



Graham Healy
Founder Healys Health 1985

LOW CARBOHYDRATES , HIGH GOOD FATS , MODERATE PROTEIN NUTRITION

This nutrition plan is a guideline only and must be adjusted for weight & height of the individual . A blood test is recommended before you commence and a complete bill of health or at least a status report from your local Medical doctor including any Blood pressure medication, cholesterol medication, and hormonal medications should be taken into account.

Normally your medical Doctor will recommend that you lose weight in order to normalise body weight goals with a view and goal to bring you into a normal range of weight and maximise your optimum health goals, including an exercise programme.

A Blood test is a good starting point :

please ask for copies of your blood test so that you have a record and tell your Medical Doctor that you are embarking on a exercise and nutrition plan and make sure that your GP is happy with that and approves of your efforts to get into shape .

Medical History and RED FLAGS :

Ask your Medical Doctor to note any RED FLAGS from your medical history that needs any consideration when embarking on a exercise and nutrition plan.

CT Calcium Score test

The most accurate test to check for potential cardiovascular disease (via Calcium build up in coronary arteries) see more details on this test and discuss with your medical GP if he or she advises you to have this test .

Full explanations on the test here:

<https://www.healyslowerbackpain.com/longativity-anti-aging>

Your Responsibility :

At the end of the day **YOUR HEALTH is YOUR RESPONSIBILITY** and all the good advise either from your medical Doctor, Chiropractor, Nutritionist ,Personal Trainer or any other Health professional will only work if you....

FOLLOW THE PLAN ! and remain ACCOUNTABLE !

KEEPING IT SIMPLE :

There is so much confusion “out there” these days everybody is an expert or trying to sell a “product” or “quick fix” or work on the “fear factor” be it “dangerous foods” or “a dangerous virus”

THE LOW CARB , HIGH GOOD FATS , MODERATE PROTEIN NUTRITION PLAN

Definitions of TERMS :

Carbohydrates :

Low GI (glycemic Index) carbs such as sweet potato or basmati rice



<https://www.diabetesaustralia.com.au/glycemic-index>

GOOD FATS :

4 sorts of fats :

- *saturated
- *monounsaturated
- *polyunsaturated
- *Trans Fats

Go to the link on our page and view the education videos so that you clearly understand the there are GOOD FATS and BAD FATS :



<https://www.healslowerbackpain.com/longevity-anti-aging>

MCT medium Chain triglycerides

Proteins :

<https://www.healyshealth.com/grahams-boot-camp-kitchen> (Graham boot-camp) kitchen

*required for muscle and hormones and enzymes

*Breaks down to amino acids (sub-units of protein read about **Free Form Aminos Acid supplementation** and **Slow-Release Protein drinks** from here: www.healyshealth.com

*Refer to our education videos

<https://www.healyslowerbackpain.com/longativity-anti-aging>

Good Fats	Grams	Calories	
Consumed per day			
100g	100g	900	

Carbohydrate	Grams	Calories	
Consumed per day			
50g	50g	200	

Proteins	Grams	Calories	
Consumed per day			
100g	100g	400	

Totals	Grams	Calories	
Consumed per day			
Good Fats 100g	100g	900	
Carbs 50g	50g	200	
Proteins 100g	100g	400	
		1,500 calories	

Deduct Exercise	Exercise Burned	Total Calories	
Burned per day ?		1,500	1,500 -400 =1,100 net
Intense= 10 cal per min			
Moderate =7 cal per min			
Light= 5 cal per min			
Totals	-400 (example)	-400 (example	(after exercise) 1,100 net

***The Calorie totals and the ratio of Good fats , Low Carbs (low GI) and Proteins is set on your actual bodyweight and the above estimates are on a 85 kg person .**

These do vary when the individual work load is taken into consideration.

For example: sporting activity? Lifestyle? office worker ? Labourer? Professional athlete?

weightlifter? Marathon runner ? sprinter? Martial Arts ? etc.

This must be factored in and the calorie totals and the exercise/intensity burn must be accounted for in the **BIG OPTIUM HEALTH PICTURE** .

SUPPLEMENTS & NATURAL HERBAL /NATURAL MEDICINES SUPPORT SYSTEM :

This is Individual specific and we must look at your individual profiling and work out a suitable package for you , this is calculated out between consultation between myself and Dr.Matt Bambling . I must emphasise here that this is not medical advise , but we look at your individual case and work out a support undergirding safety net that may assist you in achieving your OPTIUM HEALTH GOALS . we suggest that you make **INFORMED CHOICES**.

Everything we suggest to you can be backed up by current research in leading edge material Dr.Matt Bambling is a research bio-chemist and is up to date on the latest research developments , which is usually ahead of institutional type conservative type thinking.

Also because of our associated business model we have access to the latest naturopathic natural medicines research and leading edge natural herbs and natural medicines and supplements.

COSTS ?

FREE 30 min consultation phone or zoom session live or face to face interview (appointment required).

(we are not trying to sell you anything, what we aim to achieve is to EDUCATE and MOTIVATE you to ACTION)

IF YOU DECIDE TO TAKE ACTION ?

Then we can structure a programme to reach your Goals , this can be the natural herbal medicines, supplements, and even training programmes all presented in a package usually over a 12 week committed period.

PRICE ?

A Quote will be structured for you based on the above plan and submitted to you for consideration (100% no obligation whatsoever) If you decide to go ahead we sign a mutual commitment agreement to reach the mutual Goals .

The reason we do this is ACCOUNTABILITY both from us and with YOU .

This way it increases the RESULTS FACTOR IF YOU ARE GENUINELY COMMITTED .

WHAT IF I DECIDE NOT TO TAKE ACTION ?

No worries , ultimately YOU are responsible for your own health and the decision always rests with you , we just try to INFORM,EDUCATE and MOTIVATE you towards the right direction, the ball is in your court to take action (no pressure or obligation) .

REMEMBER "YOUR HEALTH IS YOUR GREATEST ASSET"

Graham Healy

Founder of Healy's Health 1985

Mob 0411393503

healyshealthandfitness@hotmail.com

so contact us for further discussion on this subject from our page :

<https://www.healyslowerbackpain.com/longevity-anti-aging>