

Future Health Management

Preventative approach to health and wellness during Covid



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Contact Details: 0208 991 1490

Functional
Medicine

Preventative
approach to
health and
wellbeing



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www.futurehealthmanagement.co.uk

ecmartin@futurehealthmanagement.co.uk

Preventative approach to wellness



Who am I?

I was not always doing what I am doing now back in the early 80's I was an email consultant, and worked in corporate for 20 years, the job was extremely demanding, and I was working exceptionally long hours, including weekends.

After the birth of my daughter, I found myself becoming more and more anxious, during the times I had to collect my daughter from nursery, as I had been late a few times, due to work commitments.

I ended up getting frequent throat infections, my relationship broke up, and it got to the point where I almost burnt out.

Some changes in my life had to be made if I wanted to remain in good health. Four years later I met my current husband, had twins, and re-trained as a Naturopathic Nutritionist. I spent the last 10 years helping other people in similar situations with no work life balance, autoimmune diseases, chronic fatigue, and the list goes on.

My motto, prevention is better than cure.



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Health
changes as
we age...
what does
this mean for
you?



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Depletion happens as we age, and many body systems suffer for it. Taking a preventative approach will help a better outcome for your health.

Which side
of the fence
do you want
to be on?



Prevention is better than cure. One side is healthy old age and the other is living with old age from a disease state.



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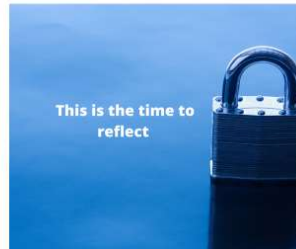
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Positive things
can come out of
lockdown

- Modern day stress
- How you can start to improve health
- How you can improve your immune system
- Importance of small lifestyle changes in your daily routine
- Pay attention to how your body reacts to certain foods



By making small changes to your diet and lifestyle, you will see how this will have a big impact on your health both mentally and physically



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Making small
changes turn
into big
changes



- Different types of stresses
 - Environmental
 - Physical
 - Mental
- Making small "mindset" changes can lead to bigger health outcomes

There are different types of stresses. Sometimes, making small mindset changes, help you to achieve bigger health outcomes.



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4-7 Breathing Exercise

- Exhale completely through your mouth, making a whoosh sound.
- Close your mouth and inhale quietly through your nose to a mental count of four.
- Pause
- Exhale completely through your mouth, making a whoosh sound to a count of seven.
- This is one breath. Now inhale again and repeat the cycle three more times for a total of four breaths.

Natural
tranquilizer

Note that you always inhale quietly through your nose and exhale audibly through your mouth. The tip of your tongue stays in position the whole time. Exhalation takes twice as long as inhalation. The absolute time you spend on each phase is not important; the ratio of 4:7 is important. With practice you can slow it all down and get used to inhaling and exhaling more and more deeply.

This exercise is a natural tranquiliser for the nervous system. Unlike tranquillising drugs, which are often effective when you first take them but then lose their power over time. Do it at least twice a day. You cannot do it too frequently. Do not do more than four breaths at one time for the first month of practice. Later, if you wish, you can extend it to eight breaths. If you feel a little lightheaded when you first breathe this way, do not be concerned; it will pass.

Once you develop this technique by practicing it every day, it will be a particularly useful tool that you will always have with you. Use it whenever anything upsetting happens - before you react. Use it whenever you are aware of internal tension. Use it to help you fall asleep. This exercise cannot be recommended too highly. Everyone can benefit from it.



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This technique can be used for any type of stress, or to calm the mind. Use it for when you feel the stress coming on, also use it if someone is trying to push your buttons and before bed.

What things
could you
start
Avoiding to
improve your
health

Avoid

- Stress through managing your stress cycle
- Switch off at night
- Your bedroom is your sanctuary
- Screen time an hour before bed
- Processed foods



stress becomes part of their everyday life, and it gets to a stage when you no longer think about it. increases the risk of health issues like heart disease, obesity, depression, gastrointestinal problems, asthma, and others.

Body needs
fuel for
energy



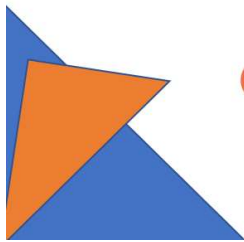
The body need the **right** fuel to keep it going. Eat when you're hungry, because leaving it for hours after your initial hunger has kicked in, may mean that you just want to pick up the first thing and this normally will be some sort of processed food.

