

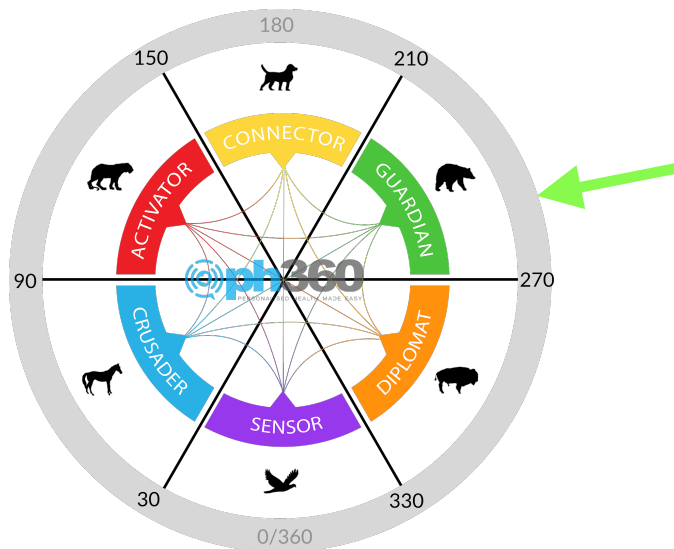
Precision Health

Your Precision
Health Plan
&
Work Book



Julie Landon Nutrition

Welcome to Your Precision Health Plan!



Your HealthType is a **GUARDIAN**

Your position on the circle is 250

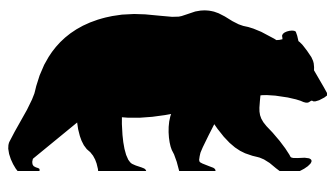
When you think of the Guardian, think of a Bear.

They are strong, grounded, protective and very family oriented. The Guardian prefers a predictable, stable lifestyle that allows them to prepare ahead of time to ensure that the people in their life are well catered. Calm and dependable, the Guardian might be described as the 'salt of the earth'.

The Guardian is built as a protector - always nurturing the people and things they value the most. Connection with the people they consider family is paramount and stable housing, finances and food supplies help lay the foundation for a stress-free lifestyle. Without these things, the Guardian perceives a 'threat' to their safety and automatically, and often subconsciously, creates a stress response in the body.

Amongst other areas of life, the Guardian body can find real safety in foods and movement. Eating the right foods at the right time and increasing movement will provide the right kind of nourishment for this body. This body is then well prepared to care for others AND itself and no longer needs to carry around more protection than required and so releases excess fatty tissue. Relaxation comes when the Guardian can be around people who are non-judgemental, those who feel like family and situations that help to create stability in the basic needs of life.

LifeStyle Priorities



LifeStyle Priorities

Each of the HealthTypes has a tendency to respond most heartily to one or more of the specific epigenetic areas, depending on their current state of health. For the Guardian, the Lifestyle Priority order is:

1	2	3	4	5	6
SOCIAL	FOOD	FITNESS	PLACE	MIND	GENIUS

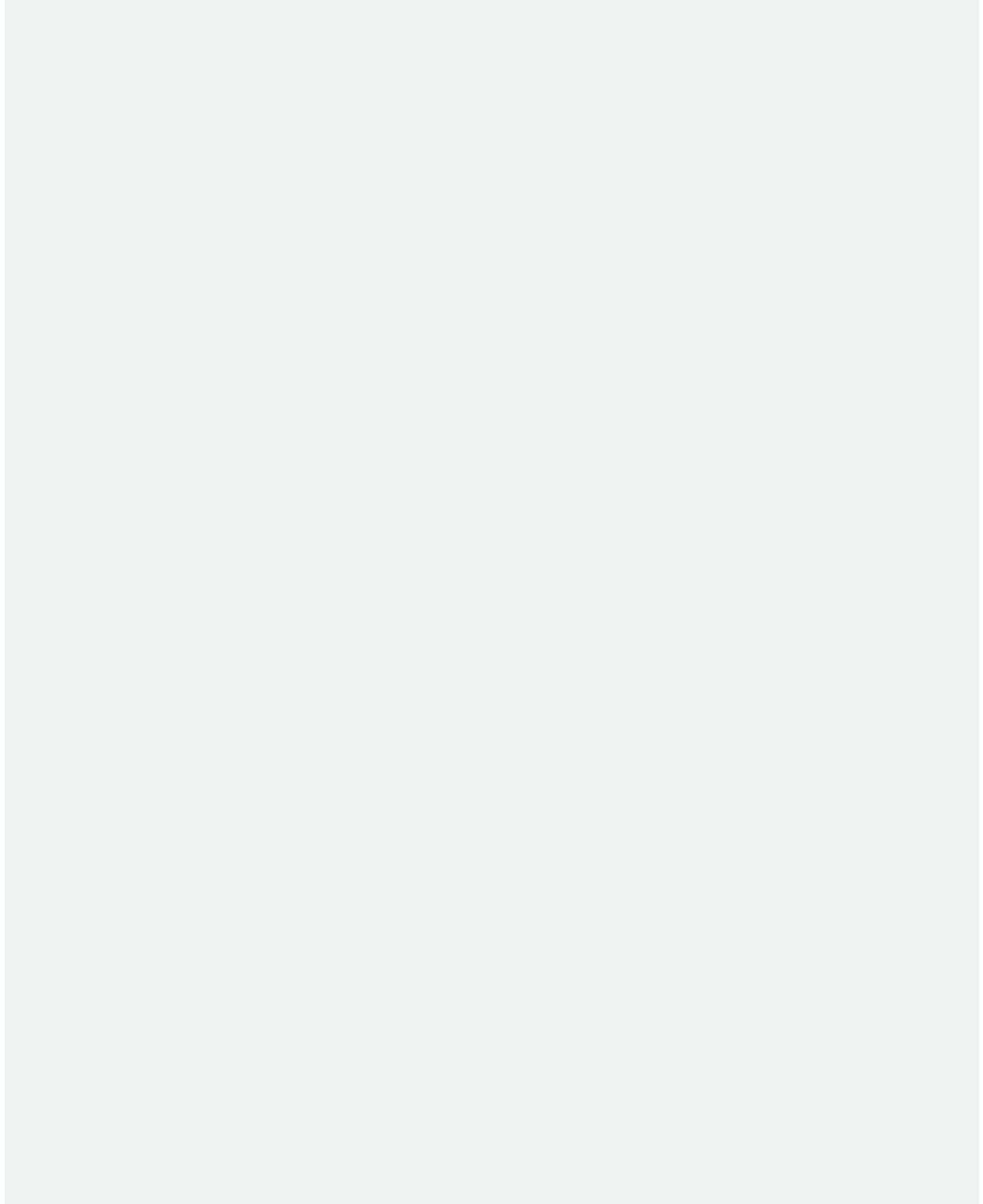
This simply means that the Guardian will respond the fastest to a supportive, accepting social environment. When social is sorted, the next area that will have the greatest impact is their food lifestyle. This continues down the list of Lifestyle Priorities, with Genius still making an impact on the Guardian's overall health, but comparatively the least amount of impact.

