weight. If you use a lot scientifically, you'll gain weight. But, uh, last year in November, there was the clincher of the study, um, uh, which proves that the calorie is not a calorie, which is what I've been saying for a long time.

Patrick Holford: 06:47 The reasons why is back in the late eighties, early nineties, there was studies that gave people and animals two different studies, the same calories, but one on a diet that had a low glycemic load. In other words, it wasn't sending the blood sugar much and the other high and there was more weight loss on the low glycemic load despite things in calories. But Professor David Ludwig and Kara Evelyn last year published a exquisite study in November and what they did was they, um, took a group of some of the friendly large group of people optimum to lose 15% of their body weight, first of all. And then over the following year, uh, they were going to feed them as much or as little as necessary to maintain

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that body weight so that what they are is very the calories, but they would always maintain the body weight. There are actually three groups, but I'll just tell you about two.

Patrick Holford: 07:51 Um, one had a high fat, 60% of calories from fat and a, a low carb, 20% of calories from carb diet and 20% protein. Both groups have 20% protein, so 60% fat, lots of fat, 20% carbs, very little carbs until you some protein. And the other group, um, did, did the other way around. They had 60% of the calories of carbs, 20% of the calories as fat, once again, 20% protein. So they're all exactly the same in calories, but just one high fat, low carb, one high carb, low fat. And what they were able to show was that they had those on the um, high fat, low carb Diet actually, uh, needed 200 less calories. So there's a massive difference. They should have both, I, sorry, I go to the wrong way around that. But um, basically the ones on the high fat, low carb diet could be tilted your calories and stay those on the high carb low fat. Yes. Who had to eat 200 calories. It just stay the same way. So there's a lovely study because it just proves finally once the draw, the calorie is not a calorie, it's not about calorie counting. It's actually effectively about stabilizing your blood sugar. When your blood sugar goes up, you turned the excess into fat. When your blood sugar is low, you reverse the process and start to burn fat for energy.

Stephanie Webster: 09:25 And in fact, earlier we had Cain Leatham on the show from GB fitness and he was explaining the hormonal impacts of food and precisely this, that you can actually get away with more calories if it's from fats and protein sources than if it is from carbohydrates and, and, and um, and a diet that's higher in carbohydrates. So with all things being equal, you can get away with more protein and fat in your diet and the higher caloric intake overall because the hormonal impact is, is not a high on the glycemic load. So that's good news, really. Have you?

Patrick Holford: 10:01 Yes. Well, I think the, I mean I started this quite interesting progression because originally I, my first time was on the glycemic index or GI, which is a measure of how fast the sugar in the food releases. Um, is it a false trigger is a social event. I mean, I got quite good weight loss results. Um, but then I realized that you actually have to factor in not only how fast the sugar, for example, the raisins, Grapes of Fast Sugar, Berries, cherries, plumped slow sugar, but that if you like, is the quality of the sugar. You also have to factor in the quantity. You know, instead, I don't know, on your own through that no one knows or you know, a handful of berries or, or a whole cup of them, you know, what am I eating and, and that, um, calculation of the quantity of carbs. So do I have one, two or three pieces of toast and the type of toast or the speed of, it's really, that's for glycemic load.

Patrick Holford: 11:03 And I got very precise on this and worked out that if you have, you can basically not be hungry and lose weight and have lots of energy on about 40 GL 10 for a main meal, five for a snack. So for example, if you have a bowl of oats and you have a handful of berries and for good health and chucking some proteins and Chia seeds or almonds, then what you got is a 10 GL, probably less. Actually breakfast is going to keep your blood sugar even that means your energy is even. And it also means you're not hungry. No from the other hand, I cornflakes with banana, my blood sugar is going to go very high. Consequently I'm gonna produce loads of insulin, which is the fat storing hormone, which will grab the

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sugar, take it out of the blood, into the cells, turn that sugar into storage is fast, and then my blood sugar will plummet and that can be good and hungry.

Patrick Holford: 12:03 So the conflicts in banana will give me a short burst of energy that very quickly I'm going to be hungry again. And the oats and the berries and the nuts. Again to give me good slow release energy. So that was like the next step, eating a low glycemic load diet. But then, and this is, this is the subject of the book, the hybrid diet, which I've coauthored with on burn. There's another conversation to be had about actually switching off glucose metabolism complexity and switching to running on an alternative fuel called Ketones, which are generated from fat.

Stephanie Webster: 12:46 Yes. So ketones have been largely in the press, but the ketogenic diet that has been gaining in popularity. So what is ketosis? Some people say it's a good thing. Some say it's dangerous. I'm a bit, the brain can't function on ketones. What's your stance?

Patrick Holford: 13:03 Okay, well first of all, uh, the reason I, I kind of got involved in this new book, it's just been out for a few months. Um, I had to die, uh, and doing very well, I'm glad to say is that my, um, friend and colleague, award winning medical journalist to run Byrne became the leading spokesman for, uh, all these ketogenic diets. And he kept showing me all his evidence of weight loss, diabetes reversal, no problems with heart disease despite high fat and all in epilepsy may be playing cancer, may be Parkinson's, et cetera. And I, I sort of said to him, you know, is there anything that you can do with the ketogenic diet that I can't do with the location, in effect, I challenged him to Jill. And that's how we started to write the hybrid. By now, let me, um, back off.

Patrick Holford: 13:57 If you don't eat, for example, you fast, you'll gang start to burn fat. You'll have no glucose. You always have a little, but you know, you can make a bit of glucose from protein. Now, um, muscle cells can run on fat, no problem. But brain cells, cant brain cells have to run on either glucose. Think that like five style feel or ketones we track, she made in the liver from fat. Now neurons and brain cells, if you give them a choice of Blue Cups, okay, tens, they actually prefer Kita but they find the glucose too. They can run on either of these fuels. So this is very interesting because it's like we've got a dual fuel system that we can run on glucose or we can run on fat and generate ketones from that fat. And we started to realize all the Quito guys bias. By the way, if you don't eat, you know, for example, no carbs, your blood level of ketones will go up.

Patrick Holford: 15:13 That's what we call ketosis. It takes two or three days. I mean it depends how healthy you are. I can do it in 24 hours a often first time it takes a few days to switch into running on ketons. Now, um, what we started to realize is that I'm a, why do we have this? All those big brain Danimals can do this, but small brained animals can't. Crows can, pigeons can't. Whales and dolphins and penguins, we can, um, you know, cows and soup and goats can't, is very interesting. Obviously. It's um, has survival value. In other words, if we ran out of carbs, we wouldn't die. But what gloss as interested as it might be seasonal. In other words, if you go back several hundred years and you running around the place in the summer months when the barriers are there and the vegetables are growing more or less of even more carbohydrates, you store the excess as fat.

Patrick Holford: 16:16 It's sort of survival of the fattest those, those of us who could store cards as fat is the vibe. When the bleak midwinter comes along, you're

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running out of carbs. You go from feast mode to famine mode, lose a bit of weight, burn a bit of your fat, maybe slaughter a goat or sheep or something. And it's taught to run on a protein based diet including your own fat switching into to ketosis. So he started to realize that we're, we, we actually have this dual fuel mechanism and the ketone guys, they all carbs are the devil and they're the cause of all our health problems. Then you should be on a ketogenic diet forever. And, and the sort of the carb guys, they know, no, no, carbs are fine. You don't need to do all this crazy, you know, Keaton thing. But I think actually it's switching every now and again.

Patrick Holford: 17:17 That is so fascinating. And to illustrate that what's happened is that we've learned, one man who pioneered this professor Valter Longo from University of California. He found that he could introduce the same physiological changes that you get from fasting by feeding people for five consecutive days, very low carb and less calories, about 800 calories and not too much protein and no animal protein. This is a big approach and um, it's called the five day fasting mimicking diet. And he found that this switch is on a cellular repair process, um, which is called auto phage. So when we don't have carbs, the body uses that opportunity to break down damaged proteins, damaged energy factories, called Mitochondria and recycled them. And then when you go back to eating food, um, you're much healthier. So we have this feast, fast repair growth cycle. And the big problem is that we're doing no fasting.

Patrick Holford: 18:43 It's all growth, it's nonstop carbohydrates, there's never a lack of supply, growth, growth, growth, growth code. So we have the diseases of growth, which basically are obesity and diabetes and cancer. So, um, uh, in fact, on the 20th of June, I'm taking 15 people on in the black mountains and whales right now and I'll amazing or respond mountain retreat. I've just been building a log cabin and we're taking a group of people, um, some with diabetes and overweight and various health issues and, and it's a seven day hybrid fast detox retreat and we're going to do five days, very low carb, 800 calories, and then the last two days going onto a low GL diet. So they're going to flood house and manipulate to run on ketones and then switch back and on healthy, slow carbs. And this process can trigger cellular repair. It's a fascinating area. What's happened just to wrap that one up in animal trials and also now coming out in human trials is that if you can do that five day process four or five times, it has the potential to reverse all sorts of disease diseases in animal study recently type one diabetes, which is irreversible, uh, you lose the cells that make insulin in animals.

Patrick Holford: 20:25 When they did this process, um, five times they no longer had type one diabetes. It's like a system reboot. This is one of the home cysts, new areas in nutritional medicine.

Stephanie Webster: 20:39 But the, if the brain doesn't like Ketones, you must feel pretty rotten if your not having

Patrick Holford: 20:44 Brain does loves ketones Uh, this is quite untrue. If you've paid brain cells, either Ketones, well glucose, it likes key terms in terms of great fuel for the brain, no problem at all. And in fact, a lot of people who go onto a Keith Chang Diet say one of the things that they get is very good mental clarity. The brain brain cells like Keaton's there's no problem with key tenant. To give you an an a, to give an example of that, there was a study last month, um, but I am impactful professor Stephen Canadian, uh, over in Canada and what she did was to feed, um, people with a pre dementia with memory problems, a very specific kind of fat

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pulled CH oil, the kind of medium chain triglyceride and tell you a little bit about that. But it's the kind of fat which you make ketones the fastest.

Patrick Holford: 21:44 And he was able to show two things. One was, um, he could show that the neurons in these people, that brain cells were under powered. Um, you can actually do this with a symbol imaging effects. In other words, the cells of many people as they get older, um, when not fully generating the energy that you would normally expect in a fully healthy cells from carbs. And um, when he started, he didn't have time to put them on a no carbs. I, he just started to feed into this very specific kind of fat from which you make ketones. And he could show that the cells effectively came back to life. They went from running on second gears running on fourth gear. And what happened was their cognition improved. So no, the brain cells love ketones. And if you give them a source of, uh, what we call fee eight oil, which is the most powerful, um, food from which you can make ketones. Neurons love it. Uh, it's that, that is, that is that feel.

Stephanie Webster: 22:51 So the argument that we need glucose for our endorphins to cross the blood brain barrier,

Patrick Holford: 23:00 It's usually that you need them. That's a kind of very separate issue. Um, actually what seems to drive a lot of neurotransmitter's across the blood brain barrier is not glucose but insulin. Um, so there is, you know, there is a insulin can carry neurotransmitters in the brain, however, and, and that is true. Um, and however we seem to be finding in studies on brain functioning and mental health is that people can function very well with good mood, good mental energy on the key terms. So yes, it is true that insulin seems to facilitate neuro transmitter, a transport in the brain, but there isn't really edit them as yet, but exceeds check Di is, for example, you know, a driver of depression due to lack of Serotonin or so on. So we've got more to learn. I mean, it's a very new area. This, I'll tell you, I mean there was a study about 30 years ago that state would be completely illegal.

Patrick Holford: 24:09 And what the researcher did was to take a group of completely healthy people, um, and put them on a zero carb diet. Now normally your blood sugar is hovering somewhere between let's say five. And by having one no carbs at all, he was able to get their blood sugar down to about two and a half, 2.5. Now if you went into the doctrine, they took your blood sugar as 2.5, they would say there's a problem here. You know, you've got really low blood sugar. Now what the researchers then did, um, was to inject these people who were on a high fat, no carb Diet with insulin. Um, insulin takes glucose out of the blood. That's what it does. And he drove their blood sugar down to the level of one, which is the point of which you should die when your glucose drops below one death ensues.

Patrick Holford: 25:08 That's the understanding. No one died. They were fine. They were running on ketones. You know, this was a very radical experiment with absolutely shown that our system is capable of two modes of operation, one running on glucose, the other running on ketons. And when he turned very important point here is that you can't mix the two professor Paul Kenyon New York, he took a group of rats, fed them high fast. They gained a little bit of belief after a month. Um, he fed them a high sugar diet, nothing but sugar. Again, they gained a little bit of weight of from month. You then fed them 50% fat, 50% sugar, which is basically what junk food is like a donut. And they just binged, they couldn't stop eating. He actually fed them cheesecake , they were diving into it instead said it was really quite obscene. They lost all their appetite control. They started to show

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the signs of obesity and inflammation and metabolic syndrome, you know, literally within days. And um, he showed that that Combo of fat and sugar tricks the brain, and that's the whole basis of junk food. So in the hybrid diet, we say you're either using a diet with slow carbs, like my low GL diet, or you very consciously switch to a, keeps Yanik die, in which case you're going to have to really, really be incredibly low in carbs. No bread for example.

Stephanie Webster: 26:48 No, I, I can't remember the last time I ever had Braydon that's just been off the menu for four. It feels like a decade. But yes. So when you do your fi, we're going to go onto mental health and comfort. Eating and bred might feature again there, but quickly, how do you test that Your five day retreat participants are in Ketosis? Because there's some controversy about the tongue, the Orin, the blood, where's you did detest the teak and the ketones do just know from the symptoms.

Patrick Holford: 27:18 Yeah, you've got, you've got one type of of ketones in the blood. It's called BHB or Uh, you've got an article that you excrete in the urine, um, which is called ACAP or see as the date and then there's x. There's also a kind that you exhale in your breath, which is call. d acetone Now what we're going to be doing is every day I'm using a very nice device called care smart with tiny pinprick. We will measure people's glucose and the ketons. And so they start to go into Ketosis, that if you're not in Ketosis, your ketone levels effectively zero when you're up to about one a, you are heading into ketosis and when you're well established, you're going to have the Keaton level about two or three in the blood. So we'll measure that every day. But we also use something which I like very much, um, which is called ketonics

Patrick Holford: 28:17 Uh, ketonics.com is the website. It's a device that you buy. I think it's about 150 pounds. You blow into it and admissions your ketones as simple as that. And it's terribly useful. Um, is breath analyzer because you can use it as many times as you like and it's, it's, it's perhaps not quite as quantitative as the blood level, but we're getting used to it. You can really see what foods, what exercise, what's, you know, what habits. Um, do you know it's very good. And as you start to learn this, for example, if I exercise, um, if I exercise the after breakfast, I mean Exercise Raises Your glucose because your muscles will suddenly screaming for glucose. So your body starts to liberate stores of glucose held in the muscles. So when you exercise has different effects on your blood sugar and so on. So it's really good fun, uh, to have these devices try different things out, sort of bio hack, so to speak, and uh, and and see, you know, what works best for you. I didn't think we can say there's one specific way for everybody at this point.

Stephanie Webster: 29:41 No, never. But you've always had a, a multidisciplinary approach to each of your clients and, and you've helped thousands of people by finding what's the healthiest way for them to run their lives. But that brings us on to mental health. Now I know you've had an interest in mental health for all of your career and that there, there's a relationship with depression, anxiety, obesity, comfort, eating to suse or feel closure, but your nutritional therapies have helped these conditions. So tell us how.

Patrick Holford: 30:14 Well, yeah, I mean, it's terrible. So many people suffer from mental health issues and for, and so often they are resolvable. I mean the first point is not, it's not always about nutrition. I mean for example, depression is often hang-up with some cheesy ASM, you know, don't get sad, get mad. So good as

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psychological psychotherapy is terribly important. But, um, for example, a few months ago my granddaughter was having temper tantrums and her, her mother who's Vegan had stopped giving her fish oils and I sent her a list of many studies that showed when you increase Omega three, you get less aggression, less physical outbursts, less and et Cetera, et cetera. So Omega three very specifically acts as men's depressant. Um, vitamin D terribly important, um, especially cause people who, you know, feel much worse than the winter. Uh, stabilizing your blood sugar. Absolutely critical. Cause when that blood sugar, your blood sugar goes up too high and then it dipped, that causes a release of adrenaline.

Patrick Holford: 31:26 It makes you anxious, get more tired, more stressed, and more depressive. Blood sugar is actually key. Uh, there are many factors. We also measure serotonin levels. Serotonin is the neurotransmitter that makes you feel good. I mean, for example, there's a drug that raises serotonin for about six hours, um, in Vmax to see it's not prescribable on the NHS. And if someone takes Mdma, um, they feel good. They have no desire to eat because when Serotonin is very high, um, your appetite is very low. On the other hand, if someone has very low serotonin and women are more prone to this, stress Deplete Serotonin, lack of sunlight deplete Serotonin, lack of Fam, which is a very key amino acid deplete serotonin. There are lots of things that deplete serotonin. Um, if your serotonin is none, then then you make gravitates towards carbs, uh, to make you feel good cause I actually kind of work.

Patrick Holford: 32:34 So if you need to have a reaction when you priced or someone criticizes you is to reach for the sweets and the chocolate, it could be that you've unconsciously learned and other that can give you a Serotonin, a boost. So there's also something very important, which I'd love to mention at some point, which relates to memory loss. This food eating and methylation and B vitamins. So there are lots of ways to get depressed, anxious and uh, lose your memory. Uh, it's not just one way and you probably know that I started a charity that over 10 years ago called foodforthebrain.com All can we have a clinic called the brain bio center and we work with, we have psychiatrists and traditional therapist. Um, we are going to measure and find out which of those factors are relevant for the person that we're dealing with. Could that particular health issue.

Patrick Holford: 33:37 So a omega three you an example, if you were to say to me, tell me in 60 seconds, what do I do for depression? I say yes outdoors some night and exercise. Serotonin eat oily fish three times a week. Supplement for omega three fish oils. Eat a low glycemic load diet, stabilize your blood sugar. And I'm, I'm a bit biased cause I have a fucking cold mude food, which has been an and B. It has chromium, it has tripped to fan or five HTP and most pet pope talks up to defense and it has to be this. And you then covered about eight different potential. Reasons lead, somebody guiding them.

Stephanie Webster: 34:29 I love the mood food, it tastes delicious. Also. Um, I really like that because I've got all sorts of colitis and I take probiotics. I take omega three, six and nine, but I do find my serotonin can shift and I do crave chocolate still, so I have to manage that. But mood food is delicious. It really does help me. So some prescription antidepressants cause weight gain. Why is that and how can we prevent it.

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Patrick Holford: 34:59 Well it's to do with this knock on effect on Serotonin? Uh, I mean I do think if you infused, drilled down and looked at how Allen's depressants work, okay, come in. In a sense they're trying to manipulate Serotonin by blocking the recycling receptors, the re uptake receptors. And of course if you block the ability to recycle Serotonin, you're going to become more and more depleted. And as a consequence if you try to come off the drug in Congo and a professor read a few, uh, at the end of last year showed that something like 40% of people who tried to get all hands depressants have significant withdrawal effects and about a third of them. I mean, they're, they're completely debilitating and severe. So we've got a situation now where, and in Britain we have 2 million people. Um, basically I would say addicted to then persons comp get off any case because the withdrawal effects are that.

Patrick Holford: 36:06 However, if you go the other way around and go, okay, if I'm learning, so return and what can I do? Get some sunlight, exercise supplements and five h t p, which is the direct precursor. Um, find a way to reduce my, uh, adrenaline overload, uh, because for example, there's a loss of evidence starting to emerge now of, uh, social media addiction and gaming addiction and so on, uh, with being so trained to be permanently in the state of just in a reward don't mean Facebook, blah, you know, instant hits, coffee, sugar and all the rest of it. And the more you overstimulate this reward system based on dopamine, adrenaline, then the more that depletes your serotonin. So one of the reasons I'm sitting here, the most phenomenal view, uh, over the black mountains, it's just every day is like, wow. And that last night on BBC country farm, my son and lives next door, who's has red re pigs things is on their TV program. So I've, I'm, you know, we're spending hours outdoors in ruin nature. And what I'm trying to do now is to take people out of an urban environment and into this magical environment for a few days. We make all the meals together. It's not just about nutrition. We do meditation in the morning and learning how the stress reducing techniques get some exercise. Get some fresh air and find a way to reset and reconnect and in that way, improve both mental health and physical health.

Stephanie Webster: 37:55 And I think that's really necessary to stop the wheel spinning in your head, leave London or whichever city you're in. Go Away, reset, learn new habits, reconnect and recommit to yourself. Go back in if you must. And, and that's what urban health is all about. How do you stay healthy when you're running an urban lifestyle, which is designed to make you ill? So that's my, my daily gripe. Uh, so you keep it going.

Patrick Holford: 38:27 By the way, just to, just to let you know, we've built this place for people like you and other, um, you know, health professionals and health promoters, uh, to, to bring groups of people in an environment that is exactly made for this sort of transformation. I think it's going to be very important. I registered touristic to buy, I mean it was 20, 42 thirds of the world's population will be urbanized. So a lot of people, yeah. And you know, when you're on the underground in London or whoever it is and everyone's got their headphones on and it's sort of like this, so many people, there's so much noise that we have to find a way to just comfortable out and be in our own individual space. And here I am because I actually moved here in Wales, but I also live on an island, but call this island of Kenya called Ramu where I go for a couple of lumps in the winter and take people on Safari and we say hello to our neighbors. You know, it's, it's a, this

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kind of festival relationships. People are more from the hall, there's a lot more trust. Uh, there's a lot more smiling. Uh, it's, it's very different to, you know, sort of, sort of called hot city life. I also love to Sydney. It's great and exciting and all the rest, but it is finding that balance.

Stephanie Webster: 39:52 Well, you can send me a postcard. I'm in Marylebone breathing in the chemicals. So there we are,

Patrick Holford: 40:00 Have a look on the website because it's um, wholefood natural holidays.com. And come and pay us a visit. And the wonderful platinum as well worth. Certainly, um, uh, you jump on a train and paddling, you can be here in two hours.

Stephanie Webster: 40:13 I, I, I'm, I'm very familiar with your offerings and I'd be delighted to indulge and bring, bring the crew with me. So, um, yeah, I'd love to. So let's stay on this topic of, um, uh, mental health, but in relation to gut health. So we spoke about Ulcerative Colitis earlier and crows and I do attract a lot, a lot of that crew and the microbiome has become a more popular topic in the press of late and much talk on the gut being the second brain and that if you have an impaired gut, this can affect mental health. So how does that work?

