

Health *MASTERY*

FORGET THE SYMPTOMS,
FIND THE ROOT CAUSE!



THE

3

System

TRIANGLE



*The chances of getting cancer are currently just over 1 in 3 for both men and women...
The chance of getting Type 2 diabetes is currently 1 in 9.
Every 1 in 4 deaths is caused by heart disease.
Over 1 million people died of digestive diseases in 2016 and that is very personal to us.*

When Cliff was 15 he was diagnosed with an apparently incurable autoimmune condition called Ulcerative Colitis. Now 34, this year marks a the 10th year anniversary with no symptoms, medications or functional markers of the illness (yes, we test ourselves regularly).

We didn't write the above to scare you. These are the facts of what the world is currently facing and even with the advances in modern medicine, these diseases are on the increase.

And these are just clinically diagnosed diseases! How about the 800,000 people that commit suicide every year? Not all of them have a registered illness. Are we naive enough to think it's all in their head? That their PHYSICAL health doesn't in some way play a role in how they think and feel?

When it comes to health, we have somehow become convinced that there is very little we can do about any of the above. We believe that if we get diagnosed with an illness or a disease then it's either 'bad luck' or it's our genetics and we just can't do anything about it.

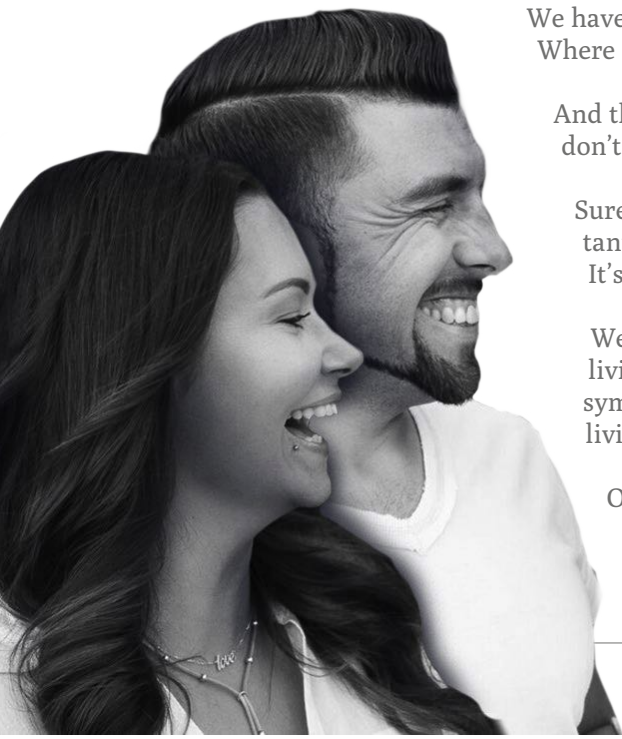
We have no idea of how much of a role our environmental factors play...
Where and how we live, our food, good quality water, our lifestyle...

And that's not because we are ignorant... It's often simply because we don't know any better!

Sure, people are living longer than they used to but what is important to us is not necessary the length of our life, it's the quality of it!
It's the level of vitality that someone has all the way till the end.

We think we can all agree that there is a big difference between living to 85 while drinking a cabinet full of medication to offset symptoms and a person that isn't on any medication, full of energy living to the same age.

One thing we are fooled by is that we're being told the length of our life is getting longer, thus it must mean we are healthier, right?



Well, not really....

It is really important to understand that conventional medicine and pharmacology has helped save a lot of lives in the world and it has helped me - Cliff - personally a good few times in the early years when I was diagnosed with an unresponsive auto-immune disease, and a little later when I was told that I had a brain tumour.

Yet, what's important to acknowledge and understand is that we have seen people giving their power away to medications and drugs, believing that their body is letting them down in some way.

Maybe you believe it's your 'genetics' or maybe you think you were just unlucky...?

In the western world, we have for the most part become 'masters' of avoidance in a world that is all competing for our time and attention. Whether it be your smart phone, tablets, TV, job, kids, partner, your business ventures or otherwise, we are more scattered than we have ever been in life.

We are always trying to find ways to eat faster, train faster, sleep less and DO MORE (usually all the stuff that doesn't really matter that much in the long run).

