

HOW TO ACHIEVE A Healthier You



*A guide to finding an Achievable Way
to a Healthier You!*

 Health4U



Introduction

In this fast paced life it's difficult to make time for ourselves, to look after ourselves. That is understandable and something we all experience.

The thing with that is, if we don't look after ourselves we can't look after others, whether that's our loved ones, friends or colleagues. Eventually, the stressors of life takes it's toll on us.

This is why we must take time to look after ourselves, if we're feeling at optimal health, we can do so much more for ourselves, for loved ones, for friends, for colleagues. The daily running of life will become so much easier, that I promise you.

So how do we do this? This is the tricky bit for all humans, we must open our mind to change. Most of the time it's actually minimal change, it's usually adding to what you already do, but change is the bit everyone finds challenging. This ebook will give you the understanding of how easy it can be.

“Forget what is around you, be the best version of yourself that you can be”

About Me



My name is Sinéad O'Flynn, and I am the founder and director of Health 4 U. I have always had a passion for supporting people to live a balanced and healthy life since starting my career journey as a nurse. I originally trained as a nurse in Manchester over 20 years ago, then worked in both Ireland and Australia in roles such as Clinical Nurse Specialist, Research Nurse, Nurse Advisor, Clinical Nurse Manger, and Assistant Director of Nursing. I am an avid writer for various nursing journals and publications, a peer reviewer, and am also on the editorial board for nursing supplements.

My specialty roles in nursing led to my passion with nutrition, however I often felt restricted in being able to truly provide this aspect of care to my patients. Hence I decided to study Naturopathic Nutrition, so that I could combine my current expertise with a more holistic view of the body, enabling me to educate and support people to find the balance that will allow them to live their best life.

Sinéad O'Flynn



Contents

Balancing your Bodily Systems 05

Understanding the need to balance & support your body systems is the key to maintaining Optimal Health

Understanding Gut Health 07

Our Gut is the key to Support & Maintaining our Health. Understand why & how.

Set Time for You 09

Making time for rest, fun & activity is just as important as eating a Healthy diet.

Health 4 U Servcies 12

We have many services at Health 4 U which can guide & support you to a Healthier You!

Conclusion and Next Steps 13

Now that you know what you need, its time to Add in those changes!



01 Balancing your Body Systems

To maintain Optimal Health understanding how our body works & the impacts which everyday life have on our systems is the key to understanding how to maintain your health to optimal levels. Each of us are different, we each have different genetics which impact on our health. The environment around us, including work life relationships, all have a huge impact on our health. Listening to your body & understanding how diet & environment has an impact on Your Health will help you to understand what you need to do to ensure optimal health.



How do you know how to understand your body?

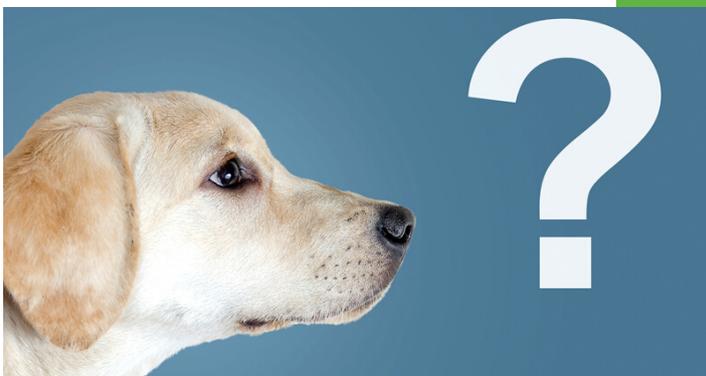
In Naturopathic Nutritional Therapy we seek to find the root cause of your symptoms. We look at the body holistically & not by disease definition. Our body systems are intrinsically linked & so we need to ensure balanced is maintained throughout to maintain Optimal Health.

Keep a record of your symptoms;

- Are they occurring after specific foods?
- Are they occurring at specific intervals?
- Are they occurring at specific times of the month for eg. during a certain stage of your menstrual cycle?
- Have these triggers (food, stress etc) always brought on these symptoms?
- Are these new onset symptoms?

What to Do?

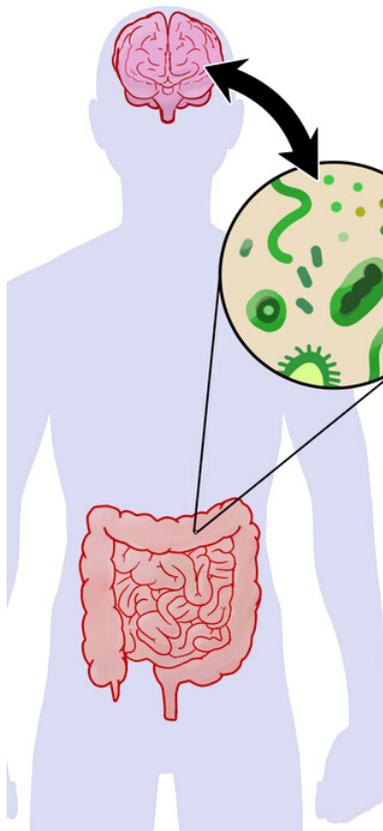
- 1 Listen to your body, only you know what feels right or not right, for you.
- 2 Seek the appropriate support from Health Practitioners.
- 3 Listen to others story, but remember, we are all different, what works for one may not work for you.



