



THREE LEVEL HEALTH MONITORING

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HAWTHORN HEALTH
COLLABORATION

 **GoHawthorn**




alliance for
natural health
INTERNATIONAL

Sustainable

complex
health

as

network

food

systems

genes



epigenetics

environment

medicine

disease

rethink

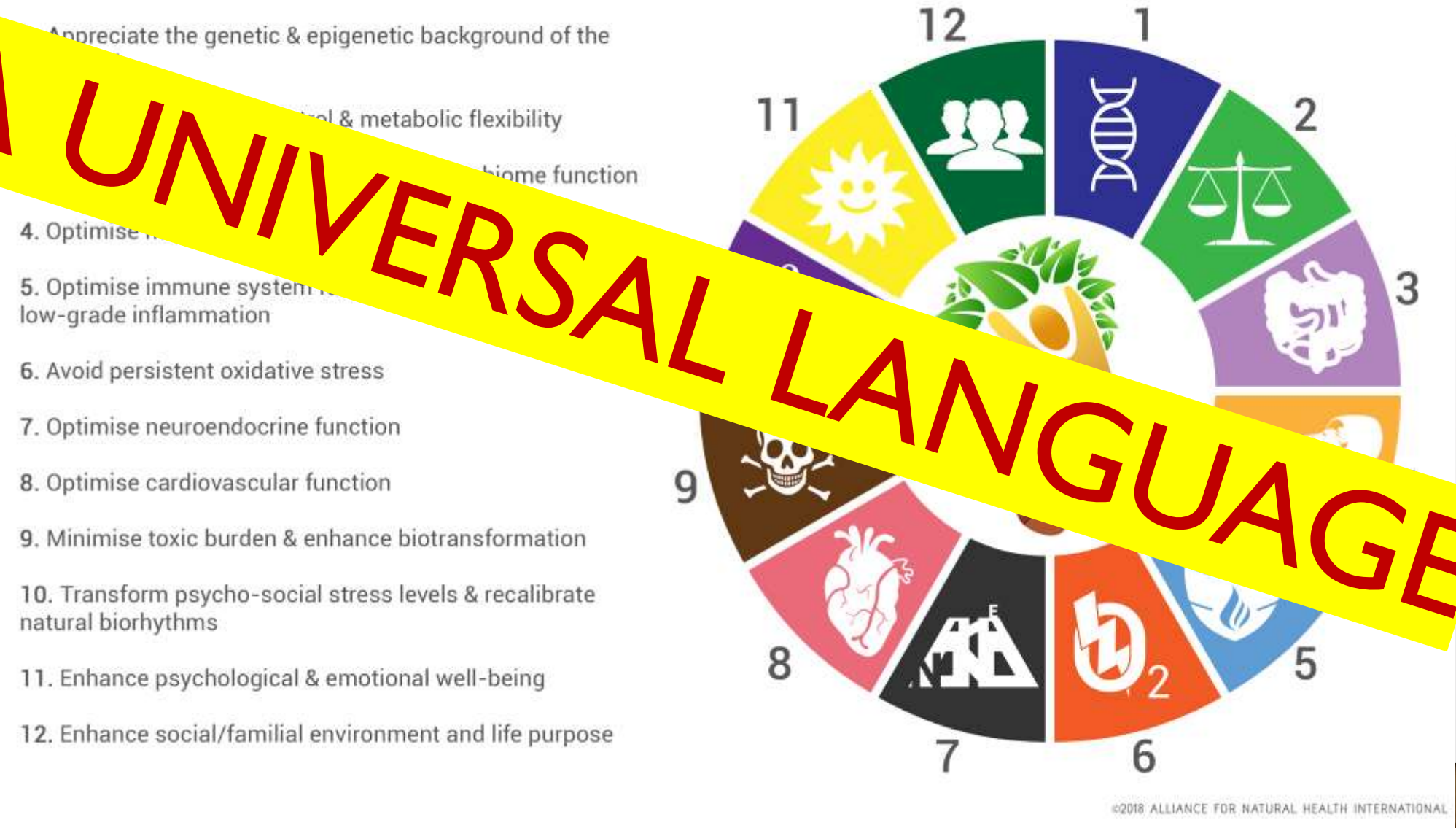
Empowering

Person-centred

REDEFINING HEALTHCARE with an ecological lens

THE 12 ELEMENTS OF OUR BIOLOGICAL TERRAIN

A UNIVERSAL LANGUAGE



- 1. Appreciate the genetic & epigenetic background of the
- 2. Control & metabolic flexibility
- 3. Optimize microbiome function
- 4. Optimize immune system & low-grade inflammation
- 5. Optimize immune system & low-grade inflammation
- 6. Avoid persistent oxidative stress
- 7. Optimize neuroendocrine function
- 8. Optimize cardiovascular function
- 9. Minimize toxic burden & enhance biotransformation
- 10. Transform psycho-social stress levels & recalibrate natural biorhythms
- 11. Enhance psychological & emotional well-being
- 12. Enhance social/familial environment and life purpose



**Resetting the biological
terrain using **THREE**
LEVELS OF EVALUATION**

A fresh approach.

SYSTEM FOCUS	SELF-RECOGNITION / EVALUATION	GUIDED SELF-EVALUATION	POSSIBLE PRACTITIONER EVALUATION	POTENTIAL INTERVENTION(S)
Individual's genetic & epigenetic background	<ul style="list-style-type: none"> • Poor health and/or vitality • Family history of chronic disease • Media-driven curiosity 	<ul style="list-style-type: none"> • Increasing knowledge and awareness through reading and education (PAP) 	<ul style="list-style-type: none"> • Detailed case history taking ^{128, 129} • Low-penetration metabolically-mediated epigenetic testing (cheek swab) ^{130, 131, 132} 	<ul style="list-style-type: none"> • Individualised nutritional and lifestyle protocol based on results of test, tailored to individual's current health status and goals ^{133, 134, 135}