Body needs
proper fuel
for energy

Processed Foods/Beverages	Nutrient rich foods
Microwave Foods	Baked/grilled Salmon
Crisps	Sardines
Pies	Brussel Sprouts cooked, romaine lettuce, steamed broccoli, asparagus, green peas
Tinned Veg	Chicken Breast, roasted lamb, halibut, turkey, cooked beef tenderloin, shrimp
Bacon, sausages	Avocado, artichokes,
Processed ham	Papaya, raspberries, strawberries, bananas, apples
Cakes	Nuts and seeds: Brazil, walnuts, sunflower seeds
Biscuits	Shitake mushrooms,
Sausage rolls, pies and pastries	Boiled eggs, poached
Coca Cola	Lentils and pulses: Raw chickpeas, black beans, red and brown lentils

You are more likely to hit that 3pm wall of sleepiness, by eating all the processed foods on the left, which are not great for supporting blood sugar. Eat the list on the right for proper fuel/energy.

What is the connection between nutrition and mental health



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What Is the Role of Dietary Inflammation in Severe Mental Illness? A Review of Observational and Experimental Findings

Joseph Firth^{1, 2}, Nicola Veronese^{3, 4}, Jack Cotter⁵, Nitin Shivappa^{6, 7, 8}, James R Hebert^{6, 7, 8}, Carolyn Ee¹, Lee Smith⁹, Brendon Stubbs^{10, 11}, Sarah E Jackson¹², Jerome Sarris^{1, 13}

Affiliations + expand

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[Free PMC article](#)

Abstract

Severe mental illnesses (SMI), including major depressive disorder, bipolar disorder, and schizophrenia, are associated with increased inflammation. Given diet's role in modulating inflammatory processes, excessive calorie-dense, nutrient-deficient processed food intake may contribute toward the heightened inflammation observed in SMI. This review assesses the evidence from observational and experimental studies to investigate how diet may affect physical and mental health outcomes in SMI through inflammation-related pathways. Cross-sectional studies indicate that individuals with SMI, particularly schizophrenia, consume more pro-inflammatory foods and fewer anti-inflammatory nutrients than the general population. Cohort studies indicate that high levels of dietary inflammation are associated with increased risk of developing depression, but there is currently a lack of evidence for schizophrenia or bipolar disorder. Randomized controlled trials show that dietary interventions improve symptoms of depression, but none have tested the extent to which these benefits are due to changes in inflammation. This review summarizes evidence on dietary inflammation in SMI, explores the directionality of these links, and discusses the potential use of targeted nutritional interventions for improving psychological well-being and physical health outcomes in SMI. Establishing the extent to which diet explains elevated levels of inflammatory markers observed in SMI is a priority for future research.

Keywords: bipolar disorder; nutrients; nutrition; schizophrenia; vitamin.

Do you even know if you're stressed?



Constant stress becomes part of your daily routine.



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Stuck in a vicious stress cycle?



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I love this cycle because this is the typical "one condition may have many causes and vice versa", and very much a naturopathic approach to health and wellbeing

A Little Fun Fact Did you know?

According to a double blind test conducted by Washington University, it was determined that the average human **can** approximately **keep their eyes open** for 2.5 minutes maximum.



What supplements may help?

- Not all supplements are made equal

Stress Support

- B complex
- Magnesium
- Vitamin C

Antioxidant Covid Support

- Vitamin D
- Zinc
- Selenium
- Vitamin E
- Vitamin A (beta carotene form)



B vitamins that helps with anxiety, depression & stress. **Vitamin C** helps to normalise stress-hormone levels. **Vitamin D** enhances immune system function and reduces viral growth/ it can reduce upper respiratory infection.

A large body of research shows that **zinc** has strong anti-viral properties against many viruses. Including an antioxidant for covid support, may also help.

Resources

Supplements

<https://www.futurehealthmanagement.co.uk/vitamins/>

Antioxidant support

<https://www.futurehealthmanagement.co.uk/vitamins/>

Pub Med:

Nutrition link to mental health

https://pubmed.ncbi.nlm.nih.gov/31156486/?from_term=what+is+the+connection+between+nutrition+and+mental+health&from_sort=&from_pos=2

references



Future Health Management

Getting down to the root cause



Naturopathic Nutritionist

Christina Martin DHNP, AIT, SNHS Dip Advanced Nutrition

Contact Details:

0208 991 1490

Online Consultation

Zoom/Skype

LinkedIn

<https://www.linkedin.com/in/christinamartin2/>



www.futurehealthmanagement.co.uk

ecmartin@futurehealthmanagement.co.uk

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