It's a constant feeling of always being behind and that there is always somewhere to be different to where we currently are.

That also affects how we approach our physical health...

We want quick fixes, rapid answers and a magic pill that will solve it all for us, while we remain spinning in a hamster wheel of ignorance and oblivion.



Our Job at the Unlimited Life is to approach health from a very different perspective

We want to empower you with an approach that puts you in the driving seat in life. We are not here to make any bold health claims or tell you that we have the 'magic pill' to health.

We are here to share the wisdom that we have learnt, practiced, implemented and seen results of for over 10 years with hundreds of clients across the world.

We have studied nutrition, nutritional therapy, functional medicine principles, biochemistry, naturopathic techniques and Chinese medicine techniques.

Our aim is not to impress you with this or that piece of paper we have. It is to impress you with how we can take the complex system that is our human body and break it down into information that is simple and understandable to allow you to step back into vitality and significantly reduce your risk of unnecessary illness in life.



Here's how we do it

Introducing the '3 System Triangle'

When you zoom in a little, read up on statistics and get down and dirty with it – you'll likely understand that many of the ways that conventional medicine approaches disease and symptoms simply isn't yielding the results that we desire.

We are bred into a quick fix mentality and as soon as we have a cough or a sniffle - it's off to the doctors to get a prescription of an antibiotic or something similar.

Prescriptions and pills are being handed out like sweets for everything...

We see it as a very disempowering way to look at your own health.

But is there another way?

What we'd like you to understand first is that the conventional approach often looks at all bodily systems as separate mechanisms and the treatment is prescribed accordingly.

If your head hurts – you'll get a pill for your headache.

If there is a problem with your heart – you'll either get a pill for that or go into surgery.

If your thyroid supposedly malfunctions – you'll get thyroid meds.

Done and dusted...

But does it work?

Does it really get to the root cause of what's going on...

Could a headache, heart issue, thyroid dysfunction or in fact any other diagnosis or symptom, have its roots somewhere else?

Could all these systems be talking to each other and affecting the workings of one another?

Come on over...



We'll show you.

Let's look at this just a little more closely.

Every system in the body plays its own important role to collectively make sure we function optimally as human beings.

YET

When you understand just a bit more about human physiology, you'll see that these 3 systems play a major role in how all the others work and affect each other.

Hence the 3 System Triangle we speak of.

So what are they?

- #1 *the digestive system (your gut)*
- #2 *blood glucose management (your blood sugar levels)*
- #3 *adrenal function (how you manage stress, water and mineral balance amongst other things)*

Over the coming paragraphs, our aim is to explain WHY these three systems make it to the top of the list and why they might just be the doorway back to optimal health for you.

Let us begin by showing you this example, it may or may not be relevant to your health directly, yet the point is for you to begin understanding how a different approach and a deeper understanding of the human body allows us to unravel issues that otherwise may be deemed 'for life' or untreatable.

Many clients come to us with issues like thyroid under or over activity, hormonal issues, skin issues, anxiety, depression and even failed pregnancies, to name a few.

Many a time these guys have been from doctor to doctor, then practitioner to practitioner trying and implementing various approaches with little to no results ending up frustrated and wrung out, thinking there's nothing that can be done for them.

Let's make it clear that there is nothing wrong with looking at what is going on with the thyroid, the hormones or the ability to maintain pregnancy, yet we feel that's looking at the **result**, not the **cause** and the source of it.

For instance, understand this:

If you have a thyroid issue, it's very unlikely the fault of the thyroid gland itself as it simply cannot control what to do by itself. To release more or less thyroid hormone – it has to be told by a different gland what to do first. It doesn't have the ability to dictate what to do without the outside input.

Explaining a complex system in the simplest way - for the thyroid to regulate your metabolism it has to receive signals from the brain and the brain has to receive signals from the external environment (think temperature, emotional stress etc.) and the internal environment (think other hormone or neurotransmitter levels).

There is no need to make this a biology or biochemistry lesson but hopefully you can see that in order for your thyroid to even release hormone it has to be told to. And that's only just the beginning. If you go a little bit deeper, you'll see that that roughly 97% of thyroid hormone released is INACTIVE and has to be converted to do its job in places like the gut etc. So, can you see just how important your gut health may be for your thyroid?