Patrick Holford: 40:45 I think, you know, we've got more, we got more bacteria inside us than we have living cells, so it is tab important. Uh, I, I do keep abreast of what's happening in the whole microbiome area and, but I do find it a little bit frustrating. I think in the early days what happens is this, um, we would identify different kinds of bacteria in the cup and some companies were able to latch on to the particular, to a variety that they might have a pattern tova or developed the delegation. And then there were studies on the probiotics for crones around else and diarrhea or you know, whatever. At this point in time in terms of studies with people supplementing probiotics for mental illness, it's not really bad. So there's a story about how important the gut isn't mental health, but in terms of actual clinical trials showing that if you take this and improves your depression, it's, there's nothing like the evidence that exists things like omega three .

Patrick Holford: 41:46 Like I make a three and five ht pen. So, um, so it also, what's happening is we're starting to realize it's incredibly complex. It's not just about, yeah, one type of bacteria like the prosumers, acidophilus, Bifido, whatever. Um, it's much more complex. And then this, of course, I always found this was a sort of strange idea. I mean not because of its, you know, someone to discuss factor that we have these studies in animals where you'd have healthy animals and diabetic animals and you'd take a fecal transplant containing the bacteria in the healthy animals. You give it to the sick animals and then made the sick animals somewhat better for a period of time. But it always seemed a little bit strange because you'd think the bacteria in the gut are a consequence of the food you're eating. So, so it's not necessarily the bacteria themselves, it's all the second rising factor brought the healthy animals had a better diet to lead to healthier microbiomes.

Patrick Holford: 42:58 So where things tend to be skewing right now is that, um, what you need to do is to meet a healthy diet, to feed your gut bacteria, your microbiome. Sure. If you've had a course of antibiotics or gutting infection or in the, you drink too much alcohol, so that could be destroying back to it. You may want to be supplementing probiotics and then to give them a boost. Uh, but actually the most critical thing seems to be food that you eat. And then what you put in your gut, it's a bit like, you know, it's a bit like God beans, you just keep blowing these

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feeds or is it actually about having healthy soil and the healthy soil is made from the seed. So it's an interesting area. Um, but I'm sort of finding that the, when you asked, so what is it, what do I do? It comes right back to the very same principles about nutrition, um, and you know, eating and the right balance of nutrients.

Stephanie Webster: 44:05 But it is entirely about that got me into nutrition in the first place. I suffered with bloods and mucus all my life. I didn't really know what to do. I didn't feel it was right for me to take steroids or anti inflammatories. It didn't feel right to me. I just didn't have an alternative. And then when my mother died of cancer, I asked the doctor what causes cancer? And he said it's the, and the junk food that we eat. And that just set me off on this whole quest of understanding how the impact of food, uh, how, how food impacts our body. And that just fascinated me. But, um, you mentioned fecal transplants. There I, there are treatments that offer fecal transplants and uh, it's quite controversial. Where, where do you stand on that?

Patrick Holford: 44:55 Well, I, I my first, I really got to the point now, Patrick Holford: 45:02 I was understanding that there is seven essential processes going on inside us and when you get those than working, almost all health issues resolved. One is the glycation to blood sugar. She's got to sort that out. Um, the second is oxidation. When we burn glucose on Ketones, you make Hoxton, you make exhaust fumes. Smoking is oxidation. Falling food is oxidation. So we need antioxidants and all those lovely multicolored foods and then barriers and be true to and all that sort of stuff. Um, that's antioxidants. We need that to be working for. Third is I could have limitations fans. You've got to be getting the right kinds of fats. Uh, I'm quite worried about the Vegan trend at Levin because you build a healthy baby's brain on vegan and omega three, um, that is all from, and then the councilors from cheer and flaxseed do just come to it.

Patrick Holford: 46:08 The conversion of, for example, Alpha linolenic acid, that cm mega three and chia seeds into d h a which is what builds the brain. That's what you get official. A little piece of salmon for example, that conversion is 0.05% 0.05% nothing. So you need lipids, you need fats, you need vitamin d there are a few others, less elation we haven't touched on is probably the single biggest factor that's driving dementia. The lack of B vitamins. There's a process called methylation, which needs be this men's B12 is specially, which again you don't get and then Vegan die. You got to supplement B12 hydration water. The quality of water is terribly important. Digestion, which is what we're now talking about and it's option a. That's the sixth process. And then the seventh is what I call the communication network. So cancer is a breakdown of the communication network.

Patrick Holford: 47:11 Now those, when I wrote my book, 10 secrets of 100% healthy people, this was really starting to address these fundamental underlying processes and so I think called transparent. Don't be that interested because if you get to work with an individual and you look at those processes, you teach them how they work, they start to improve their diet and their lifestyle L's problems just go away. I mean, I'm 61, I'm totally better than T. Uh, the only, anything that really has changed at all. In fact, I, I'm, I think my body fat percentages come down from about 20 something percent to 15%. I'm fair. I got glasses. That's one thing I've caught. I now have, I now have to wear glasses for reading the small print. But you know, when you get all these factors together, you can resolve these health issues. As you well know, from having, uh, you know, Krenz and digestive issues. Some

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people are intolerant to specific foods. Uh, my life turned around at the age of 19, having had me Gwen's every week of my life. Uh, when I discovered that I was dairy intolerant, it doesn't mean that everybody is dairy intolerant, but I am. Um, not everyone is gluten intolerant. Uh, but lots of people are. So in this journey, sometimes we have to find out, um, if our immune system is preprogrammed to attack foods that could be healthy for someone else but not for us. Um, but that's part of the whole digestion story.

Stephanie Webster: 48:52 Oh, but that's a fundamental practice of what we do. It's just personalized nutrition and how we're bombarded with advice, Avocados, coconut oil, oil, this oil that, no oil, some oils, carbs, no carbs. And it all depends on you and your digestive system, your psychology, your adherence to a protocol, your lifestyle, your priorities, your goals, your health goals, your aesthetic goal. And you are a person and it has to be a person centered approach because you are different and the way you react is different to other someone else. So it is all personalized nutrition that is key to what we do. So you talked about methylation, B vitamins there. We might as well throw in the homocysteine, which you mentioned earlier that you wanted to talk on again. So why don't we do that before we go into artificial sweeteners. So let's talk about homosustain.

Patrick Holford: 49:44 Just briefly. I worked with a lovely man, festive Daegan Smith Ameritas professor of pharmacology at Oxford University. And what he did was too, it was his group by the way, who identified what sort of fine as was, um, and developed a scan of the central region of the brain called the medial temporal lobe. Um, this is the scan, the diagnosis all fibre. I'll find this when someone starts to lose their memory, it's called mild cognitive impairment when it's more serious, it's called dementia. About two thirds of dementia is Alzheimer's that you can only diagnose all time. And if you do the scan and you find this shrinking in central area of the brain as well. Professor David Smith's group, what town, he then found out that the people who developed them has had very high levels in their blood of something called homocysteine. This is a, uh, a, an abnormal, uh, amino acid.

Patrick Holford: 50:46 And uh, what happens is we, we make homocysteine if we lack a certain b vitamin B12 folate, that's the stuffing Greens. But there's a few others zinc TMG. But basically if your homocysteine level in the blood is high, no, you are not doing a fundamental process called methylation because you are lacking certain B vitamins. So what he did was he took a group of several hundred people with um, pre dementia, mild cognitive impairment, gave them placebo or high dose B vitamins and um, showed that their brains overall, um, shrank by, uh, you know, 53% less in one year on the Beavis cements. It ended up close up at the areas of the brain associated those signers and levers always nine times less string carriage and virtually no further memory loss. I mean, this is phenomenal. He didn't want, yeah, I mean, you know, all published in top journals.

Patrick Holford: 51:58 I mean, amazing. You then wondered, he didn't give a mag of three, but he wondered if Omega-3 level, all of the people in this trial would, would have a relevance. So you went back to the original blood samples and split the group into the third with the lowest omega-3 in their blood versus, you know, the third one, the highest. What he found was the B vitamins didn't work. There wasn't the reduction in brain shrinkage, there wasn't improvement in memory in the group with the lowest Omega-3. But in the group it was the third highest and make a three where it was not 53% less brain shrinkage in one year, but 73% less

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brain shrinkage and no further memory loss. I mean we are talking about the cessation of the process that leads to our assignments. If I put this into context, the best drug to date, and by the way, \$80 billion has been spent on drug research file farmers, the best drug to date has produced 2% less brain shrinkage and no clinical dementia benefit.

Patrick Holford: 53:15 And here, um, this man was showing 73% less brain shrinkage and low the memory decline. And the irony is that the British government have spent since 1998 less than 200,000 pounds on Alzheimer's Prevention Research. So what I'm telling you right now, lease a third of Alzheimer's can be completely eliminated and prevented by two things. Only one is making sure you have enough. Omega three and two is making sure you have enough b vitamins . Um, good way to test that is to test your homocysteine level. I want to point out here that the biggest problem appears to be that it has people get older, they make less stomach acid, some without stomach acid. You combs absorb B12 if you're put on antacid drugs, like um, and that resolve, this stops you absorbing B12 if you're on Metformin, the diabetes drug that inhibits speech 12 option if you're also on certain diuretics, um, perhaps for hypertension that eliminates B12. So a lot of the lack of these fall, which is increasing the homocysteine, is not a consequence of not having enough in your B12 by the way, is in meat, fish, eggs, milk, there's none in some Vegan Diet. It's a consequence of not absorbing it, in which case you then need to supplement of much higher level to get a little bit more through. So I think B12 and a negative three, two absolutely vital nutrients from fend dementia,

Stephanie Webster: 55:10 wonderful. And it is not taught to eat, but what you absorb and that is critical. And I've learned that the hard way. So let's talk about gut health on that point. And when somebody goes onto a ketogenetic diet and they're struggling because they still like the little bit of chocolate, they might go for a sugar free variety, which brings us on to artificial sweetness. And they have heard that sugar is bad. So they go for things with tall sucralose, sorbitol, and they can cause bloating, terrible gas. And what effect did they have on the gut lining?

Patrick Holford: 55:49 Yeah, well there, I mean there are also natural next sugar alcohols or polyols and cool. Xylitol all is probably my favorite. It's the main sugar in berries and it's called xilos. And you know, for many people, small amounts of silos, for example, in bears, no problem at all. but one of the, if you have a large amount, so obviously this is already going to happen if you're kind of counseling and it sugars, so to speak, it can cause diarrhea and bloating. But you got to be careful in this area because there are a lot of foods which can't contain or be called resistant starters. Um, I mean, beans, you know, a, a classic food. We shouldn't many respects are very good foods. We know that being eaters have lower weight. We know they can have pts. We know there's much lower rates of cancer in, uh, in, in, uh, communities or pasta or the beans and so on.

Patrick Holford: 56:54 But some people can't tolerate these foods. It's famous Greens. Uh, I mean Greens, uh, you know, if you look at all the surveys of, you know, which, which foods are always good, you know, the more vegetables, the better. The more nuts and seeds, the better. However, the body is always well, very often or foods and the body fight. So nuts and seeds absolutely classic. They're very high on the sort of allergy this because basically a natural seed is trying to have you eat it, um, not digested and deposited. And then knife, nutrient rich, newer staff, a kid, some distance away from the original Bush or tree. So nuts

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and things that are inherently quite hard to buy jet. That's why sometimes people chopping up from grind feeds and folk feed them all the rest of them. So it is not uncommon that the foods we eat and the offense sort of fight up, but does it mean they're bad?

Patrick Holford: 57:59 Once again, if you look at surveys and studies, the more nuts and foods people eat, generally the better the health. So, um, you know, we know and all know well that some people who suffer from sibos small intestinal bacterial overgrowth appeal with, you know, some of the foods that I would say to someone else Ito's uh, in that eat beans, if you're digging into me keg use some flour tile, uh, for example, uh, you know, the, these are sort of healthy foods for a lot of people, but there are some people who can't tolerate these and need a more sort of corrected diet, get their digestive system working properly again. So it's a little bit hard. I mean, I think the thing is, um, I, I am biased sugar. Um, identify salt. I've got some from my dishwasher and I did think chocolate Caribou bad to be honest. Uh, you know, the sugar in chocolate is babble tending, dumping milk, cowers and such a big deal. And the most important thing is when you start doing until low GL di, your sugar craving reduces and then you're not hunting, you know, for something that uh, sort of use a sweetener that be artificial, concentrated or not natural. So I think the main things will actually get sugar craving under control, then you won't be doing a loss of artificial sweets.

Stephanie Webster: 59:31 Absolutely. Well that's the root cause, which is obviously what we always try to go for. So there's three sweeteners that I like on fact, Xylitol, Stevia and earth Rio and the rest, I mean Malitol I've had some cole stick evenings without one that I mean, yeah, that is something else.

Patrick Holford: 59:52 Well I agree completely with you. Um, one of the only three that I, I use, I actually have a sad and I have the same board set up on a mission and all the best chocolates, you know, organic dark, et Cetera. I analyze them and they contain 20 to 70% sugar. So you are going to dinner with some very health conscious people and you buy a bar of organic dark chocolate, maybe with some nuts in there, whatever that is, 30% sure that you know, the government, even the government now tells that 5% of your calories no more should come from sugar. So I assess them on a mission with a chocolatier to make a delicious chocolate. It would be a lot better that,

Stephanie Webster: 00:36 Oh gosh, what can I say? Don't invite me to your retreat. Invite me to that.

Patrick Holford: 00:42 I mean, sadly it's not there any more. That margin wasn't a vape, you know, it wasn't commercially viable from the ladies. Make you add some issues. We produced this chair, Sherry, dark chocolate. Um, it had an almond. Um, Sherry chairing very on antioxidants, Shia, we used a bit of any new laden, um, from chicken with fiber, that hint of a risk for tone. And it was less, it was about 4% of calories as sugar. So it went from the 20 to 7% of the best chocolates on market down to 4% absolutely positions. No problem at all. So you can do it. In fact, I have a powder, so I have breakfast today. I'm doing about eight hours annual labor at the moment. Uh, Gulf name is slow cabinets. So, uh, it this morning I got up and I had my powder go get up and go, which has got all sorts of whole foods in there.

Patrick Holford: 01:43 And uh, I actually recently switched the sugar to tiny that zone. It's all and a little bit of Inulin. And also I added the supersonic solubles fiber called Glucomannan fiber, which is way better than sodium and the school get up

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and go with Cabos. That's fine though. And I wish that out with, in this case in Carb free almond milk and a handful of strawberries and blueberries. And because it was the only thing that I had available, I put it in a dessert spin, an almond butter and a little springs in it soon. Whizzed it up. That was my, um, supersonic warming. Smithy it's actually only forge, so it's very, very low drunk. In fact, since you've protein boxes, if there's a grant, if there's something seems good, it's quite <inaudible> know. I don't take my usual vision's going to get up and go. So yes, we're learning how to use, um, healthy foods, natural sweeteners. Stevia is okay as is lightly straighten in the tail, but from the health point of view, it's absolutely fun. Uh, yeah, so read through tall, a little bit, violet, a little bit. Um, so yes, you can learn how to have a fantastic and enjoyable life, wonderful foods. Um, you can have your cake and eat it.

Stephanie Webster: 03:15 Well, literally you have stimulated my insulin. Just thinking about that chocolate Chia Cherry thing you were describing earlier, it's just sounds delicious. So I've always been interested on the effects that the food has on our bodies. And one of the doctors I respect a lot, Dr. David O'Connell in the Chelsea Green practice told me that there's no such thing as side effects only effects. And it's so true. The effects might not be what you intended, but they are affects nonetheless. So for example, sugar raises insulin. So for the purposes of optimal body composition, we want high human growth hormone, high testosterone and control insulin, eastern cortisol, et cetera. It's more complex than that, but forgive me for artistic license. What can we do to our diets to promote optimal body composition? And you've got some great supplements that support that too. So tell us about that.

Patrick Holford: 04:12 Well, I will say one thing, um, in this whole anti-aging world, uh, sometimes you're told that you want to have lots of even growth hormone and I don't show that this is always correct. <inaudible> a little bit to the conversation you have about the hybrid diet that have been the cycle of growth and repair growth from the pack. And if you dare products, um, all designed for growth, that's what they do. So well mammals consume dairy milk. Um, so the rapid growth phase of, of the infancy and then they stopped and we know that milk raises, um, growth hormone and very specifically appraise is something called insulin like growth factor. If you, um, if you have a lack of that you've done grow. If you have too much of it, you get high cancer risk. So, uh, it promotes pressing cancer, breast cancer, colorectal cancer quite substantially.

Patrick Holford: 05:22 And it's one of the reasons why the countries that consume lots of milk have a high rate of those cancers. The Chinese, when they went to the 1998 Olympics, they saw all these big, muscly, tall super athletes and started an investigation. Why are they getting all the metals? Why are they, you said become strong and the ohms was its milk. Ironically, sadly, there's now an as an C'mon from a above, which is to get the Chinese creaky milk, which is gains. We increase all these cancers. So you, you, you do too much gross homer, you want to have the right amount, not too much. The same with protein. What we've learned is that too much meat, protein, too much dairy protein, too much protein overall can stimulate over growth. So there really is a balance to play there. I'm, I'm a sort of a smoked salmon, think and read. I don't often eat meat. Maybe once a month. My son's red breed and sausage as a <inaudible> delicious, but on the whole, on my diet is probably 80% vegetarian.

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Stephanie Webster: 06:39 So we are all about urban health, which we believe has unique challenges. So if you are pursuing wealth and you're busy and you're commuting in and out and you're short on time, health can be one of the first things to go. What do our Londoners need to be particularly wary of

Patrick Holford: 06:59 the 70 critical nutrients. And the woman I learned very early on in my life was really few supplement, right nutrients every day. Everything works so much better. And I take something called the a hundred percent health pack. I have another simple pack called doc to nutrition pack. And in it there are three things which you take twice a day. One is a high-strength multivitamin and mineral and second is extra intermittency. Mon has some zinc in it and black, elderberry and so on. But we need for the minimum say about one to two grams a day is what really keeps you healthy. And that third are the essential and mega three and six fives but principally a mega three. So I think that you feel really wanting to function well, cover the bases every day by supplementing twice a day. And the reason for twice a day is very simply that most nutrients in and out of your body in the six hours.

Patrick Holford: 07:59 So that's critical. I think that was a tremendous danger. And since you live and love life to have no downtime. So in other words, we've got a mode of operation where we have adrenaline and everything was very active, speedy and instant response and and so on, which is great. No, you couldn't function very well in that space, but it's also important to have some chill out time. And I think that's why things like mindfulness and becoming, you know, very important people, meditation, uh, Doing Tai-chi or having to go to class or whatever it happens to be. So you've got to find that balance between sort of action and, and chill. I think that's absolutely fundamental. Uh, what else? Blood sugar, always important. And I personally think it's terribly important to, uh, to most people, to me, relatively little invest. So the other ones do, you do feel like energy is dipping?

Patrick Holford: 09:01 Uh, do have some fruits and nuts, uh, do have a snack, something that picture flushing the staple. One of the challenges, uh, in the city, uh, is, is constant supply of coffee. So we let you know, it's become a, an absolute, absolute ritual and religion that you've got to start your day with your coffee and advantages piping you have another coffee or so on. And while it's probably not a terrible thing, kind of a coffee a day, if you are at the point where if you quit call terrible <inaudible> effects when it's two or three days, then you actually reached a point of addiction. So what that means is that you are now driving the system permanently. Mistakes of spoken does the same thing. If you quit smoking, you vape. That again, keeps you in this permanent state. But Greenland, so be able to learn how to switch off and I have to speak connected without plugged into nonstop. I'm in the communication, for example, reacting to every text that comes in. And you know, always I can still email. And then a lot of people now suffer from low notes. I'd be up when there's no girlfriends down there and whales, unfortunately people have been 35, nope, I'll send signals. I have many evenings with no TV and no phone and all the rest of it, but it's pretty rough. A rough, a little bit of that. It's probably not a bad idea for Londoners.

Stephanie Webster: 10:35 Well, that's where you had free retreats come in and they sound a blissful and something that I need myself terribly. So tell us about your retreats and tell us about your products and what you do to change the world.

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Patrick Holford: 10:51 Okay. I have a website, <inaudible> dot com um, I have a health club at Cougar, a hundred percent health club. And if you join it, there are lots and lots of benefits. I write a newsletter every other month. I'm exploring all these new actives. For example, in the last issue I was flashing back, or you sent me the repair process called auto Faigy. There are very specific foods and herbs and things that do it. So I'm always exploring new territories on the website. Patrick trickle for.com there's an adventure section and there you'll see two main retreats we're running at the moment. One is a three by total health transformation retreat where you learn about all those processes we were talking about the blood sugar, the glycation, the fats, the liquidation, the methylation, the B vitamins, you now to put it all together, but it's not just about nutrition. And then, and now we're running our very first hybrid fast detox retreat, which is seven days.

Patrick Holford: 11:55 Sometimes I do one day workshops called feminist secrets of 100% healthy people. And as you slide that, I've got, I think actually now it's 40 books in over 30 languages. The latest of the hybrid diet, a business, a very rich and exciting field to explore. Uh, we, we have this incredible body. No one teaches, it teaches as how it works. No one teaches us what our body actually needs a good health. So I hope that my books, probably one of my favorite books is the telling secrets of 100% healthy people. We also have cookbooks. There's a lovely cookbook that uh, uh, probably the best seller, which is the low GL diet cookbook. It shows you simply and also foods instead of the lines of blood sugar. So between the book and the websites and the events and the health club, um, that is how they offer what I've learnt in what is now 40 of years in nutrition and health about how to keep, I'm super healthy and I'm very grateful to you, urban health for letting me share that, uh, those ideas with your people.

Stephanie Webster: 13:09 Well, I have always been a fan. You've always been so prolific in the field of nutrition. I've found you innovative, thorough, and inspiring. And thank you so much for spending your time on the urban health podcast today.

Patrick Holford: 13:23 All the best.

Stephanie Webster: 13:23 Thank you for sharing your inspiring insights and keeping urban health and keeping busy people healthy.

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Episode 70: "But I like your body the way it is..." Pursuing your health goals can affect your partner. Lena Fenton explains. Interviewed by Khulan Sarnaitsetseg: : Urban Health Method.

