



**AUTONOMIC COACHING**

**META-STRESS MODULATION  
EDUCATION  
CASE STUDY**

**39-YEAR-OLD MALE**



## MAIN COMPLAINTS:

Client struggles recently developed high blood pressure and has concerns with his current weight. Indigestion and flatulence are constant issues he has struggled with over the last 18 months. Rigidity and joint stiffness are concerns, especially when he wakes up in the morning. Exercise has been difficult to sustain, due to apparent exhaustion after training, compromising his work

## WHAT WE DID

- Biometric analysis
- Fasting and postprandial glucose monitoring
- Pulse resting and post prandial
- HRV
- Temperature
- Symptoms analysis

## WHAT NOT TO DO FOR THIS SITUATION

- Initial protocol to introduce fasting would not do well to aid client's GI disturbance, although fasting serves purpose in cases of dysbiosis (imbalance of GI bacteria), current symptoms of impaired glucose management would only further compromise cortisol release and associated inflammation, noted mostly in the morning.
- Strive for a protein target when pulse readings are clearly showing signs of stress with protein intake above 1.2gr/kg/bw
- Start training programming with high lactate variables to exercise i.e. increased tension time and reduced rest between sets. Given the current state of glucose management this would only further aggravate cortisol release associated with increased cytokine reactions (inflammation)
- Introduce moderate to high carbohydrate values, currently temperature indicates hyperthyroid activity, which is best addressed through the use of a higher fat and lower carbohydrate intake
- Initiate detoxification aid before establishing foundational support for the gut and pancreas.

## HOW DID IT WORK FOR HIM?

- Only advocating 3 solid meals daily with 4-hour windows apart consumption whilst tracking glucose response improved transit efficiency throughout his intestinal tract

- Pulse rates in the morning to note shifts of recovery in line with circadian rhythm establishment. In addition, postprandial pulse was used to note influence dietary choices had on food sources and intake of protein quantity
- HRV help in establishing training opportunity, improving probability of stimulating progression whilst avoiding over-training
- Temperature was used to establish shift of hyper-active thyroid activity, whilst monitoring temperature fluctuations effort was given to avoid hypothyroid activity in advocating long duration sustained high fat low carbohydrate ratio.
- Symptoms analysis was done prior to health protocol development along with re-testing every 3 weeks. Cross-analyzing objective changes in the above 4 biometrics with subjective change in how the client perceived to be performing throughout his entire bodily systems.

## OUTCOME

- Improved digestion and appetite gradually allowed meal frequency to improve along with macronutrient ratios becoming more balanced and established to all three sources of intakes. In the end he was eating a diverse not restricted diet and having a cheat meal every four days, whilst no symptoms of poor digestion (heart burn) nor flatulence (dysbiosis) recurring. This resulted in eliminating the need for antacids and statins.
- Incremental improvements in pulse resulted in linear progression with programming directive, as such the client's participation never faltered leaving him always feeling accomplished. With consistent training effort he lost 13kg of fat and put on a considerable amount of muscle, enabling him with the opportunity to wear a vest without having to feel self-conscious
- HRV improved along the protocol enabling better sleep, sleep which increased his performance at work and at home with his family
- Temperature re-established a health balance between adrenal and thyroid activity, thus exhaustion to either system was no longer a concern.

\*In the end he was able to discontinue the use of blood pressure medication, train consistently without feeling fatigued and enjoy a meal without bloating up. Weight loss and muscle gain were now merely the symptom; however the client most notably claimed the improvement to his overall lifestyle and wellbeing.