And that's just one example for you...

The no.1 question we ask when we see something being imbalanced is WHY?

WHY is this happening, then with each answer, we keep asking why again until we get to the deepest possible layer. In the way, we understand the human body - that layer is often the gut, yet the blood sugar levels and adrenal function are all tied in and here's why...

The gut *why is it important?*

Did you know that the gut has its own nervous system (it's called enteric) which has more neurons than the spinal column?!

It has the capacity to fully function on its own - no other organ in the body can do that.

The enteric nervous system also has a very specific nerve that has been scientifically shown to have a direct impact on the brain. It's called the Vagus nerve.

The Vagus nerve is responsible for not just the function of the digestive system but also the heart and lungs to name just a couple. And to top it all off, like we said it has a direct connection to the brain – that sends signals to other places, telling them what to do all over the body.

Can you see that when you have a 'dodgy' gut, it is because of that connection that it can also affect your mood?

And if that wasn't enough the gut has around 75% of the body's TOTAL immune system in or around it.

Every neurotransmitter (a chemical substance that helps your nervous system communicate) that is in the brain and nervous system has also been detected in the gut.

An estimated weight of bacteria in the gut is 5-10 lbs.

There are more bacteria in the gut than there are known cells in the body.

Isn't it just fascinating?

Did you know that over 1 million people died of digestive disease in 2016? How many more people suffer in silence with bloating, gas, abdominal pain, reflux and IBS like symptoms.

And those are just the issues that are directly connected to the gut here! With it being so vital with so many functions essential to the healthy functioning of our body, there are countless issues that we may suffer from that do not originally point to the gut, yet when you dig a little deeper and follow the thread – that's exactly where you end up – your digestive system!

We cannot begin to tell you just HOW important your gut is to overall health. It's ALWAYS the no.1 system to evaluate the health of and bring balance back too.

What can go wrong (and why should you care?)

Deficiencies – This is where you lack certain enzymes, stomach acid and/or bile to break down the food you consume. This can lead to a lack of absorption of vital vitamins and minerals from food that help build vital hormones and fuel various processes in the body. People don't realise that the health of your skin, the way that you sleep and the energy you might lack are all linked to the health of the gut, its ability to effectively break down foods and get them into the body to be used to make you healthy.

Inflammation – There are many ways that inflammation can appear in the gut, but one that is very common is intestinal permeability, which is simply when food that isn't fully and completely digested to its simplest form is able to reach the blood stream. This has been shown to cause an immune response which can show up as pain in joints, brain fog, fatigue, poor sleep etc.

Another form of inflammation in the gut is caused by food sensitivities. This is when you consume foods that your body doesn't quite like causing an immune response to. Why is this important? If you consume foods that you are sensitive to, not only will you likely get symptoms like gas and bloating but you can also have issues with your skin, energy levels, struggle to lose weight and imbalanced hormone levels, to name just a few.

Also, IBS (irritable bowel syndrome) is a collection of symptoms that cause pain in the gut. There are many reasons why IBS can occur but long term IBS has been shown to fuel inflammation in the body.

Inflammation in the gut put simply is misbalancing the rest of the body. This is usually just low

level inflammation that for the most part will not come up on doctors testing. Yet it's proven in literature that low level inflammation in the gut over time can contribute to chronic disease and autoimmune conditions.

Infections - Yeast / fungal, bacterial and parasitic are all types of infections that can and do happen. In a book called parasite rex, they state that at one time or another 80% of people will experience a parasitic infection. The disturbing thing here – most won't even be aware of it.

Conventional medicine often doesn't know much about these and their form of testing is poor at best due to budgets, lack of skilled professionals and even seemingly simple yet so important – the number of days over which you test for infections. In our experience, we've seen infections at the root of panic attacks and spells of depression (Marta's personal story), decreasing sports performance in professional athletes etc. These are just a few examples. Time and time again we see illnesses being triggered by infections that were not dealt with at the time of actually catching the infection.