Khulan Sarnaitsetseg: 00:00 Why hello there everyone and welcome to series two of urban health podcast, keeping busy people healthy. I'm Khulan Sarnaitsetseg image consultant at urban health, specializing in makeovers, wardrobe styling and surgical and nonsurgical cosmetic procedure. Today we have Lena Fenton, a fully qualified couples therapist, sex therapist and psychosexual therapist working in Leeds and online. She has been working with individuals and couples for over 25 years developing strategies for overcoming past traumas that affect the way that they connect emotionally and sexually with each other. Lena, thank you so much for coming on the show.

Leno Fenton: Thank you, Hello.

Khulan Sarnaitsetseg: So tell us a little bit about yourself and what you do?

Leno Fenton: Okay so I work under specialists working with couples in the areas of emotional and sexual intimacy. I have been working, uh, for that 25 years in private practice. The first 10 years of my practice was actually specialize in working with adults who have been, um, abused either as children or um, sexually abused I did as children or as adults. Um, I then kind of progressed my wag into couples work because I realize that actually these kinds of traumas do impact very much on intimate relationship. Um, um, um, that's, that's how my work progressed into specializing into couples work.

Khulan Sarnaitsetseg: 01:29 So, uh, what attracted you to couples counseling?

Leno Fenton: 01:35 Well, couple of counts and is, well we working in a threesome issue if you like, um, um, the, the, the thing about that is that it really impacts on the relationship when two people start to focus on, um, on how the relationship is working on the dynamics of the relationship on the intimacy relationship. Uh, you know, they're able to make really very powerful changes in the way that they relate. And then the way that they are, see the quality of life that it brings them is, is really, um, significant, let's put it that way. And that's, I guess what attracts me knowing that actually in the end, you know, people are able to live much more fulfilled and much more, um, better lives, better quality lives.

Khulan Sarnaitsetseg:02:23 So what sort of couples do you help?

Leno Fenton: 02:26 Oh Gosh. Everything from, um, so I work with, with the bit too. There are several issues I think I've probably, you know, get repeated with, with most couples so for instances, sexual intimacy of this with a whole host of problems that can arise. The communication problems, um, money is often an issue. Um, parenting, you know, all kinds of issues. I also work with different styles of relationships. I don't just work with monogamous couples. I work with couples who have open relationships, who are polyamorous, um, and in the end everything else. So it's really difficult to define what kinds of couples, um, I work with because, um, each and each and each couple is individually the styling, which they're who's eight and interact. So it's, it's really very difficult to define. Um, but that basically anyone who has a relationship with a romantic relationship with another person that isn't working as well as they would like, um, you know, would, I would be able to help. Um, I guess for varying my focuses on intimate relationships, whether it's,

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um, difficulties around, um, connecting emotionally and sexually. Khulan Sarnaitsetseg: 03:56 So what happens in our program is that one person goes on a diet and the other doesn't. And this can cause a disagreement and difference in goals. How would you recommend a couple solves this? Leno Fenton: 04:08 One of the ways in which we bond as people in certainly in, in family or you know, home situations is around food, isn't it? So that if people have really dramatically different diets it can cause differences. Um, and, and I guess the thing, the core thing really to think about when we have these kinds of problems is communication and being able to, um, support each other, whether it's somebody who isn't dieting supporting the dieter or the other way round because, um, I think the person who isn't dieting can kind of feel like, you know, there isn't enough space for them to, to feel free actually in the same way as perhaps the person with dieting may feel put upon or may feel, you know, difficulties around, um, beating with their partner. So the, the, the, the way to really to manage this is to use verbal communication in all kinds of forms and to speak about when Steven's into kind of and to share, you know, in what's going on internally for each person, uh, with each other. And that's what I would encourage if somebody came, if a couple came to me with that kind of, probably what I would encourage is really to, to just speak openly about what, what's going on in the moment day by day.

Khulan Sarnaitsetseg: : 05:29 okay. Um, sometimes one spouse will try to convince the other to try to derail them from a diet program. There's a difference in goals lead to a lot of problems with couples.

Leno Fenton: 05:44 Yes. It can do for, for the reasons that lessons, the thing about eating together is it creates a, um, it's one of the ways in which we, we bond if you like. And this is 30 kind of common <inaudible> primates actually. So yes. What, that's why it, it, you know, having different goals in that sense can create problems and why, you know, I'd come back to this idea of um, communication and in mutual support and, and really seeing where compromise is possible rather than, uh, one partner trying to, um, you know, pull the other, the other person towards what they're doing or vice versa. Or even if you say to derail them is really to talk about what, what it feels like. Maybe they're feeling a little bit, I would say even maybe abandoned, you know, because now you're not eating with me or you're not eating the same as the, you know, I feel like I'm eating on my, I really need to kind of explore those kinds of feelings that that's, I think that's where the problems would really be.

Leno Fenton: 06:47 There is some kind of, uh, almost a power struggle to try and keep your partner, you know, where they are with it. There's also some sort of doubt, you know, if we go deeper into the problem, we might be looking at what is the, is the person, the partner who is not dieting? I think some women invested in that part, the not being, not being as a slimmer, as fit as they would like to be. If there's something going on that you know, again, it's something that could lead to some <inaudible>, some conversation with the therapist to really explore what the underlying issue for wanting to be reign. Yeah. Wanted to develop your partner.

Khulan Sarnaitsetseg: : 07:29 Absolutely. Yeah. I agree. So one of the great things about you Lina is that you offer Skype sessions. How does that work for you? Is it as effective?

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Leno Fenton: 07:39 Absolutely, yes, of course. It is absolutely as effective. In some cases that can be more benefits actually because there is something a little bit more intimate in a sense. When I'm working online via video link, I'm looking into the couple's home, so I get a sense of their environment. I get a sense of what's going on for them. Um, I see how they, you know, in the way that they sit in the posture, they're both kind of looking at me rather than Charlotte because they have to look at the screen. So I get a direct view of the, of their facial expressions. And so on. And it's very possible to build a rapport over online just as it is in person. Hence why a lot of relationships, they'll actually start online because we are able to connect and to build rapport with each other over, over a screen, through a screen and just as we are in person. And so I would say it's as effective and in some cases it actually has some very real advantages.

Khulan Sarnaitsetseg: : 08:43 Okay. And one big topic that couples usually argue about is money. You also mentioned that earlier as well. And if one partner is spending money on and then difference of values around money may arise, why do couples argue about money? Leno Fenton: 09:02 Why do couples money argue about money? That that's a really, that's a huge question. Um, like, you know, we could, we could just spend a very long time talking about that and I think it would be quite difficult to really, um, and we'll try and be succinct and, and, um, you know, and I think the first thing I would say the most obvious thing is that there is a, uh, an aesthetic teddy bears or something about power struggle going on because of course money is about value. It's about, uh, you know, value in oneself. It's about valuing each other. It's about our own sense of worth. Uh, it's, it's about many, many things about sneakers. It's about \$2. It's about many, many things. Um, any, their relationship when you got a good relationship has a good balance of power. You know, we have glows in a good relationship.

Leno Fenton: 09:52 We are both able to feel that we have, um, equal equally in 40 call. We get, you know, equal care from each other. There is, uh, inequality if you like. Inequality occurs. I think that the imbalance occurred and I think money is often the focus because it's, it's into the very emotive subject, isn't it? Um, w w you know, we all have all kinds of feelings and opinions and it affects us emotionally in a very powerful way. And so when you're in an emotional relationship, all of that will come into play. So, and there are also, of course, we also bring baggage from our lives as our relationship, which adds another kind of layer of, of, um, complication into how we feel about money from, from how our families, uh, tatoos have been a sauna, so forth. So the reason why do we argue about money was probably a different answer for every couple, but I think at the core of it is really, um, both, uh, needs to feel effective, uh, and empowered and, uh, a need to feel worse, worthy and valued if that. So those I think are really oversimplified answers, but, but that's, that's the best way that I can really summarize that. The whole really quite complex situation very often.

Khulan Sarnaitsetseg: 11:20 So sometimes we have cases where a client no longer feels attractive and, um, so withdraws from a physical intimacy with their partner. How can them, how can the couples support each other through this?

Leno Fenton: 11:36 So this in a sense, this kind of this, this, this question that you know about physical attractiveness and intimacy, I think in a sense encapsulate the whole story or that we've been talking about in terms of the struggle over, you know, what we eat and what we t to the money and everything. It kind of I think

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brings it all together because I have a sense of attractiveness. Of course. What makes us feel, um, well if you don't feel attractive, it's, it's likely you're not going to feel very sexy to put it very simply. Yeah. Um, so if, if a person is feeling that you know that they're not attractive, they're not going to want to engage with a partner, how does a partner help them support, support them? That I think it's a case of really being able to demonstrate to your partner that, um, it's not necessarily, um, how slim or not they are, but that it's them.

Leno Fenton: 12:39 It's their inner beauty that is attractive. Because the thing is that actually what is really attractive and what is really sexy is not so much how you look, it's how you feel. There's nothing as sexy as self-confidence. And so actually in supporting somebody who may feel that they're not very attractive or he's withdrawing for physical intimacy, the thing too, to really kind of highlight is that, um, it's who they are and death sense of, um, self-confidence that really makes perfectionists, um, ultimately because if you've ever seen, you know, couples where one person is really attractive and the other classroom isn't and you think, oh, I wonder what they're doing with him or her know if you've ever kind of Khulan Sarnaitsetseg: 13:26 yeah. Right. Yeah.

Leno Fenton: 13:29 Cause it's, it's also this, there's two things. It's about your own sense of confidence. That's what makes you sexy. But the other thing is also how a person makes you feel. You tend to fall in love and feel attracted to somebody who makes you feel good about yourself. That's true. So those things you think about those things and you think about how to support somebody who is withdrawing friends from intimacy, but it's really about helping them to see that, um, how, uh, they make the less sound department supporting the person who's withdrawing. I would say to them, you know, how amazing they make me feel and how I love their beauty. You know, that when they're in, in, in that place in themselves that, that they feel confident, uh, whether it's an activity that they're good at or fighting something that, that the other person is really good at being able to demonstrate how lovely it is to see them when they're in that place of confidence and, and, and, uh, I'm strength, I guess. Yeah. If that makes sense. Khulan Sarnaitsetseg: : 14:34 Yes. Uh, this also leads me to my next question, which is that how can we communicate better as a partners in general? Do you have any top tips?

Leno Fenton: 14:44 The one thing that I think the, the most important thing when we're thinking about communicating better is, um, that you are genuine and authentic. I think what we, what we mustn't do and it, because it's not effective, is he trying too hard to say the right thing or do the right thing? I think communication is most effective when you, uh, a person is as a centric as possible. By that I mean that they speak from their true feelings. Um, and, and, you know, and in order to, and to stay positive, I think a lot of communication is negative. I don't quite know how to put it. We're often, we're often too critical or judgement or both of ourselves about our partners. And so our communication can come across, uh, a little bit. Um, you know that the best way and I assume that that pushes away rather than draws people close.

Leno Fenton: 15:49 So really thinking about, you know, one of my, my saying is just you haven't got anything good to say. Don't say anything at all. Um, yeah. So, you know, it's really thinking about not just where am I coming from when I'm saying, um, I don't know, I'm not being a beautiful whatever, but actually, you know, I, my

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feeling it, am I really feeling it because that will carry that the, the, the, the energy of God will carry in my words, that stuff. I think it would be my top tip is just check in with yourself and, kind and

Khulan Sarnaitsetseg: : 16:26 Yes. Genuine yeah. Thank you Lena for being with us today. And please let us know how can we get in touch with you.

Leno Fenton: 16:35 Okay. So, um, I have a website in which have everything you can book online and so on. And it's just Linafenton.com. So my phone number, which is probably of contact to me is 07721633521.

Khulan Sarnaitsetseg:16:53 Thank you so much, Lina, for coming on the show and thank you so much for your inspiring insights and helping the urban health podcast, keeping entrepreneurs healthy and powerful. Thank you.

Leno Fenton: Thank you.

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Episode 69: MEDITATION. Calm your mind, calm your body. Mandy Penalver talks to us about YOGA NIDRA. Interviewed by Stephanie Webster Urban Health Method.

Stephanie Webster: 00:00 Hello there everyone and welcome to the urban health podcast, keeping busy people healthy. I'm Stephanie Webster. I'm a nutritional therapist and Harley street London, specializing in fat loss, gut health and hormone optimization for busy executives and entrepreneurs over 40. Today we are joined by the wonderful Mandy Penalver who is a qualified meditation and Yoga teacher with over 20 years' experience. It's hard to believe, Mandy, that you've got over 20 year's experience. But anyway, in her early twenties, she came to meditation and Yoga looking for meaning and freedom from suffering in life. And today she's passionate about sharing what she's learned with others and exploring how we might live with greater peace, ease, and wellbeing in our daily lives. And I'm sure we can all do with a bit of that.

Mandy, thank you so much for coming onto the show.

Mandy Penalver: 00:53 Thank you for having me, Stephanie. Thank you. Pleasure

Stephanie Webster: 00:56 Monday. Literally, you are the most relaxing person. I know. You are the Yin to my Yang. Um, so what got you into yoga? Yeah.

Mandy Penalver: 01:07 Um, it was one of those things definitely that found me actually because I wasn't actually looking to yoga at the time. And, uh, I'm new to Putney in 1993 and, um, I've found I have to come across, um, an advert selling, uh, a yoga course. And, um, something intrigued me about that and I bought it and this, this yoga center was literally around the corner from my new home. Um, but it was one of those things that was, it was just meant to be because the moment that I walked through the door of that Yoga Center, I just knew I had found my calling. It was such a strong feeling. It really was.

Stephanie Webster: 01:54 And what's the difference between Yoga Nidra and Yoga? I mean, I've experienced one of your sessions and it was transformative. I felt like I transcended to a happy place. Um, so tell us the difference.

Mandy Penalver: 02:10 Right. Well, Yoga, the term yoga usually, um, is, is, is most used to encompass a whole wide range of practices. So, um, the, the physical practice of Yoga, um, meditation, breathing exercises, philosophy, it's, it's like an umbrella term for, um, a whole host of different practices, whereas Yoga Nidra is, uh, a specific practice and, and the term Yoga Nidra can actually pre, um, refer to both that specific practice and, um, a state of consciousness that it kind of it, but it leads to, so it's a form, yoga is a form of meditation. It's a style of meditation.

Stephanie Webster: 03:03 Okay. So I'll have sent you a few of my esteemed clients who have really benefited from your experiential yoga. Um, so tell, tell us a little bit about the sessions that you've had not revealing and it just how have they benefited from your, um, involvement?

Mandy Penalver: 03:26 Well, is beneficial on so many levels and um, each person is obviously unique. So, um, when I, when I do a private session with somebody, I kind of, the first thing that I'm doing is gaging, you know, what are they looking for? And some people may just be looking for the physical benefits of yoga. Um, in fact, do you know what, um, what's true? In almost all cases is that regardless of what someone thinks that they want, um, we all, we all kind of need something, um,

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deeper than that. And so even if I'm, you know, if I've got somebody there who, who has really just come to yoga for the physical benefits, um, they can't not get the, the, the mental benefits. Um, and then I, I'm not so keen on this word, but, um, you know, the spiritual benefits beyond that. And by spiritual I just mean, um, that sense of inner peace, um, calm, ease.

Mandy Penalver: 04:36 Uh, and that's that kind of sense of wellbeing. Um, so, so yeah, every session is, is unique. Really. Um, no two are the same. I'm just kind of really, really being guided moment by moment by what that person needs. And, uh, and, and the truth is that every human being, um, you know, we all need those physical and mental, mental benefits. But, you know, beyond that, every human being is looking to, to feel peaceful at ease, um, and have a sense of wellbeing. Um, whatever they come for that, that's what I hope they get. Um, uh, that's my intention. So for the sessions

Stephanie Webster: 05:24 and your experience, the sort of clients who truly benefit, who, who are they, what do they do for a living? How do they approach your class?

Mandy Penalver: 05:34 Yeah, I um, I worked with a really wide range of people. Um, I worked with, with men, I worked with women, I've worked with, uh, how DWIs, uh, people with high profile careers aren't really that the whole spectrum. And to be honest with you, Stephanie, there isn't one, um, category of, of, of, um, that any population that, that doesn't benefit, you know, one of us because we live in such a busy world, you know, whether you're a mom, whether your, you know, especially if you are working, um, you, you can benefit from, from these practices.

Stephanie Webster: 06:21 Yeah. I will say that everyone who I've sent to you has not been keen on the word spirituality either. Or Esoteric is all that my clients center like science backs Frasers and, and to be honest, there's so many different ways to reach self-actualization. I'm happy with a multitude of approaches. Whatever works, works. And sometimes we don't need to examine why. Um, but the word spirituality gets a bad rap. And I quite like the, the fact that you feel the same on that, but like the clients that I've sent you have been open to change, willing to look into themselves and connect with their emotions and, and as wishy washy as that sounds, but start to feel their body again and connect with their body and respect it and start to look after it and open that the mind, the concept of self care. And I don't need to burden my body with working too much or being stressed all the time and achieving at my body's expense is a problem. And feeling those aches for the first time or understanding where the aches are cause the body tells you it's too much. You're not sure.

Mandy Penalver: 07:32 Yeah. I mean I completely agree with everything you've just said there. Um, and um, probably one of the, my approach to yoga, um, I, you know, if you're looking for power yoga or you know, for a really hard workout, then I'm not the teacher for you. Um, but what I law are interested in, or what my sessions are really focused on is, um, nervous building, nervous system resilience and, and learning ways that we can, um, stay more in rest and digest or parasympathetic nervous system. And we do that. One of the, one of the main ways that we do that is by building something called the intro reception, which is, um, pretty much what you've just said. It's, it's learning to become familiar with our bodies again, to recognize the, the language of the body, um, which is feelings and sensation. And because, because most people in our culture live so much in up in their heads,

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they've been cut off from, um, that the source of great, um, information, wisdom and intelligence and, um, intersection.

Mandy Penalver: 08:51 What, what's great now as well, um, uh, particularly, you know, a yoga teacher in the times that we're living in now, is that, um, clinical research actually backs all of this art. So the skill of interception has been proven by, with, uh, research to, um, help with a whole range of physical and, um, mental health issues. Um, so, um, but, but you're, you're, you're also absolutely right that it does actually require, it takes a certain kind of person who is ready to go there because, um, you know, being up in our heads so often is, is a distraction from coming into that kind of, it's a very juicy realm, you know, the realm of, of feeling and sensation and it may not be comfortable, you know, and there may be, um, a facing of things that, you know, we don't necessarily want to look at that, that's why I, you know, I can then, um, all of my clients that, uh, persist with their practice because, you know, it takes a little bit of courage to, to, to kind of go there, but the, the rewards and the benefits are just, you know, it's really what we're all looking for, you know, um, as I say, coming, coming back again and again, I agree with you on the term spiritual, but for me that, that just means just that sense of peace and ease and just feeling, feeling at home and at ease in your own skin.

Mandy Penalver: 10:35 You know,

Stephanie Webster: 10:36 And I call it connected to source. I know that when I feel the unconnected, that I'm aligned and I'm living in integrity with what I want to achieve and what I'm doing and that I'm not compromising my body or compromising myself with what I'm doing. And it's all, all good vibes all round. But the minute I make a decisions that are coming from a place of fear, and I know I might be losing some of the more, um, some of my clients who, when I say this, but if I'm coming from a place of fear and I'm making decisions either in business or my personal life, I find that it doesn't end up well because it had the wrong vibe to start. So I start off with positive intentions always now and I, that's my, that's my intention and I, I like to, um, really be connected to source and then, and then operate from there.

Stephanie Webster: 11:33 I'm not so lost from the real world, whatever that means, um, that I don't get on with my day. I think actually the, the criticism of the word spirituality is referring sometimes to, to those who appear lost and drifting and that world of spirituality, they never get anything done. And, and that, that's not the case is it? It's about understanding that we are more complex creatures than we, than just waking up, going to work, going home. And that's you done. You know, we have emotions. We have, we have, uh, our sensors, whatever religious faith you, you come from there is something greater than just us and we're connecting to our bodies and connecting to all ourselves. And then the more we connect with ourselves, the stronger we become. And actually the less we connect to foods, to substances and other things that derail us and actually take us off the Lovan and off source. And that's why I like yoga. Nidra if you're feeling frazzled or not centered or like you've, I want to say, use the word lost yourself along the way. Not, not you know what you're doing in your life, but just in yourself. You don't feel that you're in the right place. You're doing the right stuff where you need to make a big decision going forward. Restructuring, perhaps that's where yoga need or really comes in cause it grounds you. It's such a beautifully delicate way.

Mandy Penalver: 12:51 Absolutely. Again, I agree with every point that you made

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there and um, it's, I liked your term there of connecting with source. You know, if you make that the primary, you know, from if that, if that's your morning practice, your day will slow so much better. And that's why, um, you know, meditation, Yoga, Nidra you know, uh, so often I hear the excuse that I don't have time to fit this into, you know, my life. But the truth is that, um, you don't need nidra or any other types of meditation is one of those practices that will pay you back that time and more that you invest in it because as you said just then so, so perfectly when you're coming from that deeper aspect of yourself, um, and not from a place of fear or you know, up from up in your head, life just slows the, the effort goes out of it. Mandy Penalver: 13:55 You know, uh, synchronicities happen. And, um, there's the, there's an, there's an ease to that. And, and as you see, it's a, I love that, that I fell in love with the yoga, the practice of yoga when I very first came across it. And I, um, I knew instantly that I just, I was, I became obsessed with it to be honest with you. I just, you know, I benefited so much and as you say, it will send to you, it will clear your head. Um, it's the, the benefits are so profound and um, I'm wide as well. So yeah, it's a beautiful practice. It really is.

Stephanie Webster: 14:40 How do you connect to soar? Because you bring such a beautiful energy into the room and you just command the space and anyone in a room with you, we'll just sort of sink into your songs. So how do you look after yourself and make sure that you're, you're all revved up for the sessions?

Mandy Penalver: 15:01 Yeah, I, um, I like to be someone who practices what they preach, otherwise I'd be a complete flawed. Um, and I, I take my, uh, especially these days, I take myself care really seriously, you know, and I, uh, and so that means being in that space and connected to source, uh, to use that term, I make that a life practice that is a life practice for me, um, to, to live my life that way. And, um, and as you've already asked you, you've pointed out far from sort of, you know, being, um, you know, head off in the clouds, spaced out, not getting anything done actually that, um, it's such a productive, creative space. And, um, when I, when I go to, uh, for a session with somebody, it's not that, it's actually not that I'm bringing something new. I'm a w w what I'm doing is dropping by, dropping into that space myself, that invites, um, a dropping of, of the person that I'm with.