Glycaemic control & metabolic flexibility	<ul style="list-style-type: none"> • Carbohydrate cravings • Blood sugar spikes and lows (hypoglycaemia) • Needing to eat every few hours • Central adiposity, measured via waist to height ratio (optimum <0.5) 	<ul style="list-style-type: none"> • Keeping a food diary • Tracking anthropometrics on body composition scales • Central adiposity, measured via waist to height ratio (optimum <0.5) • Skinfold callipers 	<ul style="list-style-type: none"> • Functional testing ¹³⁶ e.g. fasting glucose, fasting insulin, HbA1c, fat-handling markers, n3/n6 ratio ¹³⁷ • Anthropometric data ^{138, 139} • Assessment of food diary/ eating patterns and food types ¹⁴⁰ 	<ul style="list-style-type: none"> • Individualised nutritional protocol (low carbohydrate) ¹⁴¹ • Activity and movement protocol ¹⁴² • Targeted food/botanical supplements ¹⁴³ • Multi-modality CAM interventions
Gastrointestinal & microbiome function	<ul style="list-style-type: none"> • Digestive discomfort e.g. bloating, flatulence, heartburn, nausea • Constipation, diarrhoea, cramping • Sensitivity to certain foods 	<ul style="list-style-type: none"> • Keeping a symptom diary • Keeping a food diary 	<ul style="list-style-type: none"> • Detailed case history taking • Functional testing e.g. organic acids ¹⁴⁴, stool testing • Identification of potential food intolerances / sensitivity • Holistic approach to individual 	<ul style="list-style-type: none"> • Individualised nutritional protocol ¹⁴⁵ • Exclusion diet where specific foods or ingredients identified as problematic ¹⁴⁶ • Targeted probiotic and food/ botanical supplements ¹⁴⁷ • Increase in consumption of fermented foods ¹⁴⁸

Three generalised examples

HEALTH MONITORING WITH THE HAWTHORN HEALTH TRACKER – THE KEY TO SUCCESSFUL SELF CARE



THANK YOU.



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