It's important to understand that when you have unidentified infections, they are literally living off you as the host. They use the nutrients you eat to survive and thrive within your body. If you have travelled to places like Africa, India, SE Asia, South America then it's important to consider if you were sick or had any changes to bowel habits. And it's not just the usual Delhi Belly that you get to be aware of as not everyone will end up with diarrhoea and vomiting as symptoms.

Marta for instance caught a parasite in Egypt and it was undiagnosed for around 12 years before it was found in testing. During that time, she experienced crippling fatigue to the point she would spend days in bed, seemingly unexplained panic attacks and depression.

If you struggle with gas, bloating, reflux, constipation / diarrhoea or other gut related issues then it's important to understand the impact on the rest of the body.

What's also important to mention is the fact that you might have recovered from say, food poisoning, that you had on holiday or elsewhere but the infection is likely not gone, it's just sitting there proliferating.

It may take months or even years for a set of symptoms to present that will then lead to a mysterious diagnosis.

Only recently we both spoke to someone whose mum and dad both had food poisoning years and years ago while on holiday, one of them got diagnosed with MS 5 years following that incident while the other 25 years after... Is it coincidence or could there be something more to it?

The digestive system is the entry point of the body. Many people have heard the term 'you are what you eat'. That's not strictly correct. You are what you eat, breakdown, absorb and don't excrete. Thus, when you have compromised digestive health, you don't just have a dodgy 'tummy', it can affect things like your mood, your hormone levels and sex drive, not to even mention the workings of several other organs. Without getting all 'complex' it's really important to optimise your ability to process food in the body.

Lastly, consider this:

If you have deficiencies, infection or inflammation in the gut, this will affect the immune system, which will then affect your adrenals (stress response) and that will affect how you manage your blood sugars. Once these three systems are compromised you feel like you are on a merry-go-round or chasing energy and balance in health. And a whole array of other symptoms may surface...

That takes a skill or two to unravel!

Blood sugars (and Insulin)

why is it important?

Your blood sugars (glucose levels) are regulated in extremely tight ranges - your body does a really good job at that. However, you likely heard of too low or too high blood glucose levels. And rightly so, there are many functional issues that can occur when we do not manage those levels correctly via diet and lifestyle.

When your blood sugars go too low (hypoglycaemia), the pancreas releases glucagon and the adrenals release cortisol (to bring your blood sugars back up). When blood sugars get too high (hyperglycaemia), the pancreas releases insulin (to bring them back down).

If glucose gets too high, it's actually toxic to your body. For example, it's why uncontrolled diabetes can result in people going blind, leg or arm amputations or severe kidney issues etc. If blood glucose gets too low - that also is very dangerous as you cannot supply energy to the brain effectively.

When we talk about blood sugars we have to talk about insulin and how its function can and does affect your health in other places.

Insulin helps to carry blood sugar to the outer edge of the cell so it can be taken in to do its job in there. It attaches to a receptor site and that's when something called 'glut 4' comes over and collects it, taking it into the cell (think of 'glut 4' like a little blood sugar taxi). This blood sugar molecule (glucose) is then either used as energy or stored.

What can go wrong (and why should you care?)

Here are the two main scenarios where imbalanced blood glucose can cause problems in your body.

The first issue many people face as a result of HIGH blood glucose over a long period of time is insulin resistance. This is often diet and lifestyle related. Insulin 'resistance' happens when the receptors of the cells down regulate (stop working properly and are unable to allow the glucose molecules to get into the cells to do their job).

When blood sugars have been raised over a long period of time, your body will not produce insulin at the level it once did for various reasons (down regulated receptors and damage to cells in the pancreas). This causes your base line (fasted) blood glucose level to rise (which is not good at all!).

When you have high blood glucose levels and possible insulin resistance you might feel some of the following symptoms:

- Fatigue after meals
- Craving sweets during the day
- Eating sweets does not relieve your cravings for sugar

- Must have sweets after meals
- Frequent urination
- Increased thirst and appetite
- Difficulty losing weight

The things that go wrong when you have high levels of blood glucose and insulin over time can be...

- Increased cardio vascular disease risk
- Increased diabetes type 2 risk
- Increased cancer risk
- Raised cholesterol levels
- Increased blood pressure

As you can see these are some of the more serious issues that you can face. Please do not take them lightly.

