

Metabolic Health and Environment COMBE GROVE

What Is Metabolic Health?

Metabolic health refers to the state of your body's ability to process and use energy effectively from food.

Metabolic health can be measured by the 10 Markers of Metabolic Health™.

1. Waist to Height Ratio
2. Blood Pressure
3. Weight
4. Visceral Fat
5. Muscle Mass
6. Strength and Fitness
7. HbA1C, blood test
8. Triglycerides, blood test
9. Triglyceride v HDL-C ratio, blood test
10. Quality of Life Score, questionnaire

Good metabolic health means these markers are within healthy ranges without requiring medication. Poor metabolic health occurs when one or more of these factors falls outside the healthy range, increasing the risk of conditions like type 2 diabetes, cardiovascular diseases, and other chronic health issues.

Characteristics of Good Metabolic Health

Good metabolic health is defined by the following

- Healthy Body Fat Distribution: Low levels of visceral, abdominal fat.
- Normal Blood Sugar: Blood glucose levels are stable, with no signs of insulin resistance.
- Healthy Blood Pressure: Within normal ranges.
- Balanced Lipid Levels: Proper levels of HDL (good cholesterol) and triglycerides.
- Adequate Muscle Mass: Supporting a balanced body composition.
- Optimal Resting Metabolic Rate: Efficient energy expenditure at rest.

These markers reflect well-functioning metabolic processes, reducing the risk of chronic diseases.

Characteristics of Poor Metabolic Health

Poor metabolic health is often linked to high blood pressure, elevated cholesterol levels, obesity and elevated blood glucose leading to chronic illnesses such as metabolic syndrome, type 2 diabetes, cardiovascular disease, some cancers and poor mental health.

Improving Metabolic Health

Metabolic health can be improved by adopting The Five Roots of Metabolic Health.

These achievable lifestyle changes form the core approach of all metabolic programmes at Combe Grove.

1.Nutrition

Eating a balanced low-carbohydrate diet focussing on whole real food and healthy fats and protein, support lowering blood glucose levels, reducing inflammation and supporting muscle tissue.

2.Movement

Regular physical activity to improve body composition and metabolic markers.

3.Sleep

Improving healthy sleep habits to improve sleep duration and quality underpin improving insulin sensitivity, increased muscle growth and cellular repair.

4.Mindset

Developing a positive approach to change, creating new habits and achieving your goals, whilst prioritising time to destress, relax and reset.

5.Environment

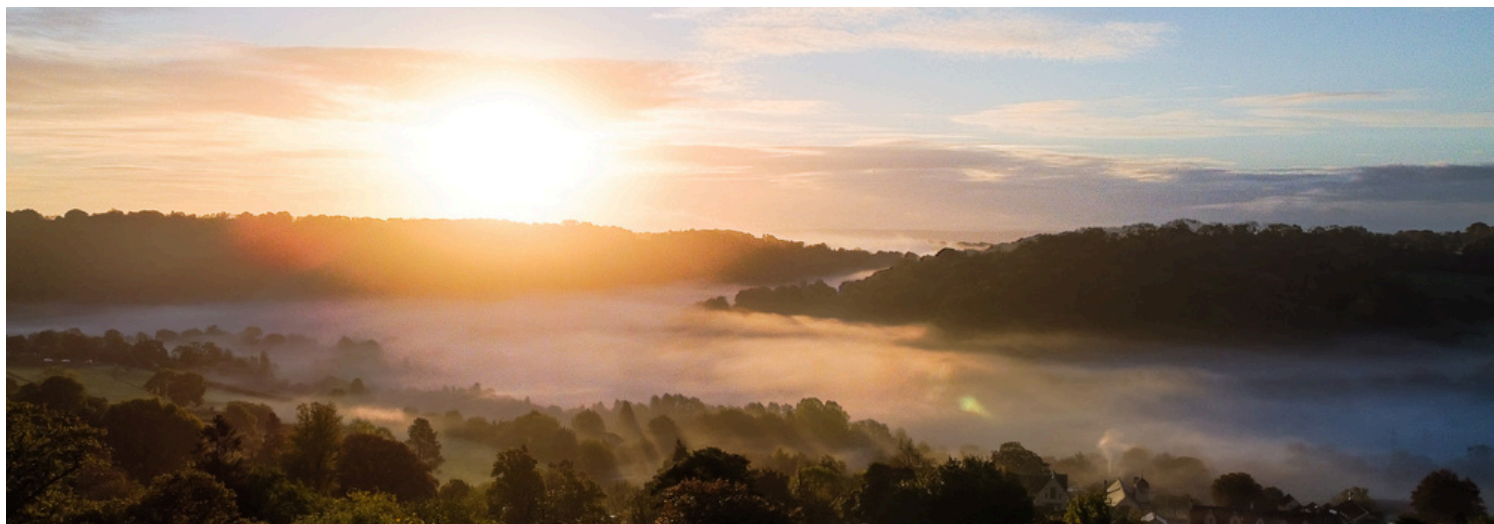
Creating a supportive, health-conscious environments in your life whilst engaging with nature for improved mental and physical wellbeing.

By understanding and addressing these factors, individuals can improve their metabolic health and reduce the risk of chronic illnesses and live life with more energy and verve.

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The Relationship Between Environment and Metabolic Health

The environment plays a crucial role in shaping metabolic health, influencing factors such as obesity, diabetes, and overall metabolic function. Exposure to pollutants, endocrine-disrupting chemicals, and microplastics can interfere with hormone regulation and insulin sensitivity, increasing the risk of metabolic disorders. Urbanization and the built environment also impact physical activity levels, access to nutritious food, and sleep quality, all of which are essential for maintaining metabolic balance. Additionally, chronic stress from socioeconomic factors or noise pollution can contribute to inflammation and metabolic dysregulation. Addressing environmental influences is key to promoting long-term metabolic health and disease prevention.



Top 10 Takeaways to Implement

1. Reflect on where you spend most of your time. Understanding this can reveal how your environment influences your, metabolic health and your mental and emotional well-being.
2. Notice how these spaces make you feel. Do they uplift, energise, or deflate you? Your emotional responses to surroundings can give you insight into what changes you may need to make.
3. Integrating calming elements such as soft lighting and soothing sounds, particularly those from nature, to create a tranquil environment that alleviates stress.
4. Decluttering your living spaces not only clears physical chaos but also creates mental clarity, opening the door for fresh perspectives and new experiences.
5. Spending time in nature is a scientifically supported way to reduce stress, inspire creativity, and bring out curiosity.
6. Practice Forest Bathing, an immersive experience in nature that engages all your senses, helping to restore calm and foster connection.
7. Integrating natural elements like plants or water features into your home can lower stress levels, reduce anxiety, and enhance focus and cognitive performance.
8. Choose natural materials such as wood, stone, wool, and cotton to cultivate a tranquil atmosphere in your living spaces.
9. Open windows to invite fresh air into your home, revitalising the space and uplifting your mood.
10. Recognise the aspects of your environment that you can change and those out of your reach. Focus on your enjoyment and cultivate a sense of perspective, especially when facing circumstances beyond your control.

Learn about the Metabolic Health Programme by visiting the website combegrove.com or scan the QR code.



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