Mandy Penalver: 16:22 And, and that's why a guide or you know, uh, uh, to have the private sessions can be so helpful because, you know, if you've been living a certain way, you know, uh, disconnected from source, let's say for most of your life, then it can be an alien territory, you know, um, to, to, to, to live it that other way connected. So it, it, it can be really helpful to have practices and a person that holds that space for you that's, um, that that's, uh, that can be so valuable, you know? And, and, and in fact, I find necessary really, um, in many cases,

Stephanie Webster: 17:10 I think the modern world and the fast paced lifestyle does not allow us to connect with our emotions. So having that space that you create where we can connect with emotions is very beneficial. And the clients who I have, who identify themselves as emotional eaters, who reach for foods to suppress or elevate or change their emotions. And I found this concept of tribe quite useful. So emotionally nourishing yourself yourselves with surrounding yourself with a support network of like-minded people who share your values, share your beliefs, share your worldview. It's not being narrow-minded and only sticking with people who agree with you. It's just about feeling connected. And if you have friends, family, work colleagues who believe in what you believe, then

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you can reach higher levels on that same topic. If you're still hanging out with people who you have to explain yourself to all the time, they don't get you, they don't understand you, you're going to feel like an alien all the time and therefore disconnected and you're going to feel like a Weirdo or like you're strange, like you're odd. And for you to feel connected to yourself and connected to others, something that might support you is having this idea of I need to develop my tribe over the next six months and find people who believe in what I believe. So I can saw with them because we are all tribal.

Mandy Penalver: 18:36 I completely agree. I love that word. And I, and uh, yeah, I use it quite a lot actually, but had that support network. It's so important. And in my own life, Stephanie, I, um, I'm actually very picky and choosy about who I, um, have in my life. You know, it's, um, uh, I'm really open to, to, to energies. So it's, you know, it's important what I allow into that. Um, you know, it's about field. I'm, I'm really, um, you know, I, I'm really kind of strict about that. And yes, it's, it's, it's, it's so important to have, um, have that support network around you, whether it is family, whether it's, um, a friend and, you know, and as always, you know, um, quality is so much better than quantity over in this kind of regard. You know, you don't need, uh, a huge, uh, uh, contact book for the friend, but just, you know, if you've got just those select few that really get you as you say, you know, that are on the same wavelengths, that are, have the same values that are, you know, on the same path. Um, that really is, uh, it's really, uh, a big part of achieving, you know, what you want to. So I totally agree.

Stephanie Webster: 20:09 Yeah. And also in the hustle and bustle of life, it's wonderful to have a place that you can go to where you feel centered, connected, and unwavering. And that can give you a lot of clarity in how you function throughout the day. A lot of the reasons why my clients derail on a diet plan before they come to see me or a nutrition plan or whatever behavioral trends they're trying to set for themselves is because they haven't given themselves enough time to, to get clarity on who they are, where they are, where they want to be, and what habits they must now embrace in order to become this better version of themselves and what they need to accept and let go of in order to make that next step. And I know that sounds maybe a bit abstract, but it really is a mental shift. It's a mindset change and your body is in the state that it's in because of the decisions that you have made to date.

Stephanie Webster: 21:09 And that's absolutely fine, but we need to start making better decisions and negotiate with our minds. Collaborate, co-create a new you every single day. And I'll, I keep you accountable. I don't like using the word accountable. Let's say I keep you inspired to be the best version of you every day. But having support networks around you, like Mandy, who can give you a meditation to do in the morning or at night that you can log into online. She's got this wonderful portal online and I'd like you to talk about that now. And so wherever you want in the world, I know you travel, but just go in, log in, connect to Mandy, connect to source, connect to something where you can feel safe, secure, and just be, you don't need to be anyone. You don't need to be in a boardroom. You don't need to be a husband. You don't need to be a wife. You don't need to be a mother. You don't need to be anyone. You can just simply be. So tell us about your online portal and how you can help our executives on the go.

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Mandy Penalver: 22:09 Yeah. Well, it's, um, it's called rest and B. And it actually came about because, um, having taught my yoga Nidra classes, the live classes for years, I had lost count of how many people had asked me for a recording of a, of the classes. So that's how recipe came about. And it was really the, the intention behind it was to make, um, to make yoga knee drop all, I actually call it true rest meditation, um, available to a wider audience and to be able to, to access that, um, wherever you are in the world, anywhere that you might be and to do precisely what you've just said, which is so important, you know, to just to keep, there's nothing wrong with the busy-ness, you know, there's, you know, it's great to have, uh, a busy and enriching life with lots going on. But what we tend to do in our culture is not balanced that with periods of, uh, just being, doing nothing, coming out of all those roles that we play every day that you just lifted.

Mandy Penalver: 23:24 Um, and just, um, just being, it's a, it's a web, it's both a website and, um, an app. The, you, you can listen to the meditations from either from the app or from the website, what the app of is enabled you to listen without any, uh, access to the Internet. Um, so that comes in helpful when, uh, you might be flying for example or, um, you know, uh, we, we, we have a lot of sleep meditations and obviously you wouldn't want necessarily want to have the, um, the WIFI on while you're sleeping so you can listen offline. Um, the website is www.restreftanderestonthe.com. And I can't remember what the code is, but I do remember creating a code. Um, I think it's urban health, isn't it an upper case, but will, um, give for anyone who'd love to try it or like to try it. Um, if they use that code, that will give them a month free of using it in addition to the seven day free trial that we, that we already offer.

Stephanie Webster: 24:46 That's very generous of you. Bondi. Thank you very much. And you also do lobe sessions. So where did your sessions and your area of operation in general?

Mandy Penalver: 24:55 Well, I live in Asia in Sari and I have sessions in London, which is near services and Cobham. But my, from my private work that kind of, um, takes me quite a bit further afield sometimes. So, um, it's great hip, so I live very close to a station and I'm 25 minutes away from central London. So, um, I, uh, I have had, uh, private clients in London, uh, as well as, uh, more locally here in Ferrari. And then I've also had, um, clients who I do Skype sessions with, so when either when they're on holiday or a lot of my clients travel a lot, so, uh, wherever they are, we, we will often do Skype sessions. So that's, that's another way of doing it.

Stephanie Webster: 25:49 Wonderful. Thank you so much money for coming onto the show. Do you have anything else that you'd like to share or any questions for me?

Mandy Penalver: 25:56 Um, not far from. Thank you for having me. Um, I, I just love talking to you, Stephanie, because, uh, going back to what we were saying a few minutes ago, you know, I, I always feel, um, you know, the conversation is so rich and you know, uh, you, you, I, I just really love everything that you say. Um, the re, you know, it's really, we're, we're on the same wavelength there. That's really thing, I think. Yeah.

Stephanie Webster: 26:27 Well, you, you're so discerning with your tribe. I'm surprised I made it through the net to be honest. I was a, I'm constantly pitching for your, uh, affections. Uh, very, I'm joking. So, um, yeah, it's good. It's good. You're definitely tribe. It's a to, to have you here on the show and thank you so much for

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doing excellent work. I feel very embarrassed now. So I'm going to leave. Um, so thank you so much for coming onto the show. Thank you for having me. And for keeping the urban health podcast and happy and healthy.

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Episode 68: INTERMITTENT FASTING. What is the difference between fasting and not eating at all?! Toby Street from Fasting with Alice explains. Interviewed by Stephanie Webster Urban Health Method.

Stephanie Webster: 00:00 Well. Hello there everyone and welcome to the urban health podcasts, keeping busy city executives happy and healthy. I'm Stephanie Webster, a nutritional therapist and Holly Street London, specializing in fat loss, gut health and hormone optimization for busy executives and entrepreneurs over 40 today on the show we have transformation specialists, Toby streets who coaches on the practice of fasting in a very safe and enjoyable way. He has a partner Alice, and together they were inspired to have the name fasting with Alice and they both coach and mentor people who have health issues or hawk simply curious about fasting. And false thing has been around for centuries. It's a very old discipline and they have become very proficient at delivering the, the ancient concepts to the ones who are curious amongst us in London who need to re cleanse, reset, and rebalance. So thank you so much for coming onto the show. Toby, how are you?

Toby Street: 00:58 Thank you for having me. I'm very, very well. I'm actually going to a little bit about as far as being a detox myself. Fine. Now since I sound like I'm a bit bummed, I, I'm experiencing some oneness.

Stephanie Webster: 01:11 Okay, well that's great. Live detox. I love it. So to start, what w we'll, we'll ask you later actually about, um, what those detox symptoms are because sometimes when we start to false, we think we're actually getting ill, but we're actually getting a better, it's just part of the process. But we'll come back to that later. So to start, where did the concept of fasting come from?

Toby Street: 01:34 I'm trusting one time, many millennia old elements its one of the basic most basic principles. So we're talking, it's been practice throughout the ages, um, by wise people. Um, in order to achieve heightened states of consciousness, um, and then the ones who tend to split and practitioners with citizen absolutely understand the benefits of it in that way.

Stephanie Webster: 02:04 Yeah. And there's different types of fasting. So what are the different types of fasting we heard, Intermittent fasting. We've just had a Ramadan and fact. So fasting is, it has been seen as being important there. So tell us about the different types of fasting on why we should force the tool.

Toby Street: 02:19 Yeah, so I mean, I think most people start with intimate fasting , it's a really good discipline to build them. So I been practicing. Um, but someday really the sky's the limit. I mean, analysis more sort of seamless between us in terms of that experience and so on. Um, its no liquid no nothing not even can touch him with skin, um, in seven days, um, and if she listened to a sort of western medicine and so on, and that's how you would after two days and five fast. So, you know, this is pretty set. That's one since, um, dry fasting haven't said anything from which is kind of the most intense and, um, huge form of detox as possible and all the way through all kinds of different key spots. We did a lot of soup paths with people, um, but we absolutely introduce intimate fasting into everything as well. Um, you can be more surpassed as well. But I mean, I left the numbers going

Stephanie Webster: 03:15 So the concept of fasting is actually quite intimidating for a lot of, uh, a lot of us. Why, why is it that was so emotionally attached to food

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that the concept of going without it for any length of time can set up fear and it's irrational really, because seven days without water and, and food that it, that's, and she survived and thrived.

Toby Street: We get over Christmas, by the way.

Stephanie Webster: I saw photographs of that. Well, it's much cheaper than Turkey, you know.

Toby Street: 03:51 Yeah, yeah. I mean, there's we all use food. Okay. So just to whatever degree where aware of we all use food to numb ourselves in certain things. Um, and now having gone on this journey myself, you know, I was, I was having to buy two years ago, um, and now I basically just be heard. Um, and the reason for that is that when we, when we fast, we don't just pick the button space and. You like some digestion in order to remove physical blockages. Um, witnessed physical quite often times. Uh, it's sort of myriad emotional blockage as well. And um, when you're doing the pose with full, properly and gone in deeply um, you have a project like a boat salts so everyone can do very high or low , so a lot of people will you like go on a faster lendup um, as they use the tools that we took rectified medications and such.

Toby Street: 04:50 Uh, and by getting into very deep, um, process for conscious times whereby they can remember things from their childhood and it might be something simple like you're mom using the chili fon del. It makes you feel better. The things you hate school or something, you know, it might be something simple like that. Um, and we go back in for that experience and this is kind od where my, that's when things, trying to find out any five minutes that person to buy back for that time. Um, just kind of sat with that inner child. Whenever we're like anything, some of us are not from reality and something and results match office holding us back and stopping us from showing up in a way that's conclusive. that you bled in. That could've been fine. Um, so maybe that's why we thought the emotional and physical release.

Stephanie Webster: 05:36 So let's talk about the physical effects of fasting and your currently experiencing them now. So it's very app. So when, let's define what a fast is. So it was we stopped drinking or we stop eating. There's different types. You, let's see. Let's explore your current fast right now, your water fasting but no food. And then what happens to the body in the first six hours, 24 hours? What happens?

Toby Street: 05:58 Um, so Alex is probably the person talk to about the very specific stages in terms of what happens for the body. Um, I'm certainly the person to talk to once the emotional suspects, but sending out, which usually is flipping around. I mean, as I mentioned earlier, we don't advocate water fasting , I will say own self. I haven't done something down for the year. Um, and the reason for that, it's because I get my water in light form by its fruits, which seems much more bioavailable. It's much more hydrating than a so many level. Um, and then also does not distract kidney, if we drink lots of water. So rather than the primary function, which is to first to the lymphatic system, um, and so we have to give them the time and the space to really work properly to do that. Um, so dry fasting is the most efficient and proficient to kidney to kick back in near optimally. Um, help into do that. And uh, right now I dry fast half a day, so I'll dry fast from the day and then break that fast some form of juice , watermelon juice or perhaps just a couple of things are nuts. Um, living in Thailand, obviously I have all of this readily available

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to me. It's as well as useful. Um, but that's the most efficient way to, uh, to break the fast.

Toby Street: 07:19 And then basically my diet now is just preach all day. And then in the evening, either more fruit or a salad type meal that's in Thailand restaurant easy. So it's very, very simple, very, very easy um, and very, very aligned with nature. So, um, something that a lot of people don't realize is in the nation fast with the law degree. It is about the, sorry whether they fell apart but they still have drought or whether it's an animal that goes into hibernation, um, fasting is all around us. And if we observe that and allow it to infiltrate our beings as possible, which has she been saying, um, yeah, you've got the benefit actually to say some serious pain and suffering some time as well. What's, what needs to be <inaudible>

Stephanie Webster: 08:07 And how do you feel so be without the, the water even right now. How do you feel? You're good?

Toby Street: 08:15 Oh on the whole I've been incredible. I mean, today, in the last week or so, I've been experiencing a lot of detox symptoms up the accident, so I was like going to quite a lot about the launch of this fitness together. That said, the company is quite a silence. Uh um, so we had a fairly big emotional release about students today. Alex instantly went into that physical detox and about four days off to get to, I'm since was starting to recover my name it as well. Um, and uh, yeah, it's, it's, uh, it's, it's one of those periods where you just trusted allow it, you know, it's like fighting reality when the body is detoxing since of West. And the amazing thing about detoxing is that what's we suspect unless you allow it to happen, you know, the positive universe and stuff, um, we get nothing else for perfection, perfect success. Um, and whatever those for us, we saw our plans to, to whatever support we made or so at, that is what I've been speaking here. This our faculty. Um, we'll just have to, like, she did. So I tell, um, and that's what we'd done for the last week. Just hibernate. But then needs expelling natives. But on the whole, I feel amazing.

Stephanie Webster: 09:30 So I, I actually remember you back in the day, years ago. Can we talk about your personal journey? Is that okay?

Toby Street: 09:38 Oh, absolutely. For sure.

Stephanie Webster: 09:40 So you have completely redefined your relationship with food and now you're helping others do the same. But I remember in London you were eating meats. I even think I saw you eating a biscuit once. Um, so you have, so you've completely changed and I'm just deeply fascinated, intrigued and inspired. So how was that for you in the initial stages when you were going from, uh, from, from that way of eating to this way now you must have met, did you stop missing meat? Did you start feeling sick or the thought of me or when it was processed food, like biscuits or something or tea, coffee, alcohol, all of the stuff that maybe you had before, how did you deal with each one of those?

Toby Street: 10:26 Well, I mean certainly it was, and this is kind of when I try and sort of coach people with as well, you know, we're all on this journey that's called life as a bigger picture. Um, so can you do it fast and pressing up in your face that you really hate the job and you really hate the relationship or you don't like something about what's happening in your life, just is not right anymore. You know, you get to evaluate it and you got the time. So I actually make new choices about rights and say, so me, fasting was just a little bit of a, you know, I'm going to say last, but it's obviously not necessarily last, but one of the last few things that I'm

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positive that is spiritual journey of life. Like, um, you know, despite my business background and having public company and stuff, I know that I've been on a very spiritual down since I was about 19, when I first got about the task of development. Toby Street: 11:18 But if we, it became much more heightened about five minutes ago when I started working with, uh um, like I lost that. Um, and that then showed me an extremely, what we are as human beings. It really saved me what our purposes they are and that we all still need to have purpose. Everything. That was kind of more mainstream. Everything that is normal. It's about the pain a little bit absolute boring to me that a lot of ways. So, um, I do like this having sort of made money in the past and then gone and chosen a different path in yourself as well. When you're just staring estimate money for example, not being, and the less you are then helping other people go on that file so you can do something with it. Is there real life source that is nothing, nothing. He likes to stuff anymore. Toby Street: 12:02 So me, when Alex came to my life, we met year previously why wants the people that we liked it, um, that we hadn't, uh, done a journey together. Um, and then the we meet and for me, I don't know, I just never met anybody that was quite as in like as she was, she had more life energy more, more awakened you know what I mean? And um, I kind of just thought, you know what, whatever you're on, let's have some, and she just explained that over the course of many, many, many, many, many years. I didn't even know how she had gone from Pesto in the background and so on, especially eating load of meet etc And then through her own path of spirituality and insistence and peace and wisdom within herself. She, she came across spot in Cleveland. Um, just practice. It knocks all kinds of different meals and ways and she was a lawyer so she has a very sense of a focus, get bottom of stuff. Um, and uh, you know, I'm like, let me end up in the lower, as soon as that, I went in there with really good intentions that found out that like, uh, something that the truth and pointed in a different direction than when I'm on the phone and passing specimens for people.

Stephanie Webster: That's extraordinary. So you, you touched on lowasca there. Are you okay talking about that? Okay. So you've been through a few. Yeah. You've been through a few ceremonies and I found it quite inspiring. I still have not dipped my toe in, in that yet. Um, um, I might

Toby Street: 13:40 oh, you in when you're ready.

Stephanie Webster: 13:43 So tell us about los, SCA and the ceremonies and how you have experienced so many intense, immense spiritual week things. And you've, I've heard it being described as 10 year's worth of therapy in one session.

Toby Street: 13:55 Yeah, she's a, she's a powerful teacher, um, soon as why not please. And I say she because it's never wetvery nurturing feminine energy. And she's also got a whip out at times and says, well, quite since things the hard way. And I don't mean with everything substance about, unfortunately. Um, yeah, I was going, the first time I ever went with that, uh, was back in 2015 18 spots at the time by 11, you know, we create space within universe what happened whatever near vibration? You're licensed? Um, I was doing a juice fast for the best intentions to sell myself up and, uh, on day two indigenous staff and late twenties, and said somebody pulled out last and sat under this one friend, would you like to pose? Um, and I've tried to say yes before I even knew what I was saying. Um, even though you've been talking to them about it, two years certainly not violence. Toby Street: 14:49 Um, but, uh, yeah can, was life changing in more ways than I can

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possibly imagine, but certain, so many things about the universe and existence and my self existence some feminine statements about so many truth about humanity you attitude. I had started off with pain. I went in five d by death in about two hours, which I died. Um, killing the part of yourself that is attached to whatever it is you're experiencing, um, that fight the days. And when I finally gave up, and I've never done any psychedelics before, they say, imagine taking God. It's been like the <inaudible> 10 plus dogs. So that's, it's like the bat, um, your test at a time that, that was my experience. And uh, yeah, that's definitely kind of funny because the life I was just loves, it's just mind blowing. I give this device fascinating, a feeling I've ever known. Um, triggering sound like the wound of the universe and, and that's what um, and that was from founded, I think I say that to that. Toby Street: 16:05 She had other thoughts session five in back into the robots. So a couple of hours of stuff. Belsen and, um, suddenly I just had this channel to sauce for the next two hours. I just downloaded installation of the cottage to the los, that sort of information, let's me remembering everything right now. You're going to ask to go back into the real world again, but they weren't yet complete. You have everything you need that. And so I wake up in the morning and just about unbelievable lists. Um, that's basic to that was definitely installation system. My life understanding should have based on our pallet. Yeah. So that stuff sounds fine. Um, I'd like, yeah, last public funds to do stuff with them. So Thailand in between. Yeah, journey I haven't seen.

Stephanie Webster: 17:05 Okay. Amazing. I'm so inspired. So let's, um, let's do one more piece on fasting. Actually, I want to just say for anyone who's listening to this, who's deeply inspired, how do they start their fasting journey? What do you offer? I know that you've got an amazing community on Facebook. How can we get started?

Toby Street: 17:24 best thing if you want to sign up today, we just got our page live today actually .Um, but the best space is actually on Facebook two out of three oh for now. And 4 to 5 thousands members in there, they just needed join to, everyone's always supposed to be started whenever everyone's started at five. So I'm having a tough time zone. Um, and uh, we've got a product also that we're launching very, very soon . we can tell you everything on our facebook page.

Stephanie Webster: 18:44 Amazing. Thank you so much for coming onto the show. Toby. It's been very inspiring listening to you. I love seeing you do well and flourish. I wish you and Alice all the very best with all of your amazing work that you do, and I encourage my listeners to go to fasted.life and we'll include all of your links in the description box.

Toby Street: 19:01 Thank you very much, Thanks so much to having me. You been a wonderful host.

Stephanie Webster: 19:07 Okay, great. Thank you all for listening and I'll speak to you soon.

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Episode 65: INSULIN IS A FAT STORAGE HORMONE. Which foods are stimulating it? Cain Leathem helps us burn fat. Interviewed by Stephanie Webster Urban Health Method.

Stephanie Webster:00:00 Hello and welcome to the Urban Health podcast, keeping busy people healthy. Today we have Cain Lethem. Cain, I am very grateful for the time you are investing and coming onto the show. You have been helping people achieve the best version of themselves physically for decades. You train your clients in the gym, you educate them with nutrition and your impeccable courses inspire them and you also are living, breathing example of the principles you teach and I have always admired you for your non compromising approach to health and it's an honor to have you on the show.

Cain Leathem: 00:35 Well thank you very much. That's quite quite an introduction. I'm not sure. I know it's like a decade. It makes me saying old age decades but you know, starting very young.

Stephanie Webster: 00:44 Yes, very young until you've trained some big names Cain, do you care to share?