Also, we must consider LOW blood glucose levels as they are very common, in our experience - especially but not exclusively for ladies. When we have long periods between meals, unidentified inflammation and high stress (chronic) it is possible that our blood sugars will dip below an ideal range. This will trigger the release of cortisol (stress hormone from the adrenal glands) and glucagon (from the pancreas) to break down stored energy and bring the level of glucose back to a safe range.

Symptoms you might face of LOW blood glucose levels are:

- Craving sweets during the day
- Irritable if meals are missed
- Depend on coffee to keep yourself going or get started
- Lightheaded if meals are missed
- Eating relieves fatigue
- Feel shaky, jittery, tremors
- Agitated, easily upset, nervous
- Poor memory, forgetful

The dangers of LOW blood glucose to your health are:

- Seizures
- Mental confusion
- Unconsciousness

Whether you have high or low blood glucose levels, it's very important to assess and address these issues. It's a must to look at both mental (emotional) and physical stress (inflammation & infections) on the body and your environmental stressors too (job stress, relationship, where we live etc.). By addressing these and creating a lifestyle and diet to match, you can see huge improvements in health.

So to wrap up blood sugars and insulin - if you have poorly managed blood glucose levels via diet & lifestyle then several issues and symptoms can show up in the body. That's why we must address this system as part of the 3 system triangle.

Well balanced blood sugars will see you provide your body with energy that it needs, have sustained energy and make you sleep much better – now, doesn't that make you a better human by default?

The Adrenals

why are they important?

The adrenals are two triangle shaped glands that sit on top of your kidneys and are known for regulating your stress response, water and mineral balance and the production of cortisol (main stress hormone) amongst many other hormones.

Some facts on the adrenal glands:

- They're critical in creating numerous hormones that are necessary for a healthy life
- The adrenal glands are divided into two parts - the outer portion of the gland called the adrenal cortex, the inner – adrenal medulla

And why is it even important?

Let's go a little deeper

The adrenal cortex is responsible for creating three different types of hormones that:

- Regulate mineral balance in the body
- Are responsible for increasing blood glucose levels (when they are low)
- Regulate sex hormones and what goes with it – libido



Death would result if the adrenal cortex stopped functioning as it controls metabolic processes that are essential to life.

The adrenal medulla secretes epinephrine (adrenaline) and norepinephrine (noradrenaline) in times of stress.

However, it is important to understand that we are not looking for a medical disease when looking at the adrenal gland function.

What can go wrong (and why should you care?)

It is possible to have issues that are caused by HIGH cortisol.

Here are a few indicators to help you identify if you could possibly have issues with high cortisol.

- Cannot fall asleep
- Perspire easily
- Under high amounts of stress
- Weight gain when under stress
- Wake up tired even after six or more hours of sleep
- Excessive perspiration or perspiration with little activity

And the result of having high cortisol levels over a period of time:

- Lowered immune system which can open us up to infections
- Increased blood sugars which can lead to insulin resistance
- Reduced muscle tissue formation which makes losing fat harder
- Decreased frontal lobe activity which basically means your brain function suffers
- Increased visceral fat which has been shown to increased risk of heart disease

Also consider that LOW cortisol is not unusual in our fast-paced life in the western world and when you have been under sustained stress over a long period of time it's not unusual for your adrenals to end up down regulated.

Here are some indicators to see if this might be where you are right now:

- Cannot stay asleep
- Crave salt
- Slow starter in the morning
- Afternoon fatigue
- Dizziness when standing up quickly

And here are some issues associated with LOW cortisol...

- Blood sugar issues, usually linked to hypoglycaemic tendencies (low blood sugars)
- Imbalance in your immune system that can open your body up to infections
- Low cortisol has been associated with SAD (seasonal affective disorder), fibromyalgia and chronic fatigue (it's not that low cortisol causes them, when those issues present themselves, low cortisol is also very often present)

- Increased pain in the body

Please understand that the way that you get HIGH cortisol is not too different to how you will eventually get LOW cortisol. The main difference is TIME.

If you have had high cortisol from various stresses (listed below) then your body will eventually downregulate your cortisol and you end up with low cortisol issues.