The Guardian Starter Plan

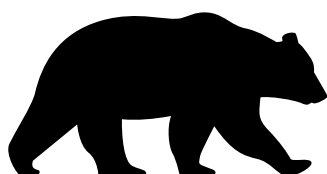
1. See your loved ones
 - Connect with non-judgemental and supportive loved ones whenever you can.
2. Enjoy a light evening meal
 - Indulge in vegetarian meals in the evening - a soup or broth can be ideal.
 - AVOID protein and carbs at night as often as possible (if you're training hard, training nights are OK)
 - AVOID food after dinner - try a deliciously flavoursome herbal tea as an alternative instead
3. Discover how much you love the right movement
 - AVOID high intensity exercise before 10am.
 - Aim for trying heavy strength training and slow cardio 4-5 times per week.
 - Higher intensities/CP System can be used with a longer rest.
4. Make breakfast simple-sugar free
 - Indulge in vegetable smoothies (sweetened with berries if you need it but no other fruit).
 - Try a vegetable casserole or mix vegetables with some egg whites.
 - 10-2pm is the best time to include carbs in your day.
5. Reduce foods ranked RED
 - Reduce those RED-ranked foods by 50% as soon as possible!
 - Try it out and see if you can remove all RED foods for 5-6 days each week.
 - Plan in the RED foods when you are going to have them so you can look forward to them!

My Starter Plan

Feel free to make some notes on your thoughts of this here. Maybe you would like to jot down some areas you'd like to start working on. Alternatively, use this space to reflect on your findings as you wish.



ChronoBiology



Optimising My ChronoBiology

‘Chrono’ means time; ‘Biology’ means the study of life, thus ‘ChronoBiology’ is the study of life concerned with the timing of processes, such as adaptations to solar or lunar-related rhythms. We have two internal clocks in our body - one, based in the brain, that keeps us to a rough 24 hour cycle, kept more exact in response to morning sunlight; the second, is found in every single cell regulating the tissues nearby. When these two ‘clocks’ are in sync, our body metabolises and heals well. The timing of sleep, exercise, food input and stress are crucial to keep your body clocks aligned.

Let’s see how your ChronoBiology looks in your Shae app. Complete the following to identify the important areas:

My Ideal Wake Up Time Is: 7-8am

The best way for me to wake up might be: to start slow (connecting/caring for others, avoid stress)

My Ideal Time For Bed Is: 11pm

The best way for me to wind down and prepare for sleep might be: by doing something that makes you feel good e.g. warm cup of tea, reading a good book, watching favourite TV show, relaxing bath

My Power Hour Is: 7-8am

During this time it’s best for me to: do some light stretching/movement to stimulate circulation & assist in balancing blood sugar plus avoid sugars (glucose, fructose & lactose) the evening before

My Ideal Meal Time Is: Breakfast 7-9am; Lunch 12-2pm; Dinner 5-8pm

Ideally, I can also add this to meal times to make them awesome: plenty of vegetables and being relaxed over meals

My Ideal Movement Times Are: 8-11am; 11am-3pm; 3-7pm

The best of movement at these times are:

8-11am = slow, steady, maybe light cardio e.g. brisk walking

11am - 3pm = increased pace/intensity

3-7pm = more intense & challenging workouts