



AUTONOMIC COACHING

**META-STRESS MODULATION
EDUCATION
CASE STUDY**

FEMALE: 55 YEARS OLD



MAIN COMPLAINTS:

1. Client has stubborn fat around mid-section
2. stressed and chronic fatigue (wants more energy) she's tried Atkins, Juice Fasting, Cohen Diet — still fatigued

WHAT WE DID

- Biometrics analysis
- Glucose
- Pulse
- HRV
- Temperature
- Symptoms

•

WHAT NOT TO DO FOR THIS SITUATION

- If your client has elevated fasting glucose readings in the morning you should not have clients excluded carbohydrates on the days. Do not advocate the same volume of food and most importantly do not advise high fat intake on these days.
- Continue to advocate healthy veggies or salad greens, especially when your clients pulse spikes after having had a seemingly healthy meal. Think reaction not simply general outcome, broccoli is not always your clients friend!
- Commit to coaching your client through your pre-designed program when HRV readings are not showing good variability, leaving your client feeling annihilated does not equate to results let alone sustaining motivation.
- Prescribe pre-workouts or healthy stimulants (green coffee bean, green tea or nootropics) when there is an apparent imbalance between adrenal and thyroid function.
- Simply telling a client to follow a fasting diet or high lactate training program without considering the dysfunctional system.

WHY WE DID WHAT WE DID

We use the 5 biometrics to determine how her physiology is responding to her health protocol because each individual's stress response is different based on their conscious and subconscious awareness of stress.

- Glucose

Because she was chronically trying to regulate her energy but was not aware of the stimulus that caused her stress. Leaving her pancreas and adrenals exhausted in attempt to manage stress demands.

- Pulse
 - Determine the shift of “stress and calm” based on reaction to elements developed in her diet. Ensuring that ‘healthier’ choices were not compromising her physiological reactions.
- HRV
 - Validate her opportunity to accept stress, allowing ability to shift focus of programming variables to allow adaptation not annihilation. Essentially motivating her continually through accomplishing a program developed toward her capacity on the day of question
- Temperature
 - Evaluate metabolic shift toward optimal metabolism during application of her health protocol.
- Symptoms
 - Identifying what systems needed the most support gives you the ability to create an appropriate health plan, targeting specific areas causing concern. Instead of simply follow a template protocol to address X, your able to understand every clients Y, leading your application in the right direction.

HOW DID IT WORK FOR HER?

- Fasting blood glucose gave her direction as to what dietary changes were best suited to influence her in metabolism on the reactive days. This enabled better digestion and absorption based on her body’s shift of energy use.
- Pulse noted shift in response due to specific ingredients in a meal, thus enabling her to eliminate of healthy foods with may have been causing unwanted immune reaction. Instead of simply ticking the boxes of veggie intake, you are not able to coach what boxes in the veggie world are best not to be ticked.
- HRV set her programming in direction of optimal progression, exercise attendance increased, and so too did her perception improve. Participation is key, giving a program whereby a client can actually succeed only improves continued participation.
- Temperature gave feedback as to the overall effectiveness the health protocol was able to deliver influencing positive shift to her metabolism

OUTCOME

- Shift of volume and type of foods whilst considering consumption of stimulatory foods such as chocolate and coffee, redirected her metabolism to balance her stress and calm response, increasing her ability to burn more fat at rest and less glucose.
- Eliminating highly reactive foods resulted in improved immunity and metabolism, resulting in improved energy and lower visceral fat.
- She was able to complete the program because she was motivated with the right prescription based on her HRV data versus applying a standard exercise protocol that could annihilate her stress system.
- Her adrenal and thyroid connection balance improved as we adjusted her nutrition, exercise and lifestyle prescription based on her body temperature.
- Symptoms of poor digestion (low stomach acid) improved resulting in less need of medication to help with heart burn. Sleep improved to the point where she no longer needed sleeping pills.
- After 3 years of losing 10 and gaining 10 lbs. She ended up losing 15 lbs in 6 weeks and continues to lose weight as your reading this case study. Energy increased to the point where she was more efficient and is able to get more work done in less time.