It's important to address the below factors to ensure you're looking after yourself and your adrenal health properly:

- Emotional stress
- Inflammation / pain
- Infections
- Immune imbalance
- Poor diet
- Lack of sleep / poor sleep

Like we said, we're not looking for a clinical disease here, which could be Addison's disease (hypocortisolism) or Cushing's (hypercortisolism). What we are after is glandular efficiency (which means simply whether they're able to work efficiently).

What's important to know when it comes to the adrenals - stress is really all about perception. It has been shown that the same stress with two people when viewed differently affect the body in different ways.

Take two people on a rollercoaster, one is scared shitless and one loves it – this, is a perfect example of that.

What we have to understand here, is that regardless of whether you are excited or scared, you trigger the same pathways to start with. We won't go into too much detail but it's critical to understand the difference between a short term, acute stress like exercise in the gym and a long term stress like grief from losing a loved one, break up in a relationship, chronic and constant anxiety and worry.

Stress can start in either the brain or it can be triggered by imbalances in the body (it could be infection, low blood glucose levels etc.)

The next thing to address here is the sympathetic nervous system, otherwise known as your '**FIGHT OR FLIGHT**' system - a LIFE SAVING mechanism in your body.

When we trigger the sympathetic nervous system, we release cortisol, adrenaline and other hormones which re-direct blood away from organs that are secondary in saving your life (like the gut and skin for example) and send it to places that are crucial for survival like the liver - to mobilise stored energy, increase heart rate and pump blood into your limbs to be able to run away or fight, you also get narrowed vision to focus on fight or escape plan, your blood thickens (to create a clot in case of injury) and there is a sense of time running out to assist you in making your decisions faster.

What's important to also remember here is that our fight or flight system will activate regardless of whether you're running away from a bear (actually use that release of energy) or if your boss pissed

you off (yet you're stuck behind your desk and can't do anything about it).

The more 'stress' we are under whether that be emotional stress, dietary or lifestyle stress and / or hidden inflammation & pain the MORE we use the sympathetic nervous system. As it is a life protecting mechanism it's not meant to be constantly used in this way (cue – that annoying boss we've just mentioned above).

High pressured jobs, bills to pay, worries over body image etc. can all trigger the same stress response that was originally meant for survival.

It is important to remember the parasympathetic nervous system here (it's crucial to create harmony between the two and balance). Otherwise known as you 'REST AND DIGEST' – just like the other one – it does what it says on the tin (mainly when you are sleeping). In that time, we don't only process and digest our food but also clear out debris from the body and regenerate tissues amongst other things. This is WHY it's so important to have an understanding of acute stress and chronic stress. Can you recall that time when you had your lunch in such rush that you ended up with tummy aches as your body was in fight or flight running to that next meeting, rather than chilling out in rest and digest (even for a short period of time) allowing you to acknowledge that you've just had a meal, then break down, digest and absorb your food so you can become it?

Can you see once again how closely related all these 3 systems are?

And while we speak of adrenal health, what is also worth mentioning...

In the 'holistic' world the term 'adrenal fatigue' has become a common phrase thrown around. There really isn't much good evidence to show it's a 'thing' - it's a misconstrued concept of adrenal suppression.

The glands are not fatigued, they're suppressed - which in part is signalled and controlled by the (internal & external) environment and your brain (it is complex and could be written into a whole new guide of its own so not going to go deep here).

Your adrenals are VERY important and without them you'd die. YET they do not control and dictate (similar to thyroid) what they do or do not do - so before you go to someone for an 'adrenal health protocol' as you've heard someone say 'your adrenals must be fatigued' – understand that they're only told what to do and first we have to KNOW and control WHAT they are being told and find out who and where from this information for them to do or not do parts of their job is coming from.

Healthy adrenals will see you sleep better, have a higher sex drive and manage your weight and blood pressure better.

Again, just to name a few things amongst many others...

The 3 Systems Combined

We trust that you can see the importance of all 3 systems individually and how when they are out of balance, they will affect the rest of the body.

What's also discussed here is how these 3 systems all affect each other and why it's important for you to acknowledge. It is also important to see how balancing these 3 systems can help you with any issue your body encounters.

Below are just 3 examples of day to day life situations and how they affect those 3 systems working individually and affecting each other.

