

# HOLISTIC HEALTH

## Master trainer Tim Garrett on balance and your workout

**D**o you want to gain muscle, lose body fat or feel healthier? Maybe you want all three. If so, holistic health coaching can help you achieve your goals. So if you want to put a rocket up the backside of your goals it would be in your best interests to read on.

Holistic health coaching involves assessing six foundational health principles with detailed questionnaires and identifying which areas are acting as a barrier to homeostasis – the fancy word for balance of the body. When the body is perfectly balanced perfect health is experienced, and when one is in a state of perfect health achieving any health and fitness related goal becomes a whole lot easier.

### 3. CIRCADIAN HEALTH

This section covers topics that relate to daily energy patterns. Some of the questions include whether people live in the same time zone that were born in? If you travel across time zones more than once a month? It also looks at areas such as when people go to bed, when they wake and their quality of sleep. Also covered in this questionnaire are questions that examine bowel movements and memory.

### 5. DETOXIFICATION SYSTEM

The detox system plays a massive part in our health and can often get exhausted or overwhelmed in today's society from the barrage of constant toxins. If people suffer from frequent headaches? Have they ever been frequently exposed to industrial or agricultural chemicals, cleaning fluids, paint fumes, plant sprays or fertilisers? Finally is there any history of skin reactions such as rashes, itching or burning, for which the cause is unknown?

### 1. STRESS

The stress section covers common forms of negative reactions to stress, including often feeling anxious, if they worry over job, income or money problems. If any relationships are causing them stress, or if there are any feelings of isolation or suffering from loneliness and other relevant areas.

### 2. YOU ARE WHAT YOU EAT

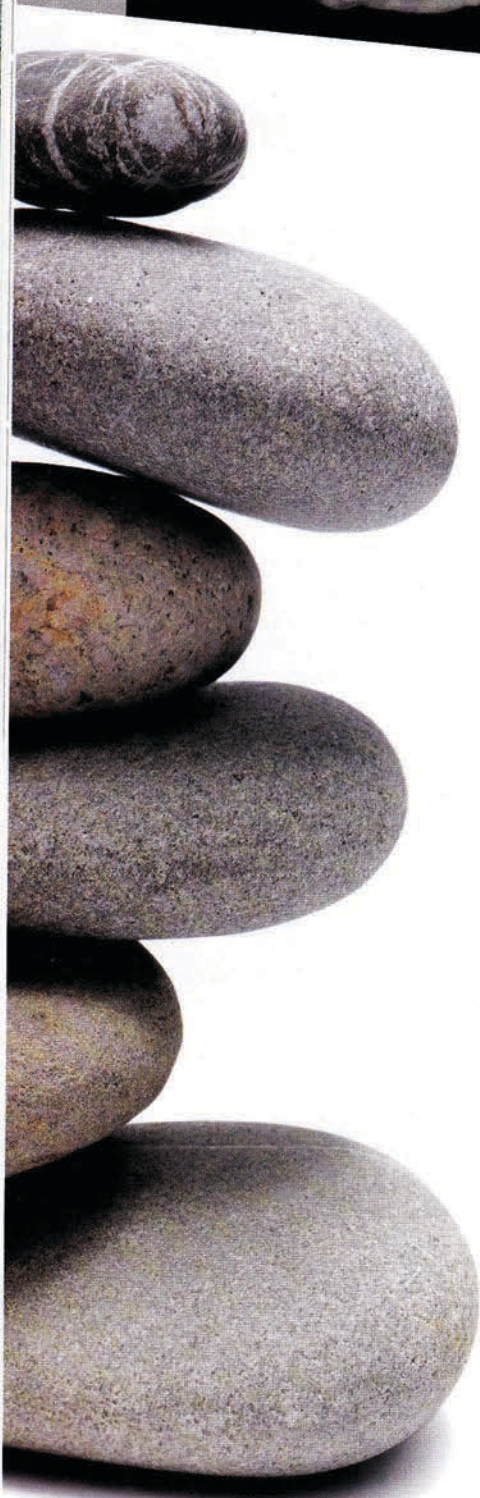
Identifies some of the common problems people have when it comes to quality of the food they eat and the quality of the water they drink. It is easy to fall prey to poor eating habits; this questionnaire identifies some of the common problems and some of the less obvious but vital problems when it comes to diet.

### 4. DIGESTIVE SYSTEM

Digestive system health is a very important but often ignored area. This covers if there are any common digestive issues like lower abdominal bloating, constipation and loose stools. The questionnaire also covers appetite, sweet cravings, abdominal pain and indigestion and if headaches occur after eating.

### 6. YOU ARE WHEN YOU EAT

This is a common area for people to score poorly on, it includes questions that cover how long the gap between meals is, skipping breakfast, eating carbohydrates on their own, and the feeling of hunger or sweets craving within two hours after eating a meal. A section related to previous diets and losing body fat is also covered.



## HOW TO MAKE THE MOST OF HOLISTIC COACHING

Holistic life coaching can be refined and adapted to each of the major targets most gym-goers are aiming for

### 1. GAIN MUSCLE

For someone who wants to gain lean muscle either with the aim of raising their metabolism so they can burn more calories and lose body fat or someone who wants to develop a large physique, holistic health coaching plays a massive part. 'Anabolism', the word that describes being in a muscle growth state is only possible when the body is balanced enough to allow it. If someone is very unhealthy and therefore in a state of poor balance, gaining lean muscle mass is going to be very hard.