Cain Leathem: 00:49 Well, um, it depends. Well, I, when you were talking about it, I mean within the audience that you're working with and advising and helping lots of CEOs. I am a professional speaker and I've spoken to Academy of Chief Executives and Academy for business leaders and entrepreneurs, including some quite high flows in the industry within sport. My current CV, sits 87 British champions in various sports track and field box in bodybuilding and they're like, I have 14 world champion for world record holders, including a cyclist and coach, the local, oh well you work project weekends <inaudible> and she can miss universe windows. Um, I've helped people within all avenues of um, health, including fertility, disease state, etc. And then the odd celebrity, uh, we want to call them that Gladiators Tuesday, such as a noodle jet from Gladiators is the students of mine and a clients and lots of footballers, including questionable Behavior Stan Colly Moore in the like so a very varied by base over a period now spanning looking about 25 years.

Stephanie Webster: 02:00 Okay, that's amazing. And you've also helped countless of, of regular regular joes as we call them. Um, people like me who just came to you for solutions. Um, I have, uh, ulcerative colitis. I don't make any secret of that. And you were fundamental insight into my transformation when it comes to my health. And I know that you've transformed the lives of countless, countless others. And I always wonder what keeps driving you. You know, why do you do it?

Cain Leathem: 02:29 Well, you know, if we're going warmer treasure, there is no way to give back, but eat amazing to see the transformation that I don't do I give you advice? I do the assessments, diagnosis, give the script to you. Stephanie did the work. Definitely going away was so dedicated to her own because of house to weekend. He came to me after a long, long telephone conversation. She flew down from Edinburgh to Birmingham. We had a consultation, gave advice, um, because of what I do within the realms of being an NLP master practitioner and also health assessments, including blurred and, and DNA to care trash. I was able to go there. A lot of information. Let's definitely put that into context into her

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life and decided she wanted to learn more of it for herself, for her family. She said self would give up, which is what destroys my ambition to learn more. Cain Leatham: 03:17 Um, and quarter in Pardot is a famous quote. I have it actually tattooed upon myself and in a big talk in the kitchen, which was sent reputedly by Michelangelo and his nineties stage, I am still learning thirst for knowledge. I mean sharing that knowledge, which I refer to as the truth is I know something that also inspired Stephanie because she packed up her life and in Brown moved to Birmingham for just short of a year to study all my courses. So we have a very similar ethos as far as why we're doing it, I think, which is for the right reasons to give back, to help and to see the end product. And for me the most satisfying. He said, I have lots of athletes and CEOs and celebs and all of that. It's probably 10% of my workload. Lots of people think that's what I do and that's all I do. Cain Leatham: 04:02 I, that's not really my most inspiring work is amazing. I had been doing podiums at the Olympics getting a gold medal. I've had, you know, held up Mr and Miss Universe, but that I can give you names of people. That is a, a lady called Lennett in Nottingham and she always thanks me as soon as nae, 13 14 years old when she was told she I boys used to go with actually long ways when I did some diagnosis I guess intestinal issues, et Cetera. But she's had no public day by the policy's going to be, cause she was still only 17 she'd never had children. She has a healthy 13 year old boy that she brought to me at seven years of age. And I'd be in tears cause she said without my help he wouldn't be here. That is what drives me. That is what inspires me. And that was probably one of the most satisfying, if you want to call it a case you've ever worked in because that's life changing attitude or bullied myself. I mean nothing more precious. So essentially that's, that's what I do and why I do.

Stephanie Webster: 04:59 Okay. And that's just breathtaking thing. Thank you very much. Let's get straight into the topic of today, which is hormones. Um, I want to understand, uh, how hormones have an impact and play a part in body composition. So let's start with insulin as a first insulin of fat storage hormone. Uh, so what stimulates insulin?

Cain Leatham: 05:22 Okay, well just to interject on that, you're not incorrect, but, and I know we're going to move onto cortisol on lots of these hormones are demonized. So insulin we'll encourage faster ones potentially insulin I seem to see you calling an eight for the fat storage hormone kind of demonizing using it. So could you just by the b to cell within the pancreas, but it's essentially just portion of nutrients, including obviously glucose. It's spoken to in carbohydrates, but we need that. We utilize insulin as pushing force, if you like. It gets all very fancy. But we set two sides on muscle called got four receptor names, absorb carbohydrate. This is essential for energy, especially within the central nervous system and bright. So I find execs who are stressed, we need some carbs. Okay. Now regulated by body type bio. Oh, the Holborn energy expenditure. Quite personality type day personality go getters will lead possibly more people using high intensity exercises.

Cain Leatham: 06:22 They're released from the stress or because of their sport we'll need much, but carbs needs to be regulated and obviously that'll be a different conversation. But when we have a surplus of carbs, we have a potentially what we'd call excess insulin anchors and that will encourage a storage name until inherently evil. They need to be understood and respected. If we overeat, if we

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take taking too many fast acting carbs, they don't like the GI thing, it's about IQ. But flashbacks in carbohydrates, we get a surge of insulin that we can measure that this is the thing that we'd science utilizing songs in good qualities, physiological laps, but by chemistry, hematology and they're like, we can measure an insulin book. It's not insulin per site that we mentioned. So we can miss insulin response and sensitivity by doing what's called a glucose tolerance test.

Cain Leatham: 07:10 Um, I mean I did lots of studies from a master's degree in and volunteer for that one and it's fairly simple. Resting blood sugar or fasting blood sugar in the morning. But the like the glucose tablets, so look, cause I drink any or any of that person particular to sugar and makes you even blood sugar rises and then response drop down in Post-internet Book, every 20 minutes I've repeated or possibly two hours for the thing test, the dummies correspond that sugar being residents within a blood circulatory system is called glycation. And that's where the problem happens. So insulin, removes that sugar sweetened doesn't cause this glycation easiest way to explain that the red blood cells have coated in a sticky sugar. I mentioned that toughy apples. So the apple per se isn't bad, but it's the apple. Is it say healthy No. And it sticks with the thing.

Cain Leatham: 07:56 So we can measure that there's something called HBA, one c glycosylated hemoglobin. These things will be understood by people that are diabetic because the past is, once he's mentioned at the hospital, they money shelf measure blood glucose. But what's important is what damage has been done over a period of three, four months to those red blood cells and the reason it's high school, you want to say retrospectively measures the red blood cell life, which is approximately 120 days, but I'm all unique tested. We looked into the damaging factors of insulin and what type of diabetes and in the increased risk of diabetes and someone called C-peptide near C-peptide is more that the four of sites and testing is not done within the NHS protocols. Insulin is is very fast acting. It's hard for I cause three to five minutes, so to actually measure that, it's a bit so acute.

Cain Leatham: 08:49 They he peptide, it's only takes 20 to 30 minutes and it's right after the effect. They're beat yourselves. Yadda delaying your hands in the bankers produce on the pro insulin, your Alpha change, bt change, dead shocked in leave Seabeck do in plain English. When you met, you see pets, it told you how much insulin is being produced and therefore an excess insulin is going to overly enthusiastically store body fat because the muscle under the tissues like the liver stores like here does not have the time to absorb the vast amounts of fast acting sugars in insulin over activity. Insulin overactivity is detrimental, but insulin response in a controlled manner with a controlled lifestyle in an understanding of is actually beneficial because it helps us to have the energy within the fuel tank known as glycogen. So I know that might be a little bit long. Windy, best lifestyle habits. Behavior especially iRacing reaching buttons and the choices of foods will control the Internet book and we are in charge.

Stephanie Webster: 09:52 Yeah, no, I think

Cain Leatham: 09:53 if I've made diabetes then obviously there are other things in their natural things. I was led by the Garcia Asian and all sorts of other amazing things we can do to upregulate the enzyme activity and the receptor all of this stuff back insulin, when we barge our bodies, you fast-acting shoulders, we are creating an issue and we need to take responsibility for that. We need to own it.

Stephanie Webster: 10:17 Yeah. And it's about education, about understanding

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what goes in your body. And for those who are listening who didn't understand all of that, that's perfectly fine. If you call us, we can go through it with you and explain more, um, around that. And um, cause I, I love the depth Cain and different people listening to this will have different levels of, of knowledge. So I'm just sort of making people move. Yeah,

Cain Leatham: 10:39 no, no, Steph, I get a little carried away. But for the people that have an interest, obviously these things can be some on Google. Do Be careful what you read and maybe people that are diabetic or early stage diabetes, you know, whether he's died controlled or things right next told me before insulin and if I get this education they can stop. Honestly stop the need to go in until independence. Yeah. I think we need to educate more and sometimes that does mean throw next, some of the longer terms because then they know what tests to ask for. And you know, I'm fairly open about being preemptively the house and that we close any investment in time, energy, but sometimes financial aid, because you go into eight rounds, a bit of fantastic NHS time test again breaking gain and they current support all these sessions. So we're doing, we don't even know about, as, you know, I have doctors, his claims may send people to me. Um, but these things are available and that's the problem. Most people don't know.

Stephanie Webster: 11:33 Yeah. Most people don't know. And most people just take, take what they, um, receive, uh, as a, as a diagnosis, as a, as, as the answer. Oh, well I've been diagnosed with this, therefore I can't do anything about it. Or, um, there's always one, there's always one more than one solution. Um, okay. Should we move onto human growth? Cain . Okay. So what is human growth hormone? Why does that matter and how can we get more of it naturally?

Cain Leatham: 12:02 Okay. So as human goes home alone, he's wide ranging, suppressing. I want you to say, um, you know, to be honest, the woman we just talked about insulin, which is very dangerous to mess about, we're going abuse, but human goes all maybe for years and years I've been used. And can you find shout abused and there's a difference within sports. And I know a lot of inside information that people would rather probably not know about superstars of stores including superstar of cycling. I would say that actually came out on a popular talk show. I knew about that for years before because I have an insight and it's not my business because that wasn't my plan. They do have a profound effect in the body, your human growth hormone necessarily secreted by the pituitary gland when we go into deep sleep and post intense activity. Blake training, he's brilliance is a recent study just come out to show the increased level of muscle tissue.

Cain Leatham: 12:56 Males and females offset detrimental effects and increases mortality rates and the quality of life, especially around heart attack. So basically they'll be more muscle, reduces your risk of a heart attack. And this is independent, the lifestyle and fat exact correct. So there's some phenomenal research coming out that goes home and should be called the healing hormone or the rejuvenating hormones or the anti-aging. All men, and this is where he's up to like especially when in the state for over, he asked me, she's coming more to the four growth hormone independent Mr I'm cause it's not going to make you big way. If you're an elite body builders archaeologic go call only as machine beneficial effects and most people using track and field to rejuvenate the hail damage tissue, tendons, ligaments and they're like he don't keep buddy fat down. Your skin will be better.

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Cain Leathem: 13:43 Your head will be better because essentially I don't want to glamorize you. But essentially slows down and in some cases we've oversees the aging process. You're calling from the age of 20 to 30 depending on your lifestyle and shooting inside yourself. Food is can obviously help and lower protein We need to be carefully. We've got low protein intake reason known to improve sleep because it's anonymous and it's actually produced in a positive manner. I contents more than h for a short period of time. When we go into a deep sleep. Um, but it decreases fatty, improves mood, anomaly memory and weak or lots of the things that you day age even affects on your in profile, your cholesterol boosting the immune system as you said, right? Is it accelerates alien because it's increasing tissue rejuvenation, turn over and repair what's called remodelling . Now see bone density succeeds.

Cain Leathem: 14:32 We can lower blood pressure and even diabetics credentialing, we just talked today and goes hormone down. I'm checking you stick to each other. So if you've got access initially they put you are insulin sensitive, you feel like in this, can that happen? Let me, we can measure that in the glucose tolerance. There's not two guys all know. Yeah, that's what we really should be looking at. Oh. Indochino outputs, which are, you know, maximise my then when people moving into the external, this can offset the effects of diabetes. So it seems like a wonder drug and potentially, but we make it natural. That's what we should be looking at optimizing. Definitely. First and foremost. And then, you know, as we age, lots of things, your libido might go down and you know, menopausal symptoms, et Cetera, et Cetera, et cetera because we have got lots of profound benefits.

Cain Leathem: 15:24 But I do want to specify it needs to be respected and understood like insulin because from what I'm saying, it almost sounds like we'll have a bit of that and they're happy. So the years I've lifted at high level within universities and stuff on endocrinology, it's almost like everybody's on the engineering wanting totbuy this 's not necessarily the answer, but yes, it should be a little team when she hit, you know, maybe 30 or whatever that maximizing good quality sleep, darkness in the room the hygienist necessarily with the tone. You got a bed and she's important, but the cause you just see what's known as sleep hygiene that don't visit the worm, etc. Normal working patterns. So pick the one shift where it goes home and they put these all over the place. It's generally measured by measuring some Gordon o g f one by the way, difficult black engineering to measure growth all night. So there are other factors that you would use to measure rate and then in a ways to maximize that

Stephanie Webster: 16:17 but not actually fasting helps stimulate it naturally. Uh, lifting weights helps stimulate it naturally asleep hygiene as you're saying.

Cain Leathem: 16:25 Yeah. Yeah. So there's lots of people need to take control again. They need take ownership, they need to be educated and unfortunately there are people who once said short cut that now when you start playing shortcut is right balance. Because when you live a healthy lifestyle, get you see, apologies, eat well, get your protein up. Fasting period as possibly change weight training sessions. So when its weightlifts , I'm not talking about, I won't mention any names, but you know, manufactured a way because he's where they pretend to live. Like them talking about intense chains, gifting campaign exercise, you will greatly increase your natural growth hormone.

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Stephanie Webster: 17:01 Yeah. And, and also de Diet has a huge impact as well. Um, because it, again, because they're antagonistic, if you're eating in a surplus and insulin is, is, uh, all over the place, then it does lower human growth hormone.

Cain Leathem: 17:16 Yeah. Initially. The thing is you have done for years, and I'll be honest, I mean I the da manager of Big House body shaping workout Nicola that sold lots of supplements years ago and the crane was their I get it , you know, tall, skinny guy naturally come in Naples when he put some money to lunch. So we need the carbs post workout during work and get the cards. You load the cards that I don't do any of that anymore. No, certainly not for myself but not for my clients. I saw y'all potentially also insurance pool, mostly day activities, sort of friends in the like because to me you finish your work at from you're going to get includes growth hormone. If I could surely concrete and she's all commercial. Even the so called, you know what's holy sugar and stuff. So then you're going to get the insulin eight books to offset these glycation damage.

Cain Leathem: 17:58 The body's protecting himself, each in emergency response is natural. Thousands of years of evolution. That's going to shut down growth for many books cause you as your insulin goes up, you guys want to and stops all of those benefits. I just explained from growth hormone, including tissue, we pay them, we cover including low in body fat and everything else. You just turned it off that's ridiculous So there are many, many people doing bad practice and unfortunately been tasted the sales of commercial products by marketing, a very poorly educated person, kind of questionable and increasingly citations. Uh, and that's going to get a bit cliché so we won't go into that. But so much of the information being given is contrary to what is actually science.

Stephanie Webster: 18:45 Yeah. And I think it's a shame that, uh, my, some of my clients have followed certain, uh, advice that's in, in common practice having, oh, just have a small protein bar after your workout or have this energy ball that contains 50% of dates paste and they don't realize that they're causing that. They're causing a hormonal mess and is derailing the effort. So they're doing everything that they think they're doing right. And then just one small thing like that can derail their progress. So I'm going to move on to, yeah, I'm going to move on to cortisol and adrenaline. And in a lot of my clients are stressed and busy city executives, all their entrepreneurs, uh, their lifestyle stimulates cortisol and adrenaline, which is useful actually in working out. But if it's there constantly all the time, it can have a huge impact on appetite, mood and body composition. What do we have to say about that, Cain?

Cain Leathem: 19:40 Okay, so again, first thing I want to say is knowing each other. So many people talk about cultures all in demonize it. So we need causes or controlled levels of causes all with actually mobilized and increase amino acid availability within tissue, not just muscle, but bone, tendon, ligament, hormones are actually components of proteins in themselves. It will stimulate the liver to help convert me. Now I see he's got the ammunition into glucose and that's Mr Energy. It's going to mobilize fat so that again, it will actually mobilize fat from a, I mean a deeper your adipose tissue and making it valuable for energy production, I feel for workouts. So cortisol under a controlled level and this is what we call to balance equally and for helping us to burn fat. Actually main change and resistance. Discretion including boosting the immune system or the main change. Mood and

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emotional stability, but excess when he goes out of whack and especially for the lifestyle emotionally as well as over training.

Cain Leatham: 20:42 Physically I'm one Julie's to the other because people take high intensity exercise as a stress relief for an emotionally driven life, so it'd be that work or relationships. I'm going to go to the gym and work this out. You dig in a big hole because now we have potentially extra staples and that is to be measured, so over test politics' Cetera. I prefer to see over 24 hours. Wait, you'd call this all again, you can get very good at measuring this, but now we've got excess output, overstimulation. Over-Sensitive never. This is known as an adaptation played out bodies doing what nature has designed. Yeah, survival. This is nothing new. We understood fights or fight walls to come in in 1929 reaction resistance, which is what we're talking about, we actions to this stress. And so in 1956 years has been known about it forever, but decades later we're still getting it wrong because people are burning out.

Cain Leatham: 21:33 They see that all the time. So excess cortisol, now we affect negatively the effect of glucose because we haven't accessed buildup within blood sugar. We release excess sugar from the liver so that again, even if you don't eat sugary foods, once he stood in, your liver will get dumped into your bloodstream. So if you have the average male, maybe 400 grams a bodybuilding, um, elite athlete in which bigger, so it makes sense. There's store more carbs. But if you had two guys who are same size, one people doesn't go to the store, 400 grams in muscle 25 million, the guy that trains will store in excess to the for the thousand same size. So this is why we need to train. This is why we need to exercise because that means there's less available to do damage in the block location and less available to store stuff, but excess cortisol increases.

Cain Leatham: 22:20 Purchasing break games, so naval storing fat and losing muscle, we demineralize your bones interferes with skin regeneration and healing tissue actually slim as shrinks in fatty tissue. So our immune system, there's a massive link, a whole endocrinology and this is why we can't just look at one aspect interlinks and doctors getting from them all the time, even in the chronology is a very detrimental effect on the thyroid with excess cortisol and handling Omi Cortisol, we are Epinephrin and your Epinephrin, the Americans call it adrenaline. Epinephrin is adrenaline and auditor an indolent Lord Epinephrin they all interrelate to now we are overstimulation. We're constantly in fights or fights, but when you lower your active free t three because of excess cortisol, you're overriding a whole load of systems. And then we have coffee to get us through the day and we just add to that. And another massive detrimental effects of high levels consistently chronic ongoing excess cortisol, which is built into one of the tests I use is a lowering of something called Security Iga.

Cain Leatham: 23:26 This is a main immune defense within your alimentary canal. Your nasal lays all the way down now that protects you from so much ingested negative material including viruses, bacteria, parasites, premises, etc. So when you are stressed, you are more prone to so many opportunistic infections so you shot this needs to be respected and needs to be assessed and it needs to be managed. And again, you can support the adrenals, you know, some throwaways, vitamin C and externally, magnesium, zinc, and then there, especially Serbs. And they don't want to go into too much because obviously each case should be assessed and prescribed on same metrics. But yeah, cortisol needs to be understood, but

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certainly lots of people about school. And teachers and all sorts of are absolutely shocked the base and it's because of high energy. I thought both emotionally and physically and it's been unchecked.

Cain Leathem: 24:24 Bell got actually to crying really on a high level Olympics and he made me go emotionally. She was going on as well. Home Life, you call him Psi to leave the house, you leave occasionally the wife or the husband, you can't say leaves, you know you're training alone. Train once a week. I Bet Olympians we can't now we do decrease your training but you need to then do damage limitation and nutritional support. Baby meditation, tiny bag. You need to recharge that battery so of course it's all can be very detrimental very. Again, we do need it and in relation to something could be high GI as well. We should also be assessed in this.

Then starts giving us a big picture in cheek sort of health as I call it. Stephanie Webster: 25:04 Okay. That was very insightful. And I often find with city bankers and people who work in the city, they go from being 10 years in active to then working with me and becoming very, very active and to the point where they overdo it. So they've got a high intensity job, they've got a difficult home life and then they're doing a sessions in addition to what I've prescribed and they go to classes where it's high intensity interval training, which isn't bad in itself, but on if you include that as part of someone's regime, when that already go out pretty high intense life, then there's only so much the central nervous system can take. And that's why we need a holistic view when we're making recommendations for our clients to serve them best before their wellbeing, as on their health as well as their body composition goals. Um, which brings me on to my sliver and clients who are just at the last part of their transformation. So some of my clients are very slim already, but they struggle with that. Last three kilos and they call this stubborn belly fat. What is the cause and how can we solve it?

Cain Leathem: 48:50 It could be multifactorial so we require some assessment. First of all, body composition, assessment, hazy, actual body fat or is it bloating distension? Because what goes unchecked and diagnosed in a lot of people is maybe food sensitivities, actually an allergy or sensitivity intolerance or whatever you want to call it. Some of the space that is not to science, but I'm telling you now, I've done a lot of assessments. I don't know if we remove foods, maybe never a short period of time. I've got <inaudible> at the moment who was a selection out in the school teacher to kind of Hans just mentioned with the adrenal issue because when you are stressed in that norepinephrine, the Adrenalin and cortisol are high, you're more sensitive. The immune system takes a dive and then you know, yeah, your reactions to food of a different, and both of those get bloated.

Cain Leathem: 27:04 They can tell you with absolute fact, the young lady who actually trained 14 years ago for weddings had a couple of children. She's come back to in shape when she goes to London, which is why I don't go to Lyndon too much. She gets questioned. Uh, she flies all over the world. sHe's actually just going to send to Africa. She back for a few days. Uh, she always gets a little bit stressed when she's away because she misses her children, but she react every time she goes to London. Just the pace of life, the pressure on her at head office and the certain companies who works for not mentioned and she always up bloats up , I've been over, she goes down. So she's becoming more reactive to the same foods. She's falling the same regime that was given that being London to action elsewhere, she doesn't.

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Cain Leathem: 27:43 So we need to understand the difference in distension, bloating and the actual what's called central adiposity. We see the fat held around the mid-section, which we know is detrimental. The assumption being if it's on the right side or in the middle, it's on the inside. We're in the middle of a new organs, not always the case, but you know, 20 times out of 10 quite possible and courses are, pays the role there. Now there are certain schools of thought who are very popular years ago and massively over protected, not necessarily scientific but high cortisol can because it's active in the middle. But we do not assess up with calipers around the umbilical. Uh, and the obliques. We assessed that by blood tests or some other just proper laptops. But in short, ongoing stress, physical or emotional, we'll be saying to store more fat around the middle.