02

Understanding Gut Health

*CREATE A LIFE YOU
CAN'T WAIT TO WAKE UP
TO.*



Our microbiome is our genetics. We can't alter that but we can alter our Epigenetics. That's the environment which surrounds us; our diet, our lifestyle, our home life, our work life, our relationships, and so on. Promoting a Healthy microbiome will restore good gut bacteria & allow our Gut to function efficiently & effectively. Have you heard of the Gut Brain Access? Our vagus nerve links these 2 systems, so when 1 system is imbalanced it affects the other & hence a knock on affect to all our bodily systems such as imbalancing your blood sugar levels through hormone imbalance, or a dysregulation of our HPA axis decreasing our ability to cope with stress & affecting our sleep.

Start with Water

Drink 2.5 litres of water daily. This will help your bowel to work more efficiently. The bowel requires 1.5 litres daily to function, when we are deficient of fluids our bowel dries, some may become constipated, waste materials can't be emptied effectively & in turn depletes our good gut bacteria. Herbal teas can be included as part of your fluid intake



Be Sure to Include Green Vegetables in your Diet

We need plenty of fibre in our diet to ensure regularity of our bowels allowing the waste materials to pass through our intestines. Green vegetables are a great source of fibre. For some people, they can trigger IBS type symptoms, if this is you it is important to know which foods they are. Health 4 U can help you to understand your trigger foods & support you in what to do.



Deep Breathing

Deep breathing exercises will instantly stimulate the vagus nerve thereby improving regulation of your Gut & your Brain. Promoting regulation of your systems allow for the promotion of a healthy microbiome. Practice deep breathing as many times a day as you can & specifically pre meals as it allows your body to be alert to natural digestion of foods, thus decreasing symptoms of bloating & discomfort.



*GREAT THINGS NEVER COME FROM
COMFORT ZONES*



03

Set Time for You

“

*DO WHAT YOU CAN,
WITH WHAT YOU HAVE,
WHERE YOU ARE.*

Time Out

Time out from work, home & family life is just as important as maintaining a healthy diet. Who we surround ourselves with has just as much of an effect on us as to how we eat. Surround yourself with those who cheer you on, who lift you up & who want the best for you, not from you. We all need human contact to survive, the Covid pandemic years highlighted that for us all. But we do need the right human contact. We all have a tribe, the ones we feel safest around, the ones we know think & behave like us & understand us.

Finding your tribe is so important to helping us function as human beings. It is also important to know we don't need to be with our tribe always. There are many people who we will meet in our lifetime that may not be from our tribe. We can have many beautiful & treasured friendships with people outside our tribe. We need these people also, they will teach us many things & we will teach them many things. The one thing we Must Do, is Take that Break, Have Some Fun & Live In The Moment!

Taking Time Out

- ✓ Seek out those who will cheer you on, who will lift you up & who will be there when you need the most support.
- ✓ Take time out during your day, home life, family/social life. Look after You. You can't look after others if your bucket is overflowing!
- ✓ Find a hobby/activity that helps you rest, relax & replenish your mental health!

“

*THE WAY TO GET STARTED IS
TO QUIT TALKING
AND BEGIN DOING*



How to Achieve a Healthier You

Health 4 U Services



Diagnostic Health Screening

Screening is provided through Point of Care Testing - Finger tip testing with Rapid Results. Heart, Diabetes, Kidney Screening, Inflammatory Markers & Haemoglobin.

Nutritional Therapy

This is a holistic detailed assessment looking at your current & past medical history, family history & each of your body systems to find the root cause of symptoms.

Home Nutrition Programmes

Home Nutrition Programmes give you the benefits of accessing our Nurse & Nutritional Practitioner Led service from the comfort of your home. The programmes include all supplements, consultations, shopping lists, food lists, menu planners, recipes & much more. These include; Gut Transformation, Peri Menopause & Toxin Clearance.

Functional Testing

Biomarkers & Genetic testing which offer a definite answer to why you are experiencing your symptoms. These allow detailed results to enable treating the exact root cause.

How to Achieve a Healthier You

Conclusion and Next Steps

If you would like support & guidance on how to further reach optimal health, we would love to hear from you. You can contact us at the contact details below.



If you would like support & guidance with your journey to Optimal Health, we would love to help you. Book an appointment today & you will be so glad you did.

[BOOK ONLINE](#)

*"Doing the best at this moment puts you
in the best place for
the next moment"*



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