Scenario 1:

Emotional Stress

You are in a relationship that you know isn't serving you. It's been like it for some time and now you have finally had the courage to have 'that' conversation. Depending on how long you have been in this unhappy state up to this point is going to give us an idea of how your body has been affected. If we agree this is more of a 'chronic' (long term) type of stress then the mechanism internally might look a little like this:

The 'emotional stress' will trigger a response in the brain which then in turn will trigger the fight or flight response. When this occurs you release cortisol to break down stored energy from tissues (in the liver) to help fuel this 'state' – essentially your body constantly wants to either flee or fight - yet for a long time you've been doing nothing. Everything has been stewing deep inside. This 'energy' that your body releases over and over to help you fight or flee - doesn't get used often times and it restores in the body.

The adrenals are stimulated in emotional stress over a longer period of time release other hormones that regulate your immune system (75% is in or around the gut), blood pressure, water and mineral balance to name a few things. The more we find ourselves in this place, the more we call for the body to keep us in a fight or flight state. That will mean less time in the 'rest and digest' nervous system, thus meaning less recovery and turnover of new cells and hormones etc.

So just from sustained emotional stress you can draw blood away from the gut and impair optimal function, imbalance blood glucose levels because of high levels of circulating cortisol which could lead to insulin resistance (over years) and cause adaptations to the stress response that affect your hormone balances.

What does that mean to you?

You can end up with excessive weight gain or loss, symptoms of imbalanced blood glucose levels. You open yourself up to infection as your digestive function suffers. You may have brain fog and be unable to focus. Your mental and physical performance will drop and you may begin to catch coughs and colds out of nowhere and way more often than what you used to. That in turn can compromise your immune system and leave you open to other issues showing up or re-surfacing.

Scenario 2:

Dietary Stress

It's no secret that in today's western world, our dietary choices are worse than they have ever been, resulting in skyrocketing levels of diabetes (type 2), obesity and other lifestyle related diseases.

When we skip meals often, rely on fast food for convenience, heavily restrict calories over a period of time, consume excess processed and nutrient void food and over consume alcohol (to name a few) we know deep down we're not doing any good to our body.

What's important to note is that not all of the above have to be present all at once to cause issues.

What does that mean to you?

Take skipping meals often for instance. When our body goes on for too long without food (and we're not talking here about beneficial and thought through intentional fasting), our blood sugars can drop below optimal ranges, triggering the stress response (we spoke of above), which helps to break down stored energy to raise the low blood glucose.

It's very important that the body does this, however when this is a common state, repeating itself over and over in our body - it can affect your adrenal regulation, thus affecting hormonal production, it can affect gut health as you are not receiving the nutrients required for optimal gut / body function and it will eventually affect the ability to deliver nutrients effectively to cells thus potentially affecting your energy levels.

Also, if you have impaired gut function, your ability to break down, absorb and utilise nutrients will affect how you feel. People often don't understand the effect of alcohol or poor food on their bacterial balance in the gut. Without good bacterial balance, you open yourself up to many issues like infections and compromised digestive abilities which could lead to things like mis-diagnosed reflux.

Scenario 3:

Pain and Inflammation

Consider that knee issue or shoulder pain that you've had for several years now. How do you think that's affecting your health and your body?

When there is pain in the body we require stress response and not just because your body is obviously under stress. What's important to explain here is that cortisol (your stress hormone) goes through a conversion to produce cortisone which is a healing agent.

As we already explained above, if you have been under LONG term stress in any area of your life, you may downregulate sufficient cortisol release therefore affecting your ability to heal and hence those chronic long term aches and pains just hang around and it feels like they're going nowhere.

What about hidden infections?

People make the mistake of thinking that just because their markers come up within acceptable ranges in their GP's testing that they are automatically 'ok' OR your tests may come back 'normal' yet you're still suffering. This often results in confusion as pain or discomfort of some sort is present but you're told you're all good as your test result doesn't show anything...

What does that mean to you?

If you have gut issues that can't be labelled as a specific syndrome or a disease it'll be often called IBS, just to give it a name and categorise you.