If you want to gain lean muscle but have very poor sleeping habits where you stay awake until 2am watching TV or browsing the internet, then a number of things happen that have an extremely negative effect. Cortisol – the stress hormone that keeps you awake and alert – will be raised for three hours or about 15 per cent more than it should be, this is calculated by the fact that you should be in bed and asleep by 11 pm at the latest.

Cortisol is a hormone that breaks muscle down and prevents the body from being in an anabolic state. Also due to the higher than normal cortisol levels, the hormones that repair the body and help build muscles will be suppressed, a double

combo to stop you achieving your goals.

Another less obvious example is if someone has a poor digestive system, and as a result, problems digesting nutrients from the food they eat. They are denying themselves all of the very nutrients they need to grow. Poor digestive systems are a form of stress on the body, releasing cortisol with its negative side effects. Also the gut contains 80 per cent of the immune system, if it isn't working optimally you will get ill more often which is disastrous for muscle gain.

### 2. FAT LOSS

If someone's goal is to lose body fat then, as with every health and fitness related goal, holistic health coaching is key. One of the most common barriers to weight loss is a poor quality diet. The big picture guidelines that I recommend to clients are:

- Eat foods that are natural, unprocessed, and organic (and contain no sugar except for the occasional bit of honey or maple syrup).
- Eat foods that grow in your native environment. In other words, eat locally grown, seasonal foods.
- Eat unpasteurised dairy products (such as raw milk) and fermented foods.
- Eat at least one-third of your food raw.
- Make sure you eat enough healthy fats, including those from animal sources like omega-3 fat, and reduce your intake of omega-6 from vegetable oils.

If you follow these points at least 80 per cent of the time then your body can handle a treat 20 per cent of the time. If you are ill or recovering from a serious disease, this does not apply, and you should really stick to all these points full-time.

Some of the less common barriers to weight loss include not eating regularly, skipping breakfast and not eating enough. From my experience these three areas have

a huge impact on weight loss. Not eating regularly often results in people then reaching for poor quality, high carb food when they do get the chance to eat, which in turn causes an increase in cortisol, which is the body's fat storage hormone.

Not eating enough is too common these days especially amongst women. There are 12 physical adaptations that people go through when restricting calories. The most obvious of these is the body produces double the amount of lipogenic enzymes, (fat storage enzymes) and halves the amount of lipolitic enzymes, (fat loss enzymes). Remember the body needs 1500 calories a day minimum just to be able to function optimally.

If you are eating any less you are playing with fire due to the strain you are placing on your body.

### 3. HEALTHY LIVING

Health and vitality are all about balance. This is the aim of health coaching. Reducing stress, improving diet, improving digestion and working on a person's detoxification system will be an integral part of feeling healthier.

If any area of an individual's foundational health principles is found lacking it will seriously affect their health, vitality and energy levels. Let's take poor sleep quality as an example. Going to sleep after 11 pm raises cortisol the stress hormone, this hormone is also called the fat storage hormone. Extra body fat = lower energy levels = worse health.

A person who suffers from poor sleep quality will have poorer concentration and less ability to deal with stress.

Finally, if someone's detoxification system is impaired then they will not be able to expel the toxins from their body effectively, overloading the body and subsequently causing ill health.

## HOW TO MAKE THE MOST OF METABOLIC TYPING

### Eating the food that's right for you is the perfect way to your ideal body shape

Metabolic typing is a huge contributor to your health, balance of the body and various other areas of your performance in life. It involves assessing what your foundational homeostatic control system needs and this means it's what your oxidative system needs in terms of nutrients.

The oxidative system controls how quickly you burn food to create energy. There are 10 homeostatic control systems, however the oxidative system is the one that affects all the rest of them and is therefore it's the foundational system.

When you eat according to your metabolic type you burn food at the correct speed. 'My clients often ask why this is so important,' says Tim. 'I ask them to remember a time when they ate too much sugary food. Their usual response would be to tell me they felt a massive rush of energy which unbalanced them, made them feel tired but wired and

gave them other unpleasant side effects. The speed which you burn food at has a huge effect on lots of other body systems and will play a massive role on how quickly you can achieve your health and fitness related goals.'

The questions in the metabolic typing questionnaire are mostly related to how you respond to food that has a higher amount of carbohydrates, more protein or a fairly equal mix of the two. The aim is to determine what your body responds to best. The results will determine whether you're a Protein Type (diet recommendation: 70 per cent protein of which 15 per cent is fats and oils and 30 per cent carbs), a Mixed Type (diet recommendation: 50 per cent carbs and 50 per cent protein of which 10 per cent should be comprised of fats and oils), or a Carbohydrate Type (diet recommendation: 70 per cent carbs and 30 per cent protein of which 10 per cent are fats and oils).

Bear in mind, these figures aren't set in stone but are a general guideline. For example a protein type may respond better to 80 per cent protein, this is for the individual to decide after experimentation with different amounts of carbs and protein.

However, it's true that if you eat according to your metabolic type you will be giving yourself the best chance to lose body fat, gain lean muscle, stop chronic diseases and create perfect health. Believe me, it really is that important. ■