Cain Leathem: 28:31 And that in itself with detrimental, uh, cliques, certain chemicals, um, we starting select craze, cytokines and the like, again, don't get too technical, but that causes a detrimental effect on the body, uh, and mood and the immune system and all sorts of other things. So there are health implications of holding factor in the middle. It is true that stress can hold fat or in the middle. We need to differentiate between factories. Is it just bloating, distension, uh, of the intestines in the organs within? Um, we need to look at the food choices and maybe using some exclusion. And then we have to Synthetic predisposition to storage. And certain Andrea's somebody that's Asian dominance is going to still fat in certain areas. Normally when hip starts, puts it back. And again, we can look at measuring these, what's called polymorphisms genes until I can get the gene action.

Cain Leathem: 29:28 Um, we can measure the whole mountains and then we're going to move on a little bit to ECG in the menopause so that when a pm too much, but there are wait nine till two. Basically we talk about ISTE general, like it's just a CGM. But if not, is he wanting to equate and we'll cover that. So certain types of hormone will store on different people in certain areas. So I people go on some of the back of our store around the knees. I still got my bum, I store it on my mid area. So sometimes it's just that's the pattern. That's the genetics. But I will look into food issues. I will look into distress issues. Um, those are, these can be easily, you know, tested. And it's not too intrusive. You don't even need to diaper in the split.

Stephanie Webster: 30:07 So a, it would be easy to say to your client will try and avoid London and you'll, you'll see the symptoms dissipate. But people who love London and people who uh, thrive, but just to be more aware,

Cain Leathem: 30:26 I will go once or twice a year or im going for for winter wonderland. We let it happen.

Stephanie Webster: 30:34 Yeah, so the, there is, there is a constant stress, but uh, people that live in London actually thrive on that stress that they like. They're sort of addicted to that buzz, that London, there's nowhere quite light yet and uh, it is wonderful.

Cain Leathem: 30:49 Its probably by personality and that's what makes success. Every, you gauge that and measure that in their lives. How much is it price to pay as you sit? They're going straight from that because that's your personality now haven't exercised in Jellis school or left university and all of a sudden the 45 and they're going to get out of shape . Boom. I go in full on. And that's not smart. You wouldn't buy a car. It was 45 years old. And I get to the race track and expect you to perform. And the alternate route, sorry, you know there's work to be done.

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We've got on suspension, the gay bucks or be sure you know I'm not into guys dig. Know what I mean? It's not as you think respect the vehicle that we are carrying around. Yeah. And type price. And sometimes that means free assessments, but you can ultimately get that performance.

Cain Leatham: 31:40 I don't know. People that have got into ultramarathons in the like in their fifties and sixties I just trained a students of mine who's don't mind cause he's shown Stephanie and she's just competing in their first natural miss figure shot. He's 55 years of age. She was a clickable person. Try Not quite kind of Nice placed, eliminate your way and naturally torture. Not just on the courses but face to face those assessments. You invested a lot in all ingestion. She's done a DNA. So we really had a bespoke program. She stepped on stage your first that we showed 55 years of age and just come second in the British championship. Oh Wow. I'm not gonna say she's one, but you know, she didn't have the best genetics. She does have a bigger room and disruption your me, the region in the like, he's actually a mold She's on the teaching that medication from the doctor.

Cain Leatham: 32:28 So theoretically she's working against what we say. But what we did was work smarter, not harder. And we graduated a program. She thought she trained out. Now she knows what our training is. This is over a period of months and months to get her there. Not the first workout. He's a beast in military deck. Doesn't work for anyone. A his wife, Chai can educate you and respectful and empathetic trainer and not somebody who is running, you know, like Seibu chem can some of them maybe well done, but you know what I mean? That's not the mentality. So you're absolutely right, but the people who aren't inside, I goes, no, he's running success. Successful agencies, they've taken that role on next. Right. I know. I'm just, I like that. I mean, I love deadlines. I work hard. Last medium, boom, I go in pumped full of epinephrine. That's great. But as you keep doing that, that is up close to pay. You are going into energy debt. Yeah. I mean it takes a little bit of slow game work with me and if you understand the science of all these hormones, you can go into greater depth and I know that's what you do.

Stephanie Webster: 33:32 Yeah, absolutely. I mean, I can't believe that the training that you gave me had any empathy whatsoever, but if you say it did. Yeah. Yeah. Anyway, so yeah,

Cain Leatham: 33:44 okay. Could you look in, that's all I'm going to say.

Stephanie Webster: 33:47 Genetics, genetics, um, with, with, with clients and it comes to stress. Just being aware of stress is, is helpful. It just increasing your awareness, understanding what triggers it, understanding how you can avoid it and the stress that you can't change and that you don't wish to eliminate from your life. Then we need better coping strategies around managing that stress and ongoing, um, for your, for your mental health as well as your body composition goals. And I'm going to talk about, sorry. Yes, yes. Cain.

Cain Leatham: 34:19 Can I just add one thing to be right in and you understand the mission, what? What are you going on in your life in that moment? It's only initially something I do with athletes if the proverbial to pitch the fat in a relationship and work in watching that and the stress levels go up emotionally. I just want you to see affecting your sleep and your eating habits. You must have the discipline to cycle your training and ease off so you foot off the gas. And I've done this with athletes, Queens, a big competition was talking about young lad, honestly five and a Hearthstone of body fat in seven months. Wow. Combination at 20 years of age.

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Name Craig within the last five years and it was the world championship but for two weeks it was about two months out from the show. So we'd been crane hog about five months.

Cain Leatham: 35:09 You've done amazing, but you can see even getting some news Bernie now sleep is effective. All these classic, what we call overtraining syndrome, <inaudible> syndrome, they often is poor coping mechanisms is poor nutrition. But you had all that in place and you're getting these massage training didn't try and countries what people think. Every day. Train is about to go to four times a week and he was eating 30 while he was supplementing, but still he was taking his time. I am forced at two weeks. I asked how he was, okay you, I'll never be ready. I said, you won't even the show if you don't take these two weeks off. So again, <inaudible> force in the world easily let me die and I was chosen in the world and you've never stepped on stage. That is unbelievable. It's like coming first in the Olympics and you've never even done a kg championships.

Cain Leatham: 35:54 But e d take two weeks off because I told him too, now I can't, being controlling of everyone, you can't be in front of everyone. People need to take ownership again and go back to that word. But they can't do that in an educated. So I'm very much about the education. I don't own clients. I don't do direct debits and standing orders. They work with me because it's an ongoing relationship with many of my clients would become good friends and you know, they can jump into me as in when it's not necessarily I feel an indoor, I need to be speaks cane every day because I'm not really teaching them to be responsible. I need to be individually respectful of themselves. So sometimes 80 off it all because you're pushing on the editor is what needs to be done.

Stephanie Webster: 36:39 I'm going to come onto this final point a about your courses. Before I do that, I will say when when clients come to us, some of them have made excuses for their behavior all their life and the finally come to the point where they know they need help and they want to take ownership and they start taking ownership and they start taking action every single day and then they feel guilty taking that the foot off the pedal. If something comes up, if there's a death in the family or there's, there's some sort of genuine reason to, to, to justify, only take your foot off the pedal because they don't want to be accused of making excuses. And what makes you different. Cain is your clients. The client relationship is very important. Kindness will come to you and say, look, I'm not making excuses, but I do have this massive emotional issue happening.

Stephanie Webster: 1:06:00 It is strategic for me to take a back seat and training and then hits it hard again. Once I've recovered that that's an overall health viewpoints. And as an individual, we all know when we're cheating or, and we're not pushing ourselves hard enough or when we're being a little bit lazy. And ultimately, you know, we have to look in the mirror and know when, when is a good time to to slow down and when's a good time to proceed and your trainer can push you. But ultimately whoever you train with, you are the ultimate authority in your own body and you know what right for you. So, um, yeah, so came the last day. I want to share with our listeners is you've got some amazing courses. When are your next events, when are your next courses? How can always members come up to Birmingham and learn more?

Cain Leatham: Okay let me redeem myself on the London issue . Im very happy to come to London. There is ever request and demand infact some of these chief

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executive groups. Um, I did come and run a, it was a three day event I have been asked to speak into one of the chief executives groups. There's so many of our listeners may be aware of then lots of people there wanted, my blood test wants you to blink 10, 20, the whole, you know, kind of input cause they explained the importance of pre-assessments, individual diagnosis and the prescription being exercise and nutrition, whatever it might be. And then educate people. They got that. But they were too busy to leave London. And then I get that so they put me up and I was above it and they spent three days doing back to back assessments after they went to a specific lab to get their blood tests. I get the results, turnaround gym room in the back, four, five hours now remains to add the blitz done the one day, the next day they were sitting down and getting a full feedback on some stations.

Cain Leatham: 11:11:30 So B, a seminar, be consultations, you know, I've got a car and there's a train station near me. I'm more than happy to come to London and worked for yourself and your clients because you know them better than I know them. But as you said, they know themselves. So there's the losses of, you know, pre questionnaires and food diaries and you know, assessment work to be done in courses, England, one in and Manchester Have Really Been Cayman Islands in the Caribbean. I've, we're living Kuwait and Bahrain, so I'm not scared to travel, but majority of the course I'll run in Birmingham Avalon and start connecting next Friday because you've done that equivalent, advanced nutrition props in the mouth. We look at all this index and I have three people actually coming up from faith central London. In fact, I'm so they stay over. We host them in a hotel in the woods.

Cain Leatham: 40:07 Um, so there's a nutrition course start in next Friday, probably a bit late notice for that because you understand the pre study. All of my courses definitely will be aware I'm paying debts. I don't do the turn up pass. I don't do the tick box as they call it quizzes which are also covered in industry multiple choice. They full written exams, the written paper take several hours. Then you'll have a practical consultation. Then you have a presentation research topic to do so please be assured people if you work with anybody that I've trained, Stephanie Webster's, probably gonna book. These people do know their stuff and they should be respected in that. They have that diploma and I do have the diploma in personal training starting early next year, beginning of February. At the moment we're looking at, and then we have to advancements on that switch is the advanced personal trainer course.

Cain Leatham: 40:54 We are for your bud sports nutrition qualification, but you also bring over that to legends in industry, real authorities. Monica Dogan and as you will be aware, he worked in the gray udo Erasmus, Stephanie, myself, met him years ago. At the seminar, he is considered a Dr fat rope. We just finished the book fats that heal fats that kill. Uh, and I've had the absolute pleasure and honor of studying with these people. Paul Chek, Charles Poliquin, who recently passed away or pharmacies in their area. And that's what I love to share the best cause I don't agree with everything they've all said, but the best of what they have said is just it makes sense to me. So when they'd been Birmingham and you know, we provide the, well you pay for that. We provide the accommodation on site. Everything's arranged. We do master classes. I'm more than happy to get a venue, get an audience. Oh, presentation I jumped on the train came

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Stephanie Webster: 41:46 Cain, That's amazing. So your website is GB fitness.com. So if your, all your courses are listed there and all of your events are listed there. So thank you very much for coming onto the show and sharing your inspiring insights and helping urban health and keeping busy people healthy. Thank you so much, Cain.

Cain Leathem: 42:09 Thank you very much you all. Thanks for listening. Thank you Stephanie.

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Episode 64: COUPLES FIGHT OVER FOOD. Spouse unsupportive of your fitness journey? Let's talk to Relationship therapist Lorraine Bacon. Interviewed by Stephanie Webster Urban Health Method.

Stephanie Webster: 00:00 Well. Hello to everyone and welcome to series two of the Urban Health podcast, keeping busy people healthy. I'm Stephanie Webster and nutritional therapist in Harley Street, London, specializing in fat loss, gut health and hormone optimization for busy executives and entrepreneurs over 40 today we are joined by Lorraine Bacon who has been a relationship therapist since 2009 after completing her BA degree in person centered therapy and mental health. She has worked with addiction as a therapist offering one on one and group therapy specializing in psychosexual and relationship therapy. Since completing her diploma in 2012 she offers individual and couples therapy. Lorraine thank you so much for coming on the show.

Lorraine Bacon: Oh you are welcome.

Stephanie Webster: So tell us about who you are and what you do.

Lorraine Bacon: Well I am 51 year old single mom of two adult children and a, as you say, I've been a therapist is 2009, Um, and I've, I work with couples, I work with individuals, whether it's a signed page sexual and we have all different subjects. What comes into their relationship with causes problems.

Stephanie Webster: 01:15 Okay. And what drew you into couples counseling?

Lorraine Bacon: 01:18 Well, when I was doing my degree, um, I always was passionate and interested in um, relationships and sex. From doing a little bit of research, I was aware that there wasn't much help and support add there for couples. So, and also my personal as well, I was in a long-term relationship since I was 15 and a half. And I'll note in the my personal relationship that is changing of changing as a person and it's just something that I was really drawn to and I've just saw it was advertising in the, uh, magazine for peer magazine and I went on to do the postgraduate diploma in them.

Stephanie Webster: 01:55 Wonderful. And what sort of couples do you help that you, I know you've got a reputation for being outstanding at what you do. So what sort of couples come to you? What do they look come to you for?

Lorraine Bacon: 02:08 Well, there's a variety of things. Sometimes couples come when there'd been a betrayal or there could be like a sexual dysfunction that's playing out, which then triggers a lot of insecurity, a lack of intimacy or communication breakdown. So variety of things. And also if they're trying to work through their sexuality, um, uh, things can change them and they start getting to know their true self, but also couples come together. I've worked with people with addiction, uh, which has caused, um, conflict in their relationship.

Stephanie Webster: 02:44 Let's talk about addiction. So what is the root cause of addiction and what happens when you've got one person who's addicted and the husband or the wife or, or whoever it might be isn't addicted and they have to deal with it? It's quite a difficult challenge for a couple to face.

Lorraine Bacon: 02:58 Oh, absolutely.

Stephanie Webster: 03:00 And it's getting to stage education there and it's happening. The other partner, the partner's not an addict to be willing to look at things differently, um, and to be educated about addiction. That is not something

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that people choose to do. It's, it's, uh, it comes about and it's looking at the root of what the, the addiction is, what the cause in it there. And it, it could be like in regards to a disease when people look at as a disease. So it'd be like not allergy. I, if somebody has, I call it triggers the off and the allergies of, but also some people can be addicted. Uh, but that doesn't mean they're, they've got that deep, deep rooted, uh, addiction through its playing out. It could be, it's, it's a behavior that's helping them to survive something that they're not happy with within themselves or within their relationship. Yeah. And is it true that once an addict always an addict or can it be cured?

Lorraine Bacon: 03:59 Uh, from my personal opinion, there's a big variety of that. Uh, if you look at the 12 step program, they see it as that you said disease and it's fixed and you can't be, be cured. And it's a way of intimate in sobriety, attending meetings, uh, and following the program there. And not to add any mind altering substances, referees, alcohol, drugs, uh, cause that can trigger that off. And also there's another variation in my point of view and that based on past experience with working with some people that they'd been able to go on. And after many years, they've been able to have a couple of glasses of wine and it hasn't triggered it. So for me it, there's a real into, there was a real conflict. That's, there's one approach. There's another person, I guess to me, I'm, I, I've worked on both sides. I've worked with harm reduction and reducing and I've also had experience with in the 12 step program. And I guess for me, I, I, there's a, there's a bit of bug thing that I see. No, I, I do, I can see that they, they can, can be curated. They're not always going to get an addict.

Stephanie Webster: 05:06 And is it genetic? There's an argument that it's genetic and that, that we're born this way or some say that were made this way, we were socialized and cultured into addiction or what's your view on that?

Lorraine Bacon: 05:19 Yeah, that leads the big question. And that is the thing, what goes around that's actually what we're, where is generic? It's looking at nature or nurture. Um, it's all been based on what experience of working with people that become addicts of abuse or substance or behavior. And like I say, it's not substance can be a behavior. There's a lot of like sex addiction, food addiction, shopping addiction. And they could have learned that from my role models or maybe it's just something they've learned as they've got older and they've implemented their self.

Stephanie Webster: 05:53 And what happens in our program is one person decides to change their life and stop to rebuild and start to work on themselves, get rid of any addictions, lose some body fat, get healthier. And if one couple at one part of the couple is pursuing that and the other isn't, they can cause arguments when there's a change of values and a change of priorities and change of actions and behaviors. And now we're buying salad and not burgers. And now we're not, we're not going out anymore and, or we can't drink anymore. We're not smoking anymore. So a lot of the social bonding starts to leave. So when you've seen that in couples, um, how do you manage that?

Lorraine Bacon: 06:40 And like I said, yeah, that does come up though, when there's one person pursuing one goal and it's not what the other person wants to do. And I suppose there is working good communication. It's being able to implement the quest for change. What a realistic and expecting their own separate boundaries the actually this is what they're choosing to do in their life and that is

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not to have an impact on the other person's life. And he's working on acceptance and he's working on respect. Um, cause when I work with couples it's highlines and then there's their world separate worlds and the relationship they share together and then it's what they bring into the relationship. And sometimes what the other person or each parents for bringing their relationship may not sit right with them. So it's about best of conflict and being able to come for, to cook, like cooperate, negotiate and look at roles. And that if one person wants to have solids and they are not actually imposing that onto the other partner. So he's looking at communication and putting forward that requests and boundaries there.

Stephanie Webster: 07:45 Yeah, it is a question of boundaries. And what do you do when you have a partner who's trying to coax? Oh No, it's all right. You can have a drink. Just have one go on, have him with me like the old days when you actually have somebody who wants to coax that person back into behaviors that no longer serve them. It's a question of boundaries and a respect and, and then the argument comes up, well if you really love me you'd let me do whatever I wanted to pursue. And the other one says, but if you really loved me, you'd have a drink with me. And then it just goes into that. So how do we deal with that?

Lorraine Bacon: 08:16 Yeah, that's, that's sort of, that's quite a manipulative and there's a lot of manipulation, um, within couples, uh, who have choose to change their life, implement new things into their life. When I hear that, it seems like it's got peer pressure the way I'd work with couples and that partner that I'd be getting into. What's going intention or what's going on for them? How are they feeling about their partner making these changes? A lot of it has come up though. I would say that said there's a fear, there's a fear underlying and the fear of this person, this making these change into this self is going to maybe not want partner anymore. So it triggers them to want to all now how to drink because it's coming to make them feel better because there's a, there's a fear that if my partner continues and they change and their confidence change, they may see me differently and a lot of that plays out that actually I might be rejected. I might not be enough. So it comes from a place I just don't know how to drink it has a drink with to make them feel cause there could be some fear that's playing out.

Stephanie Webster: 09:24 Yeah, absolutely. Fear of change, right?

Lorraine Bacon: 09:26 Yeah. Yeah. Or fear of losing their partner even though this, like I said in assumption because his partner is making changes and it could also be fear of what they like about that person. And some couples, they liked the shape of the, their partner's body as it is. They don't want that to change cause it's going to have an impact on their, their attraction to them and their sexual desire and their sexual arousal and then not wanting them to change their body shape.

Stephanie Webster: Its difficult .

Lorraine Bacon: It is difficult. In my own experience when I was, um, I've been different body shapes throughout my life and I'm probably the smallest I've ever been now at that affects my best, my waist, my hips, everything. And as long as I'm happy in my own body, I don't really care about, um, what my partner thinks. And, uh, I don't have a boyfriend problem. I've got a marketing problem. So it, when I was bigger, I needed someone who loved me, who liked bigger. And when I'm smaller, I need someone who loves me, who likes smaller and appreciates me for what I am and does not expect me to be something that I'm not. And I guess that's the goal of unconditional love, which we're all seeking, I guess, um, to love without

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expectations and be loved in return and just to be loved just as you are. And, and uh, yeah. So for anyone who's feeling uncomfortable about the, the, the bodies and the, they want to make a change but they feel they'll let their partner down. Well you have your own life and this is your body and it's your responsibility to look after your, your own happiness and your own health and you, you come first. And that sounds selfish, but it's also essential.

Lorraine Bacon: 11:11 Oh absolutely. And that's what I do. We've capitals or even I'll work with somebody individually if they're becoming comfortable and they're more confident in themselves in the couple as well. I look at actually what, where is the line, you know, is there a deal breaker? Cause sometimes if the partner is not able or willing to change their thinking or to be respectful and encouraging of their partner to reach the goals they want to, which makes them feel better than it sometimes relationships do. Doing. Just from my experience that I was with my, my husband from the age of 15 and a half and we used to give them for 28 years. Through all through all of that time, I changed my goals changed. That's when I went on to do my studying. And it played out in the relationship because my husband, based on my experience, could see that I was grown in confidence, in the goals, pursuing my own goals, my professional goals, and that called, uh, see it in his world.

Lorraine Bacon: 12:17 And then it comes conflict to land there. There's a lot of conflict, a lot actually. I kept saying my band dude. And that's what I see in couples is actually looking actually what are, what's acceptable in your world and what's not and, and, and sometimes the reality is that the relationship has changed and that they're, they want different things and there could be an ending. So then I worked with couples being able to bring their relationship to close with an appreciation of what it has been, what their books, especially if they'd be children. And that's when I work with couples. I staff within, actually, I'm here to facilitate, but I'm not here to be able to say that I can fix your relationship. It may be that actually you're, you're different people, you're changed and you want different goals. And sometimes those, those goals of so different that they, they're in heading in different art directions.

Stephanie Webster: 13:08 And we often stay in relationships when we know that over because we're attached. And uh, and that's really sticky. Why do we do that?

Lorraine Bacon: 13:19 Yeah, well that sort of started back this self-esteem, self-worth and self-confidence and co-dependence. And it can be a lot of stuff. The we'll need stuff from no role models. They'd code those. And is that even then there's certain bits I'll get that, oh, that was really good. And that really worked. But they lose sight of what's not working. And that's what comes back in the, in the fair ropy and you can see the conflict play out and it's like awareness, but it's really frightening. It's frightening sometimes people, but that's what I know of them. I've got to stay with it. It's comfortable with familiar, it's like addiction, you know, they stay in that, that addictive behavior because it's familiar for them to come off of that is scary and it's risky. And, uh, but that's, that's, that's the change that people really struggle with.

Stephanie Webster: 14:10 There's this balance between having your comfort zone being pushed in order to grow and also retaining some familiarities exactly why my clients, when they're building a company or they're getting a divorce or they're going through a big massive change, they returned to food as their way of having

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some sort of bizarre control, even though they're out of control or having familiarity and then they come to seek coaching to be held to a higher standard to, to maintain themselves during this difficult time. Uh, but when we speak about boundaries, it's not just between a husband and wife or, or a couple. Um, it's also between mother and child. Often I see that a mother will sacrifice her own needs for the benefit of the, of the children and, and, uh, sabotage her goals as a result. And the idea of going on an airplane and putting the oxygen mask on yourself first before helping others is one that I feel from an insight point of view, mothers struggle to embrace that concept more than, than any other, uh, title. Do you agree with that?