If you have reflux like symptoms when you bend forward and lay down you'll likely be given acid lowering medication, when in fact most of the people have a nervous system issue causing stomach acid to flow up when it's not meant to.

If you have travelled abroad let's say and got 'sick', maybe it was diarrhoea for a day or two. We often get antibiotics to deal with the 'infection' and once the symptoms have subsided, we think we are ok. Sadly, this is often not the case. Many studies have not only proven bacteria and parasites are resistant to antibiotic treatment and also parasites have many phases of life that take time to address, thus a week's course of antibiotics would not be enough.

We often see people with low level, unidentified inflammation that is imbalancing the immune system, which then in turn raises inflammation and imbalances the adrenals, which then imbalance blood sugars over time.



Now, as you can appreciate we have spoken about just a VERY small selection of potential issues here and by no means is this an exhaustive list of how the body would response to stress or symptoms.

What we'd love for you to understand and to remember is that functional medicine looks at symptoms in a very different way to conventional...

The hint is in the name here – it focuses on optimal function and if that's distorted – it will look for the root cause and not just settle for treating the symptoms.

“*Conventional medicine is a LONG way behind functional health markers and optimal ranges and that's where a good practitioner can come in and assist you effectively.*”

The aim of this guide is to give you a VERY basic overview of WHY the 3 System Triangle is so important and why making sure all three are working effectively pretty much assures you that those 'hormone' issues, skin issues, thyroid issues, gut symptoms start to improve.

We want to spark your curiosity and invite you to see your health from a different perspective.

To see possibilities rather than problems and to empower yourself greatly!

We're guessing you may want to know where to start right?

If you got all the way to this point and have been nodding your head at various points while reading and maybe we even jogged your memory as to past events you might not have remembered?

The first point is ALWAYS to get your full history together.

Working with our client, we always go through your full emotional history, physical history and use functional testing from leading laboratories around the world.

Our moto is:

'We don't guess, we test'

And we never 'assume' anything.

Even though 2 people might have the same issues on the surface, the way to help them is often radically different due to their individual history.

You are unique and deserve a tailored approach to fit your requirements and not a cookie cutter – that may relieve symptoms for a very short time, yet will likely spiral you right back down so you feel like you're back to square one, ending up feeling flat and defeated.

If you believe that you are experiencing issues that you are struggling to find the answers for then get in touch and let's follow this thread together to figure out what your next best step is!

You are not alone in this!

We're here to walk by your side.

Are you ready?

YES let's follow the thread, I am ready!

Read more about Cliff and Marta

DISCLAIMER OF LIABILITY

Wilde Performance (CY) LTD trading as Cliff and Marta The Unlimited Life are not acting as physicians, psychotherapists nor behavioral therapists and the scope of his/her consultation services does not include treatment or diagnosis of specific illnesses or disorders. If you, the client, suspect you may have an ailment or illness that may require medical attention, then you are encouraged to consult with a licensed physician without delay. Only a licensed physician can prescribe drugs. Any mention of drugs in the course of consultation is only for the purpose of providing a complete history of drugs that the client is taking and not for Wilde Performance (CY) LTD to judge the appropriateness of the medication. Any change in prescription or dosage is a decision the client makes with his or her physician.

Rather than dealing with treatment of disease, Wilde Performance (CY) LTD focus on wellness and prevention of illness through the use of non-toxic, natural nutritional therapies and lifestyle advice to achieve optimal health. As a certified nutritional therapist, functional medicine practitioners and breakthrough coaches, Wilde Performance (CY) LTD primarily educate and motivate clients to assume more personal responsibility for their health by adopting a healthy attitude, lifestyle, and diet.

While people generally experience greater health and wellness as a result of embracing a healthier attitude, lifestyle, and diet, Wilde Performance (CY) LTD do not promise or guarantee protection from future illness.

By reading this guide, you acknowledge that you understand that Wilde Performance (CY) LTD are health consultants and not physicians, and that you should see a doctor if you think you have a medical condition. Wilde Performance (CY) LTD will not be held liable for failure to diagnose or treat an illness, nor will we be liable for failure to prevent future illness.

Additionally, you promise to give Wilde Performance (CY) LTD a complete and accurate account of any medical conditions that you may have and any medications that you are taking if required.

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