Lorraine Bacon: 15:24 Oh yes, definitely. That's the, that's a. A metaphor that I use as well, especially with my work. It's about self-care and then they, oh, they want to be carers and there's a lot of rescuers, especially if they're, if there's a, there's um, where an addict or they've done something if they've been in the far or something in the relationship or in their world, but there's still shame and guilt that they then over compensate and they want to put the other types of birds and rescue and rescue, then they lose sight of their self-care. Um, and I guess also when you sign about mothers and daughters, and you said over one as well about unconditional love that we're looking for in a partner, uh, intimate, romantic partner. And that's one thing I'll say with my couples, that couple partner is unfunded, is conditional, but we are not, we do not find an unconditional love as a partner.

Lorraine Bacon: 16:21 They do bring conditions in these, those conditions. It's called conflict. And whether we can work through that together, young, young, conditional relationship that a human being should ever experience. She'd be from their, their parents, from their mother and from Mesaba which dunks get. And that's not always the case and that can cause a lot of uh, uncertainty there, the low self worth. So have sent all of them and they're going to adults become quite needy and then get into relationships which are codependent or get into addictive behaviors or haters itself soon to make them feel, feel better cause it's overwhelming. So that's the really tough thing when I explained that to me that our relationship is conditional and it's been able to work from those conditions and sometimes become,

Stephanie Webster: 17:13 so I've been saying that for some time but everyone says I'm cynical that that relationships aren't conditioning. You know, it's tough. It's something me and it, that relationships are conditional because I love you or condition that your handsome, beautiful, that your successful, that you'll in shape that, that your um, you know, you live in London about your yeah, all these different conditions and as long as the conditions match and they're easily serviced, then that's fine. But, um, often I'm accused being of being cynical but I'm not right. Tell me. I'm not, tell me I'm not cynical.

Lorraine Bacon: Well, no, I'm the same. I a single woman Nan, right?

Lorraine Bacon: 18:00 All I'm trying to, I know what are, what I want and what I don't bond. Um, so oncoming with conditions I'm all conditions are that I need somebody who can be working. Um, I need somebody who's, uh, quite confident in their sales cause that's all part of what I find attractive. Um, but also there's some conditions I'm flexible with as well. And I suppose that's looking at what, you know, what is accepted and what's not acceptable and in relationships, if someone's coming a net, I would say if they're addicted and that's, that's, that's crossing the

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line, that's not acceptable in my world. That's my lie condition. I don't want to be with somebody who's a, and you might want to be with somebody who, who doesn't live in London or don't live too far away. So I don't say, I don't see that cynical. I see. That is, I'm pretty confident you know, what you want and what's acceptable. Um, yeah.

Stephanie Webster: 19:02 Well I'm glad that you've taken the opportunity to pitch for a love interest in your life and anybody listening can kind of contact Lorraine. If you're interested in her criteria, you might get more than you bargained for. That's fine. We're talking coping addiction being a coping mechanism for stress or we've learned that behavior in order to soothe ourselves. What healthy coping mechanisms do you advocate for your addicts to change into more healthy states?

Lorraine Bacon: 19:35 Yeah, so what we look at when, when I'm working with somebody is an addict to make stop in the substance is looking at actually what can they put in place cause there's going to be an ending. Cause the way I work with people with a addiction and with it, it's a relationship they've got this relationship with and they've got this relationship with drugs, they've got this relationship with food. And I get them to look at it from that point of view. And it's a, it can be an abusive relationship. It can take their money, it can take their health, it can take their relationships, their family and friends and their job opportunities and their choices in life. So I acknowledged, and I say actually when this relationship with this substance of waiver kind ends, there's going to be an ending. There's going to be a grieving and it's looking at what you can put in place.

Lorraine Bacon: 20:24 And if they go down the 12 step program, they can go to AA, CA and AA meetings or fellowship meetings. They can find a sponsor there. And I can go through the 12 step program for that, implementing that change and working for some real deep rooted stuff there. Or they can go for other, there's um, drug and alcohol services, but they help in boot work. Looking at home adoption, looking at alternatives, looking at consequences is bad, you know, implementing changes, however, they have to have the willingness and the courage to be able to do that. And sometimes that's the really difficult part.

Stephanie Webster: 21:03 Now, the big topic of money, when one part is investing money in educating themselves, investing money in personal trainers in, in diet and nutrition and, and coaching and, and, and the, the other partner's left feeling role. There's a lot of money that we're investing and how, how do we deal with money? Why is money such a sensitive topic?

Lorraine Bacon: 21:27 Yeah, well it's, I think they've made it and I think is back. I don't see, it's not a bad money, I would say the songs in that's playing out under there, but it's a, they're just bringing the money or the, you know, what is it that you really, what's going on? It could be some resentments, it could be some frustration. And again, it could be some fear, but they're bringing in that actually this money, you're using this money. I feel that there would be big stuff in there, but also money's important. If they've got, you know, debts they've got things that they have to pay, then that makes complete sense. But really if, if they're comfortable financially and the person's just going to be all about the made law, use this money <inaudible> else not sit and write it don't, it's not about the money, it's about something else. What's not being spoken it like the elephant in the room.

Stephanie Webster: 22:20 Yeah, I guess it's about shared values. I thought we were an item. I thought we were together. I thought we were of a similar tribe or similar

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thinking that we shared a common interests and common values and if suddenly the priorities have changed and then one person has on one person hasn't and that can cause a rift. So sometimes we have cases where a client no longer feels tractive so they withdraw from physical intimacy with their partner. How can the couples support each other through this ?

Lorraine Bacon: 22:50 either type of sexual relationship therapies, The way that I would work with that there, I would actually put sex to one side. Um, and so they can focus on building their intimate communication and then bringing in there, the program from the same site focus program. So that's about sensual touch, uh, in connecting their bodies in that way. But it's a really slow program, but it's working on intimate communication to start off with. And then there's no rush with that. And it's at that person's pace who's not feeling confident in themselves.

Stephanie Webster: 23:31 And it's about loving yourself and believing in yourself. And if you're comfortable in your own skin, you automatically emit a confidence then that's very attractive.

Lorraine Bacon: 23:43 MMM. Yeah. Yes. I'm not sensate focus. We can just with a capital's says self exiles and they do, they failed. So they, they see their relationship with their body, getting to know their body, what they like, where they like being in touch, what's, what's, what feels nice, what doesn't feel nice, what they'd like more of say the back. Yeah. They're feeling confident in their body in a essential way.

Stephanie Webster: 24:10 Lorraine. So let us know some tips that you have. How can we communicate better as partners and in general?

Lorraine Bacon: 24:18 In regards to communication or the real, uh, but it's called a Margo and it's starting to crossing the bridges. When I've worked with couples, I've getting into imagine that there's uh, a bridge between them and um, only one person possible at a time. So this is working on their empathy and it's the active listening seem to receive. Uh, sometimes it's really hard to, the empathy, it's really hard to implement the relationships cause they're all, they both coming up with their agenda and they get triggered or the Necros in the law space working on that. So it'd be working with active listening and repeating back what they're hearing. I contact a lot of communication is body language is working on appreciation. So I have an appreciation so I encourage them even if it's to start off with, you know, I appreciate that you brought me that cup of tea in bed to small mean just really slow it all down.

Lorraine Bacon: 25:15 Um, also there's a a dialogue wheel, so it's a guide that they can use and is talking from the eye. Cause the moment they'd come with, you've done those things, don't let you've used all the money, you want to change their eating plan here. It just sets up for like a conflict attack. So I invite him to talk to me, I, and that if a dialogue will, but then you can get online if you Google it in and you can use it as a tool. Uh, but it will feel unfamiliar to people because they've had this dance, the waivers for buys, their relationship and communication. So it'd be intimate in a new way of communicating.

Stephanie Webster: 25:51 Lorraine, I'm smiling because I have experienced the Margot model in couples therapy myself and I found that to be profoundly difficult. Um, it's so interesting. I speak, he repeats and he repeats something similar to what I said, but with a different different meaning. And then I did it the same also. And it's just what you hear and what you perceive and what you relay back is so

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different. And it's amazing how words and communication has lost along the way and, and how things can be misconstrued. And this is funny, isn't it? Because you're with someone for years and actually you're not communicating at all and you think that you know the person and you think they know you and you think you're expressing yourself clearly, but they're not, and versa, of thing they take ownership there. And it was a very difficult. Emargo model.

Lorraine Bacon: 26:54 There is a lot of assumption come out When we're to people and couples are talking in pair and im at there this time comes I'll come in and I know that's an assumption. That's not facts. I'm assuming that, um, but that Margaret is, is he said practice. It's not something that happens overnight and that's the empathy, being able to be in that other person's world, uh, without bringing your opinion, your judgements, trying to fix solution. Um, but also you're, you're being too good you not hearing what you're saying. They're hearing what they think you're saying. course, I take ownership there. It's not about a blame here. It's just a mutual tough, tough exercise.

Stephanie Webster: 27:31 Yeah. Or when you're being criticized for parts of your personality that actually you quite like and you want to maintain anything. Um, but also, um, the Margo model though and couples therapy can be quite heavy and it's very, you know, do deep, dark, intimate space. And often couples lose, uh, lose sight and they think, well, you know what, when we fell in love, we didn't talk about these sorts of things. It was all hormones and endorphins and maybe we should get back to that, you know, I mean, we're not going to find a solution in these walls surrounded with this a Margot model. It's really awkward to implement and it's also heavy and does love and excitement and, and it come come after a couples therapy or is it really the beginning of the end? I know that's something that's going through people's minds, so that's why I'm asking you.

Lorraine Bacon: 28:27 Yeah, that's cool. When you first meet somebody you signed by the hormone, is that when you say come together with somebody? The oxytocin, the docents down round in the brains, it's called the rose tinted glasses. It's like being on a substance. And that's when people spend the most craziest things that go the other side of the world to somebody they've never met. But after time that all those chemicals settle down, the rose colored glasses come off and then you start seeing the person as they've always been that way. But that's when the patch struggle comes in. So you get irritated and frustrated and it's being able to work through that Nestor and you where couples would split it up a bit. He's been able to work through that and excitement and passion can come back in into it again. But it's, it's letting go of where it once was and embracing the new people that you are, um, and respecting and looking at things you do like.

Lorraine Bacon: 29:20 But then again, it doesn't always work out like that. Somethings is defective. No is, it's like I don't feel that they're, uh, and I think that's where I really look at couples. And what is your deal wasn't what's the deal breaker and when they're communicating as well. Uh, I encourage them to be open and honest, but not abusive. So it's being able to be open and honest putting forwards with class, but not to set the other person up to fail or the relationship up to fail. But something that's where it comes to lie. Actually, we are on different pages.

Stephanie Webster: 29:55 Uh Huh. And it's often hard to, to do that when you don't feel safe in the relationship anymore. So when you start out, you feel safe, you can say anything you like and then eventually small resentment starts to build up and

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you no longer feel safe that you can be yourself in a relationship. And that can be quite, um, something quite monuments to come back from particularly often for nursing.

Lorraine Bacon: 30:20 Yeah.

Stephanie Webster: 30:20 Anyway, you know, it's difficult. Lorraine, thank you so much for coming onto the show that has been deep and meaningful and you've given us lots of insights there. Some, some that are, I'm sure someone at the my list is, would prefer not to acknowledge, uh, because they like to have a rosier view. I guess. You and I have seen so much of life that we've got different perspectives though. Um, we're not a spoon by Disney. And, uh, and the fantasy of that.

Lorraine Bacon: 30:49 This is my first ever podcast, so, and he's been a great experience and thanks for the opportunity. Wow. I didn't realize it was your first podcast. Well, thank you for coming on

Oh, you're welcome.

Thank you. Okay, great. Thank you, Lorraine, for helping the Urban Health podcast and keeping busy people healthy.

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Episode 63: IS YOUR PT HEALTHY? Health professionals are humans too. We are busy. We need to be healthier. Jacob Holmes, dancer, boxer shares his challenges. Interviewed by Stephanie Webster Urban Health Method.

Stephanie Webster: 00:00 Well. Hello there everyone and welcome to the Urban Health podcasts, keeping busy people healthy. I'm Stephanie Webster. I'm a nutritional therapist in Harley Street, London, specializing in fat loss, gut health and hormone optimization for busy executives and entrepreneurs over 40. Today we are joined by the fabulous Jacob Holmes who is a teacher, professional dancer and personal trainer working and living in London. He could just children from the age of six up to young adults and students with learning difficulties. He has danced around the world for brands and artists and he's also a PT at London Cobox, which is where I met him. And his Instagram handle is at JP home. That's h o l m from Mikey e eco. Jacob, thank you so much for coming onto the show.

Jacob Holmes: 00:51 Oh my pleasure. Thank you for having me, Stephanie.

Stephanie Webster: 00:54 So Jacob, we met in cobox. We had, we had a very sweaty meeting. Um, and one of them, I've done two of your classes now. Um, I have to say 10 minutes in, I thought I'm leaving. I can't do this. I'm not, I'm not big enough. I'm not ready. It was just so intense. It was more intense than any other class I've done in cobox.

Jacob Holmes: 01:14 I will, thank you very much. I like to keep them in that state as long as people do stay in the room.

Stephanie Webster: 01:22 Yeah, I have to say I was really concerned I wasn't going to make it through. And then something happened. You got into my head and all of my primal instincts just fight that bag and execute the moves just came in and I just allowed you to enter my psyche and just take over and you pushed my body in ways that I've never been pushed before and I just loved that you really brought that five to spirits out of me, which is wonderful. So tell us a little about about who you are and what you do.

Jacob Holmes: 01:53 So, um, yes. My name is Jacob Holmes. Uh, I'm a professional dancer, a fitness instructor at the personal trainer working and living in London. Um, uh, I met Stephanie from teaching a class at cobox and she actually destroyed it. I'll put that as a little side note in there as well. Tapping into that sort of instinct. It's, it's it well that firstly just communicating and it's just getting that connection. But you, you have to connect with the people first and they have to trust you for you to be able to take them there. You know what I mean? And we don't have a lot of time to get that established, but that's very, very important. You have to be everyone's friend, but you have to be everyone's friend in there because everyone is in that vulnerable state. Um, yeah. So I don't, I don't, I don't, um, have any specific tools that are, as, you know, I suppose I do, I'll use, oh, I see.

Jacob Holmes: 02:48 No, I, I can't, I can't really put it down to a specific, uh, tool. It's just getting that time with people. I'm just saying the right stuff. Like everybody's been on their journey, the journey of that day. Like they had a word with themselves at some point to get them to sign up, to go to class. So they sent the right stuff to themselves already. You've just got to remind them of that. Yeah. And An talk by going off of what they've already taught, you already have that connection. Whereas if I just go with my life, black and white, sort of cookie cutter

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sort of Spiel that will just throw everyone who's not going to stick. Whereas you can tune into their story and their way of thinking and just connect with them and get pretty much then to get into that state themselves by just highlighting a few thoughts and quite light in a few things that they've had throughout their day or throughout however long it's been.

Stephanie Webster: 03:43 Yeah, absolutely. And, and, and when you work out every day, having that extra inspiration and motivation is really critical because it's can't all be self-driven. So thank you so much.

Jacob Holmes: 03:55 Oh No, of course. It's a pleasure. And I get the biggest, and this is whether on whether I'm teaching kids or whether I'm teaching adults, whether I'm teaching dance or whether I'm teaching whatever the, the, the circle that we're in, when I see people leave with that feeling, this is the best fit, this lists, this is what gets me up in the morning to go into again and all honesty charges me up to their knee, type that energy into my own training sessions as well. So it's both, both, both ways really. I get a lot from it as well.

Stephanie Webster: 04:28 So let's talk about your own training. So you're in your own training, you'd like to dance, you like boxing and you like different aspects of fitness. So what drew you into dance and boxing?

Jacob Holmes: 04:39 dogs? I've actually been doing my whole life. I was very lucky to, my mom was a dancer. She was a freshman dorm. So working and performing in London, similar to what I'm doing now. Then got to a certain point where she wanted to train her life. So she moved out of London and stopped with the dog school to teach young students and get them into and give them that gift as well. I was there, me and my sister were both just always in the CGO. She was what every day rather than me be away from family and away from people or something like that. Uh, I'll let you just take me into words with her and all without the have someone day in the studio looking after me. Um, if I'm too young or when I sit down, I got to a certain age, uh, where I could to it him, it was um, straight onto the bat, straight into <inaudible> idea that just stayed consistent my whole life really is, I saw it.

Jacob Holmes: 05:33 It's funny, I was <inaudible> even this morning, it's very therapeutic and it's got so much more than just physical activity with it. Obviously physical activity have that in general across the board, but don has it a little bit extra because you sort of tune into your emotional state at that same point at that same time as well. So you can hash any emotional troubles you got out through your movement, which then tunes into the roots of endorphins and all this sort of stuff. Then which comes with rustically moving. So yeah, Dance is has been consistent my whole life even when I've not been so consistent with it. So when my training has slacked or when anything, when I've just not been 120% focusing, it's still been there and it's still helped me out in life. Boxing, I did loads of different sports as a kid. Dance was the only consistent one, but I was in and out of basketball.

Jacob Holmes: 06:24 Um, and in fairness quite high levels as well in and out, basketball, in and out, football and then out of rugby and boxing as well. boxing was just one of the ones I picked up and then dropped as a child and then eventually I actually started at Cobox's and receptionist. So I was just welcoming people in making shakes and stuff like that. Well, always had a passion for training, strain, got talking to Shane. He was grateful enough to give me the opportunity

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once I got qualified and stuff. And then the rest is history where I started teaching at Po box and yet that, that as I started to get back into the teaching, my interest in my lots of boxing like flared back up, um, as it were. Because the more you look into it, even though it still seem, and even though it feels just like punching it back, the more you look into the sweet times, there is so much to uncover. And I'm a bit of an obsessive person like that. When I find something that interests me to that level on 120% going down, going full goals somewhere.

Stephanie Webster: 07:21 So earlier you mentioned that dance, you involve emotion into the movement. It's not just like other exercise where it's not so emotional, but dance is a very emotional way to move. And actually so is bulk boxing. And my insight with my clients who collect would declare themselves as emotional eaters have benefited greatly from working through their emotions, through dance and actually through boxing also either through anger in boxing and uh, and the freedom of dance and that emotional connection and moving through your emotions has been very therapeutic for them. I think that's why you inspire your clients so much because you have this presence about to and off the class, the, uh, the club, the clients come up and asked you questions about diet and nutrition and exercise and you give them all this amazing advice. And then we were having a conversation how PR fitness professionals, we give all this advice and then do we even follow it ourselves? So tell us a little bit about that.

Jacob Holmes: 08:26 Yeah. Um, I mean they just definitely pulled me out as much as, I mean, as anyone living the London life knows and understands how it comes on holidays to keep on top of your like best habits to keep you at that <inaudible> state. Um, but yeah, as I said already is one of the top of screens, especially when they're working the like the crazy hours and the long days. The biggest thing for me, my way, always priority number one is sleep. If I, if my sleep pattern is messed up or if I'd be like I'm lacking in hours then, then I could feel the deficit five throughout my day. Um, more than maybe anything else I'm holding if I've got the right from sources or anything like that. Sleep really does have to cleanse the one for me. So as long as I stay on that, I'm all right how I, I call him say that I don't let things slip every now and then. Simple things like putting my weaker food plans, I thought that I might get in the right foods at the right times to give me the right energy to get the maximum out of these activities.

Stephanie Webster: 09:37 It's tough. And so I, I've, I've come across this a lot where fitness professionals should practice what they preach and they're advising clients on how to optimize their health. But the long hours that we work and we barely get chance to look after ourselves. In a lot of these gyms or underground, you're in in darkness, you're working 1112 hour days. Often you start at 6:00 AM it's really tough. So you've got some tricks that you do to keep yourself healthy. You always carry water with you wherever you go. You've got protein in your bag, you've got supplements to carry with you, and these are the systems and the healthy habits that you've put in place that can inspire your clients to keep themselves in order to, so the things that you carry in your bag and wherever you go to keep yourself in order. It's just a question of sticking to that I suppose.

Jacob Holmes: 10:29 Yeah, I'm definitely, and I suppose that that all boils down to just preparation. It's about, for me personally, it's about my morning routine. If my morning routine is correct, the rest of the day is easy and easy at optimal. Actually, my morning routine is correct, so I'm up immediately drinking water. I stretch and

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meditate has done something physical where I'm just getting my body moving. Getting the blood pumping, I'll normally fast as well. So I won't have anything to eat. No, no coffee's, no nothing like that in the morning. Have a nice clean walls class, I need stats. Correct. And that's well then the rest of the day is easy. However, the morning routine is only perfect when the evening routine is correct. So once I've prepared and set myself up in the evening for the perfect morning. So, um, yeah, for me it's all the school about their morning routine.

Jacob Holmes: 11:19 But you have to get that right the evening before. Like make it easy for yourself to set yourself. Okay. You need boots are meetings when you wake up, have that in the fridge ready to go. What else is there? Like if you, if you train straight away, is your training gear all your beds. So as soon as you get out of the bed, you can just put your gear on the way, put the running shoes on and you can get out and immediately start your day. That is the key for me starting the day. If you don't start it because most car, um, and then a single plenty, but obviously it goes back into preparation as well as having stuff in your bag and having snacks with you all you eat and your sugars at the right time. It's for <inaudible> at the right time to give you the best benefits. Yeah, well we're, we're very lucky in this sort of day and age to have, be able to get hold of this information. But sort of on the other side of that coin is, is so much information to find to me to find out what's perfect for you. And so it's about building your habits and building your habits to make them behavior.

Stephanie Webster: 12:22 Yeah. Well, absolutely. Without, it's actually what we teach in Holly Street in my clinic is how to take all of the health advice and decipher what's useful for you and what's not useful for you. So it's all advice and most of it is good for someone. But is it good for you and your digestion and your mental state and your lifestyle and your choices and your value system and your religion and your allergies. And your intolerances. We are all individuals and health is by prescription. And sometimes it can be very confusing and frustrating when you try a few things out. Quito, Avocados, coconut oil, carbs, no carbs starts, you've got refined carbs, no processed food, no alcohol, no coffee. And it can get very overwhelming. So coffee for some coffee for some is fine. Coffee for the other people isn't fine. So it's just a question of learning how to create your own healthy, a map that you can follow on a day to day.

Stephanie Webster: 13:17 And that's exactly what we teach actually take up. So, so what have you observed in colleagues? Because I've dated is that the fitness industry is now gone wild and the hours are longer, the expectations are harder. And I've seen trainers do things that they've never done before. So when they started their training and they're on the athletics track and the eating clean and living well, and then they come to London, they become trainers. And to keep up with the crazy schedule they're going for red bull coffee and other bad habits. And sometimes even giving up their own training. Is it because they know that all they need is a couple of days and they can get back them themselves back into shape because they know the shortcuts. Are we relying on shortcuts now? So tell us about that.

Jacob Holmes: 14:02 Yes, definitely. I know I have to admit I'm a big sucker for this because once you understand and know the Wilcox and you see how to use them, then you're like, okay, well I know that there is kind of like a safety net box. I'm also quite harsh on myself as well and I'll be like, I can't let myself get into these as

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excuses. So I asked that if I'm not known that, oh, okay, I'll call six crossings today and I'm going from my first one to six and my last one <inaudible> and then tomorrow I'm up again at six I have to let me know in this information I've already be given. It has to be funded by something like, okay, I know this is happening now, so what do I need to do to set myself up for that? Sometime there falls into, okay, I've had seven days of nonstop for six to eight every day, then you can take three days to recover and I know that that feels like, oh yeah, well I'm just feeling the like my energy back up. But you know as simple as that, it's not just use it and then you fill it up when you need. You need the constant repeated time in sleep, like letting your body have that time to rest and recover properly.

Jacob Holmes: 15:15 But if so true, its true is when you take that step from being trained to trainer. I, I don't, I don't know where it, where it happens or why it does work. Whether it is the focus change, you think, you know, I'm not focused solely on my selfish like drive and push and me being better. I have to open by thinking and open that understanding to more and then, yeah, maybe in that time that you'll do, you were looking and thinking of others that you think of yourself maybe, but again, if I'm being honest with myself, no, I'll turn around say you should be able to do it both.

Stephanie Webster: 15:50 I know you're very hard on yourself. And I actually love your honesty and your authenticity. And a lot of people can relate to that right now. And I, in my program, I talk about developing the athletic identity and those who don't consider themselves sporty. So most of my clients have been sitting through all of their lives and they're coming to me overweight, tired and exhausted. And for the first time they're connecting with their bodies and exploring movements at all in any form, let alone a sport. And, and reconnecting with that. So the trying to waken the athlete within and we develop that identity for them where they start to see themselves as athletes, not as people who are past, it's old and, and overweight and cause how you see yourself as how you behave and what shocks me. Yes, yes, yes. And, and what shocks me is when I see fitness professionals who are here to inspire us and, and, and, and lead their athletic identity isn't, is on their fingertips. So if they let that go so easily, what hope has the normal, um, amateur athlete goals to connect with the, with the athlete? Am I making sense?

Jacob Holmes: 17:03 Yeah, 100%. 100%. Um, and that like, I can't speak for everybody or all train us on that sort of situation, but yes, I totally agree. You can't, you can't tell people to do something that you want to stop running by yourself. I always say this, especially when I'm teaching kids. Um, but if you let, if they see you doing it, it's going to be a lot, lot more beneficial and have a lot more impact than if you tell them to do it. And I feel, I feel that that is the same with ours as well. Like whatever they, they, they'll see if they're new, took witness their food into their body, whatever they see you allowing yourself is what they're going to think, allow, like they can allow themselves, which can be really damaging. Uh, if the person is new into this or into finding their physical stuff at the, whether they're the athletic side.

Jacob Holmes: 17:57 Um, well, yeah, I couldn't, I couldn't agree more with how much of your personal image affects what you keep yourself giving yourself easy really. But we have to our circles and the people around us to get the best out of our lives, we have to be the best party, we have to be at optimal. So you have to go back a little bit of self-esteem and think, okay, awesome for the benefit of

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others finally to be at my best as well. And so when they see that influence over instruction, I remember that when they see that that was going to keep them that dry. But yeah, I call with the whole instructors training component to do some stuff and then not doing themselves. It's a bit contradictory. Some people or I mean some people don't even go train for a com for a totally different idea that I don't even understand. So some people are just in class just for the social side and just to connect like that rather than to push themselves and make themselves better. Which for me personally, I don't get. But yeah, I mean, if each there, I'm really, uh, I try and keep myself, if I'm teaching, it is what happened with what's happening in my life because I will get annoyed at myself saying stuff that isn't, what was it? Stephanie Webster: 19:15 So I love this Jacobs. So we're developing a system here. So it's, it's about owning your identity and there's something that commits you to health and fitness and your body and staying alive, staying in shape, being healthy, having a longevity every single day. So when we wake up in the morning or we have that meditation, we connect with that and that makes us immune to our environment. Why I admire about someone who's been a hardcore Vegan all their lives and I mean a real Vegan who takes it to the, to the clothing and the whole lifestyle, not just the dietary Vegan, um, which there's nothing wrong with that either, but it's just important to have definitions cleared here. If you're a Muslim, you're a Muslim, wherever you go, if you're Jewish, you're Jewish, wherever you go, there isn't such a thing. As I'm on the wagon, off the wagon, sort of it, I'm all about having your identity as an athlete, having a set of principles that you live by and that you are integrated with and that you have integrity with.

Stephanie Webster: 20:10 So you only answerable to yourself at the end of the day. And when you own that and you commit to that, you are immune to your environment wherever you go. And you can't be derailed because you are following your own path. So what you've given us here as a structure, so you've mentioned sleek, having a morning routine, which starts the evening before preparation being key with food and snacks, meditation and in which you can connect with why you got into fitness in the first place. And that way you can become immune to your environment and you, you set the change and you set the pace in your life and you're in control so you're not as responsive to external stimuli. You are in fact causing the change that you want to see. So 100% I think actually though, let's talk about the environment and I mentioned earlier about the fitness industry and the pressures that it's putting on trainers that is actually making them harder to stay healthy themselves. But I find rather ironic, so t what has happened in the fitness industry and how does it need to reform so we can all go a bit more balance. For example, do we need industry standards to protect our trainers? And you said you're a dancer. I know that in the acting world and the music world, there are restrictions on how often they can work. Should we have that with training?

Jacob Holmes: 21:30 Yes. Everybody to get the best out of it then yes. However, to set these things up in ways, have these difficulties and then on top of that you're going to get people, no matter how good the set-up is, you're going to get people who will not use that choose against them. I see that Susan, she changes every day. It changes as soon as there's a new fat out and it, it's again, for me, these changes go back into the external like what, what, what, uh, are you going to react to externally on that? How strong is your like a core thing? Like, okay, this new

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whole training side out and time to get amazing results, lah lah roll up and doing my training for two years on it and not be getting really good results and consistently growing and building in strength, speed and whatever my goals were up and making them.

Jacob Holmes: 22:24 Have you got a strong enough belief to speak for your program and to what you know or are you going to drop it with the wayside and jump from this next pattern? I'm not saying not, so I'm not saying that all the facts bad, but there's some stuff which really works. <inaudible> is being clear with that. So just like you were saying earlier, not everything works for everybody. So yes, be curious, test it out, but don't put all your eggs into that basket. Uh, I think that the other biggest changes with social side, that's just, it's just a focus now. It's just the focus for <inaudible> is you're in this training journey and you've, you, you've been doing stuff for a while. You want people to know, and this is a big thing that comes hand in hand with fitness nowadays. Like, yes, you're not training and people don't see it. <inaudible> even really trained that. That sort of seems to be the mindset of most obviously in London and thought what I experienced now.

Stephanie Webster: 23:17 Oh, I see. Regarding filming your training sessions and putting on Instagram. I see what you mean

Jacob Holmes: 23:23 exactly, exactly. It is not on the ige. Have you even done anything? I don't get the understand. I'm more sort of the like work in the dark. Like you can walk in the dark by your slope, then the rest is easy. When you're surrounded by good people with good energy, then that's going to be a doodle. But yeah, I mean it turns with Dany and this and with those changes, I feel like that's where it's so hard to put into place. We saw a fight to reform the fitness and institutes. I mean like how to do it when tomorrow we could be dealing with a whole new thing.

Stephanie Webster: 23:55 I have to say, my personal relationship with social media is not to show myself off in a bit of light craft. Okay. And I, I'm, I, I've never, I've never really said that on a podcast, but I am getting a little bit overwhelmed at Instagram and I don't know what they're selling. Okay. But it's all very overt and it's all very shrink-wrapped and I just, I don't buy into this, um, fitness sexualization stuff. Um, I, I, it's lovely, I'm sure, but it's, what are we selling? I'm trying to inspire people to be healthy, are more interested in their stool samples and urine tests than I am in the latest, uh, light crow brand. So, um, yeah, so I'm not really into the, into that. And, um, I think it's, it's losing authenticity on anybody who is listening to this right now should be really inspired.

Stephanie Webster: 24:53 That you're actually a professional and you're admitting that you are human and you're showing us into your, you're giving us insight into your world on how hard it is for you to stay healthy and how you are committed to continue doing so. And I find that desire Ming-Li wonderful. And I was actually with Margo wells yesterday and she is from wealth fast. Uh, and she, uh, is a sprinting coach and helped Alan Wells win the Olympic gold medal for sprinting representing Britain and Russia. So she admitted herself what, uh, top athletes go through, uh, at the challenges that they face at the top of their game. So we are all on a journey and it's about progress, not perfection. And, and sharing these insights shows that you're human and it shows that you're, you're, you're doing your best to stay on top of things too. And that should be an inspiration because, well, I struggle with my clients is this apathy, this, oh, well I might as well not bother.

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Stephanie Webster: 25:56 Event attitude. Well, actually, yes, bother. We're all bouldering. We're all trying to be healthier. We'll try to figure our body for grouse, our bodies and our minds and compliance and rebellion and self sabotage and Oh soda, I'll just have this. Then we're all trying to do that. And the point is to continue trying. And that's what you instill in your clients, which is why I admire you so much. Um, I don't like the Dysmorphia as well, but Instagram has caused, and have you noticed, particularly in Dallas, which is a very body conscious sport, that everyone's comparing their bodies more. It's less about the dance and more about the deltoids. And everyone's really worried about the abs or the glues and the shade and the cops and the body fat percentage and it's all lost. It's lost the plots. And I say it's health before aesthetics and now it seems to be aesthetics before health at all costs. And red bull is suddenly fine. And Diet cokes bucket. So can you see, can you see my dilemma here? How we've lost the plot?

Jacob Holmes: 26:49 Oh, 100% 100% honestly. Um, it's been in dance, especially commercial dance and dance and artists whatever the dance is in yourself too. So it's been in that world for a long, long time. Like with the body Dysmorphia, sort of like not really understanding strength or what strong suite or prove look like or is changing a lot now. But it's been around for a long, long time. And in a way it's the, the, the social side has, it's a double sided coin. So yes, it's getting an ideal with the young kids as well. And they seeing them have to do with this is mind boggling. I don't know how I can talk to adults, not deal with it, that, that light for them to be young kids, teenagers having to deal with these things as well. We even but um, yeah, I think it's a two sided coin.

Jacob Holmes: 27:51 Yes. It gets people into that state. You could get on my door. I don't look like that. Or Oh my God, that person bought not what not. But also you get the opportunity to sometimes like I'm very specific with who I follow on board. I digest, um, through my social media is like, who am I actually following? Probably like it ended up at the end of the day, it still is my choice who is consistently on my, in my last site and the admire line of vision. Um, and there's so many great people out there. There is so many incredible people I would have never been able to have found or known about or listened to or looked at their life at all if it wasn't social media. So it swings and roundabouts really, again, it goes back into preparation and back into your, I'm going to call it immunity bubble we spoke of earlier. Like how storm are you habits, how strong is your bubble to let what you can digest and what is the fuel you sink in and let it into your bathroom. Whatever you don't need is just pounce the way.

Stephanie Webster: 28:52 Yeah. It's about centering yourself and knowing yourself and looking at yourself in the mirror honestly and saying, what are your personality flaws and what do you need to work on and how can you become stronger? And you say in your classes that the better version of you is coming out. What is your phrase? You've got a beautiful phrase. Remind me what it is.

Jacob Holmes: 29:13 Okay. Uh, so the, I've got a few accidents we say now, right? You got you all. You don't come to class if you want to hear the rest.

Stephanie Webster: 29:21 Okay, fair enough.

Jacob Holmes: 29:22 But this one is the better version of you is through the tough stuff and again, it's just those little reminders like okay, yeah I know I feel terrible now but I can get through this and then when the grass is green I'm over the bridge and, and then you just got to do that. That whole thing again.

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Stephanie Webster: 29:38 Honesty, when I'm in your class, when I'm your class that I can start to feel the voices coming in my head where I'm at. You know this is a bit much and tiring. It's not even eight o'clock. What am I doing? I'm punching this bag mustering away. And then you come out with a cork like that. I don't, I don't know what happens. I just go boom, I engage and I just thought the seat, cause you just, I, I will not let the better version of myself down and it will come out. So I'm interested actually. Yeah. Yeah,

Jacob Holmes: 30:05 exactly what I want.

Stephanie Webster: 30:06 Yeah. It works every time. I'm so, I'm so influenceable by you. It's actually really nice. The reason I warmed to you is because I am so picky with who I choose to follow as an, and I'm going to ask you about your criteria for who you look to follow on line that defines someone like you who actually manages to get into my head and I allow you to influence me. It's just great and it's, I'm shrill with excitement. So tell me what your criteria is for your role models on like we all need leadership. We're all following rules, trying to be a great leader as ourselves for our clients. But who do you follow on social media? Why and what's the criteria? What has to make the cuts so that it gets your attention?

Jacob Holmes: 30:47 Good messages and good energy. I always say this, I'm terrible with names and recognising people like that. But if you, yeah, if we've connected and you shared a good energy with me and we'll share like something that I'm 100% going to remember that. And that's the same through funny enough, like a phone screen as well. Like when people are genuine and they're true to themselves with their content and what they're talking about and they're honest and yeah. Don't let those things, because again, I'm just reminding myself of what I want to try and portray. A couple specifics. This is one more than mindset. I follow one called dating stoicism, which is always good. They post little bits, but just remind me, okay. Yeah. Okay. That could have happened, but I don't have to like the reaction is my choice. Um, yeah, little things like that and yeah.

Stephanie Webster: 31:41 Yeah. The, your reaction is your choice, you know, and, and chocolate isn't always the answer, you know, so any, any thought.

Jacob Holmes: So right to, So at my school, going through a budget. And whatever. Again, back to awareness, being aware of what state you're in at that moment before you make that to us, so giving yourself that time like if you were to lay whatever had happened out in front of you in a timeline, give yourself as much time as you possibly need to figure out what choice you want to make. Like it doesn't have to be fast there. Then backing back in onto that awareness like awareness of the state you were in before you even make that to us like choice Okay, if your code is this decision to make now should sleep. I make the decision not though about the following as well. If, if I feel like sometimes people get stuck looking for a leader like you don't you, you have to be your own leader and you like, uh, you have to be able to drive yourself because at some point in your life you're going to be the only one there and then what's going to happen after that.

Jacob Holmes: 33:03 If you can't drive yourself, then you're going to be sitting in that same spot for the rest of however long it is. Um, so yes, look for people to motivate you. People who inspire you, people who you could lead you to other females, but don't let them be your devout leader. Yeah. I say do the same for my mum as well. You're flagging it and they sort of means like don't put all of your eggs into that one basket. Right. Don't just go there. Um, because there is so much

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information and you can get ahold of it. So why not have a look, be curious, intelligent and curious as well. Sometimes curiosity can lead you wrong way. Stephanie Webster: 33:41 Don't stick your flag in it. I've never quite heard that one before. I'm quite interested. So, but if you, if your mom said it, it must be true. Um, so yeah,

Jacob Holmes: 33:53 she was like, don't, don't stick you faggot. Okay. Stephanie Webster: 33:56 Okay. I'm going to look for opportunities to say that today now. So, okay. I often say to my clients, don't put someone on a pedestal, don't you? No one's your guru. You are at the, you are the chairman, you are your number one asset. You're on a board of directors and you, you're getting people into a boardroom to give you advice on how to run your body. And it's about making those problem solving decisions and being strategic about your body and thinking, okay, yeah, do I need to push it today? Do I need rest? And being honest and not letting yourself off the hook on necessarily holding yourself to a higher standard, but also being sensible about when to push and not pushing yourself through. And this is about self-care, not self-mutilation and exercise should be therapeutic, not, not punishing. Another point about your class, you make people feel very comfortable and I've been going in classes quite a few times, but I know it can be a very intimidating space for someone who's just starting out. Stephanie Webster: 34:58 You know, there's all these different people. There's lies, there's egos, there's people in better shape. People who know what they're doing. I don't even if you're new, you don't even know where the bag is. You don't, you don't know what's going on. And that can feel very intimidating, but you really make people feel comfortable. And I guess our advice is leave your ego at the door. You are where you are. You're on the right path. It's one step at a time and as long as you're on your journey, that's all that matters. Just focus on you. Would you agree?

Jacob Holmes: 35:24 Yeah. 100% and again, at some point you're going to be by yourself. So whatever is you need for that zone. If that's not there, can you get into the zone? And Yeah, the everyone in that. So especially when you're hitting the bag and you're boxing and stuff, everyone goes into a vulnerable state, especially when you're new. But this is actually the best time to connect with people. But when people are vulnerable, they're looking for that helping hand. So that's when you have to be their friend and you have to go over and you have to make that connection. And then once you've connected is off to the races that they say if they connected to you and they trust you, then then you can really push them, really get the maximum out of people.

Stephanie Webster: 36:03 um, so on that point you offer PT classes and so tell us what you offer and where you teach and how we can train with you. Jacob. Jacob Holmes: 36:12 So, um, uh, structure down at cobox. I walk into all three code books is uh, three cables. Jim's, so that's improvement patients, the nickel street, Baker Street and the one on keys are in the Chelsea. I moved to go down there. Most of my London teaching is in there. I teach dance outside of London and a private sessions with uh, younger kids and they go up through their, through their training. So eventually, hopefully be professionals as well and some which will London bound come and find me at cobox.

Stephanie Webster: Lovely. And your Instagram again is at JP Holm. H. O. L. M. E.

Jacob Holmes: Yes. Fascinating that's perfect

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Stephanie Webster: And do you have any questions to me before we wrap it up first? Shall we leave it there Jacob? What are your thoughts?

Jacob Holmes: 36:55 Um, oh no, I do have one more thing to say on the class though. So it's just popped up. Um, when I'm, sometimes I don't, sometimes sometimes we miss the mark, but this is like whenever I go into class, I'm trying to find flow state. So a Peabody in the room working hard but still having fun at the same time. Then it doesn't, it doesn't get into that point of being a true or like you were saying earlier, punishment. We stay in that flow state. So you have fun and then you, you might be connections. Oh, okay. I felt fantastic while I was doing it and had fun in there. One, I was doing it so I felt better after and look at the results I've got in total. So once we get into that state in it, that's the hard state defines. But the flow state to get everybody and especially if you've got it, let me take one bad energy to change the room. So we'll be canceling and be wary, be aware and guide people and it's kind of like juggling, juggling them into that flow. State. Months went in and everybody in the whole room it. But yes, come and find me a cold box and yet we'll find close state and Stephanie, thank you very much for having me on Nelson's gone. I hope so. You get the spoon.

Stephanie Webster: 38:00 Oh that's lovely. Thank you. And on, on that point also about seeing results, I just want to say something to my clients, particularly when you're starting out with an untrained physique, you won't see the results overnight and your results should not just be a static in this world full of before and after shots. That shouldn't be your primary focus. Do you know what turning up to a class is is a an achievement in itself and that is a result

Jacob Holmes: 38:28 Totally true. I'm saying you have to do a show up Stephanie Webster: 38:31 Yeah. And performance. How did you perform today? How did you feel and after did you stretch? Did you owe all of that? All of these are incremental gains and not all results can be tangibly seen and judged it like a before and after photograph. So there's more than one way to improve yourself and not all of them are tangible. So I just want to really emphasize that point.

Anyway, Jacob, thank you so much for sharing yours... Of course.

Jacob Holmes: 39:03 Cool. Excellent. And this is, this is my go to, this is my, I have to keep this in my lap the whole time and the it keys in because of your, what we were talking just now about seeing results. You won't always see them, but you will feel them and they're the glad I'm about to say this guy something you've probably heard about him. He has a brilliant breathing technique and some probably motion technique. He's got same. Which feeling is understanding and you have to go about results for feeling more than visual because dozers, what's going to keep you coming back? Visual is only going to like, yes, you can get it better, but we're getting older so it's just going to get worse, right? Less so you have to go by fee in more than yes. Settings. That's it.

Stephanie Webster: 39:48 Th there's visual, this feeling, but also, do you know what, even if you don't feel great all the time is all part of the process. It's a daily discipline to just look after yourself. Nobody needs to tell you to brush your teeth. Well, hopefully not, but you just do it. You just have a shower. You just do your laundry, you just pay your taxes. You just, it's just one of those things. Exercise is not optional. It's a necessary part of self-care. You just do it. You do it sensibly and it's just, it's just a natural course of being. And um, so it's just about getting into the healthy habits and practicing being the best version of you every day. Every day is

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an opportunity to practice your habits and get more consistent on them every day and look at it. Look at how far you've come month after month.

Stephanie Webster: 40:39 Look at you. You're becoming a different person month after month. And I love seeing people in class coming again and again and again. Sometimes despondent, sometimes inspired, sometimes motivated, but always committed. And they always turn up and they're disciplined and they just turn up and, and eventually they seek personality results first and then they see physical results. But it doesn't matter. Aesthetics don't matter as much as, as this modern society of image conscious society would have you believe is what happens inside your head. Ultimately, no one is judging you. You are on your journey and you're judging yourself harder than anybody else's. And if they are judging you, they're not your friends. They're not, their opinion doesn't matter. Anyone in the fitness industry who's doing it for the right reasons does not judge you. They actually encourage you and empower you to knock that victim mentality and become a more empowered version of yourself. Jacob, thank you so much for sharing your inspiring insights and helping the urban health podcast and keeping busy people healthy. Jacob, thank you.

Thank you very, very much and I'll see you soon.