

A COMPANION GUIDE

to Your Metabolic Shift

THE METABOLIC RESET *quickstart*



A 72-hour plan to reduce cravings, calm post-meal fatigue,
stabilise your energy and support natural weight loss —
using simple, evidence-based changes.

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What's inside.

A short, focused guide you can read in one sitting and put into practice over the next three days.

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Read it through once. Then act for three days. Notice what changes.

CHAPTER ONE

01

The body whispers long before disease appears.

Most people do not wake up one morning suddenly diabetic, overweight, exhausted or chronically unwell. Metabolic imbalance develops quietly, over years.

THE EARLY SIGNS

These are the things your body says first.

Below are everyday symptoms that often arrive years before a formal diagnosis. They are signals that your body is struggling to manage fuel efficiently.

- Fatigue after meals
- Sugar cravings
- Brain fog
- Poor sleep
- Increasing waist size
- Low motivation
- Rising blood pressure
- Afternoon energy crashes

The encouraging news is this: the body has an extraordinary ability to respond when metabolic pressure is reduced. This guide is designed to help you begin that process.

A CLEAR CONTRACT

What this reset *is* – and what it isn't.

This is NOT

- A crash diet
- A detox guide
- A starvation plan
- A miracle cure

This IS

- A short metabolic reset
- A reduction in the major drivers of insulin resistance
- A way to stabilise blood sugar and energy
- A glimpse of how quickly the body can respond to healthier signals

A REALISTIC PROMISE

In the next 72 hours you'll begin reducing the hidden drivers of poor metabolic health – using simple, evidence-based changes that can improve energy, cravings, sleep, bloating and blood sugar stability. The goal is not perfection. The goal is progress.

UNDERSTANDING METABOLIC IMBALANCE

Your metabolism is an engine management system.

When everything functions well, fuel is burned efficiently and the system stays in balance. When it becomes overloaded, the engine begins to misfire — and the warning lights look like everyday symptoms.

ENGINE RUNNING WELL

Fuel is burned efficiently

Energy remains stable

Inflammation stays controlled

Appetite is regulated

Body weight is easier to manage

ENGINE OVERLOADED

Blood sugar becomes unstable

Insulin levels rise

Fat storage increases

Cravings intensify

Energy crashes appear

Many people experience these symptoms for years before formal disease develops. They are not normal ageing. They are early warnings.

WHAT OVERLOADS THE ENGINE

• Ultra-processed food

• Constant snacking

• Poor sleep

• Stress

• Inactivity

• Excessive sugar

QUICK SELF-ASSESSMENT



How many apply to you?

Tick any symptoms that occur regularly. There's no judgement here – only a starting point.

- | | |
|--|--|
| <input type="checkbox"/> Increasing belly fat | <input type="checkbox"/> Fatigue after meals |
| <input type="checkbox"/> Cravings for sugar or carbohydrates | <input type="checkbox"/> Afternoon energy crashes |
| <input type="checkbox"/> Brain fog or poor concentration | <input type="checkbox"/> Poor sleep quality |
| <input type="checkbox"/> Elevated blood pressure | <input type="checkbox"/> Snoring or poor sleep breathing |
| <input type="checkbox"/> Skin tags | <input type="checkbox"/> Difficulty losing weight |
| <input type="checkbox"/> Constant hunger or snacking | <input type="checkbox"/> Waking tired despite sleep |

SCORE YOURSELF

LOW RISK

0 – 2 symptoms

Your metabolism is likely functioning reasonably well. Prevention still matters.

MODERATE RISK

3 – 5 symptoms

Early metabolic dysfunction may be developing. Small changes now make a long-term difference.

HIGHER RISK

6 + symptoms

Significant signs of metabolic overload. A deeper lifestyle and medical assessment may help.

THE 72-HOUR METABOLIC RESET

Seven simple rules.

For the next three days, follow these rules as closely as you can. Each one removes a specific driver of metabolic overload – and together they create the conditions for the body to recover.

01

Cut ultra-processed

02

Protein breakfast

03

Walk after meals

04

Reduce snacking

05

Balanced meals

06

Prioritise sleep

07

Hydrate properly

RULE ONE

Remove ultra-processed foods.

01 / 07

For the next 72 hours, treat ultra-processed foods like petrol on a fire that's already burning too hot. These foods rapidly spike blood sugar and insulin — the two biggest drivers of metabolic overload.

Avoid

- ~~Sugary drinks~~
- ~~Sweets & pastries~~
- ~~Crisps & packaged snacks~~
- ~~Fast food~~
- ~~Sugary cereals~~
- ~~Pasta & pizza~~
- ~~Processed desserts~~

Choose instead

- Vegetables
- Eggs · fish · meat
- Olive oil
- Nuts & seeds
- Legumes
- Berries
- Natural yoghurt

The body recognises real food. That recognition is the first step in any metabolic recovery.

RULE TWO

Start the day with protein and healthy fat.

02 / 07

Many breakfasts are essentially desserts disguised as healthy food. Toast, cereal, pastries and fruit juice create a rapid glucose spike followed by a crash. A protein-rich breakfast does the opposite.

A PROTEIN-RICH BREAKFAST HELPS

- Stabilise blood sugar
- Reduce cravings
- Improve fullness
- Support energy stability

MENTAL MODEL

Protein acts like a slow-burning log on a fire — rather than dry newspaper that flares up and disappears.

BETTER BREAKFAST OPTIONS

Eggs

with sautéed vegetables

Greek yoghurt

with seeds and berries

Smoked salmon

with avocado

Cottage cheese

with vegetables

Tofu scramble

with vegetables

RULE THREE

Take a 10–15 minute walk after meals.

03 / 07

This may be the single most powerful metabolic habit available to you. After eating, glucose enters the bloodstream. Your muscles can absorb much of it *directly* during gentle movement — without insulin doing the heavy lifting.

EVEN A SHORT WALK

- Improves blood sugar control
- Reduces insulin spikes
- Supports digestion
- Improves energy stability

A SIMPLE TARGET

10–15 min walk

within 30 minutes of finishing a meal
— even around the block counts.

Think of your muscles as giant glucose batteries waiting to be charged through movement. Walking after meals helps them absorb glucose directly — reducing energy crashes and improving blood sugar stability.

RULE FOUR

Reduce snacking.

04 / 07

Constant eating keeps insulin elevated all day long. The body never gets an opportunity to reset. This rule isn't about deprivation — it's about allowing the body brief periods of metabolic recovery between meals.

TRY TO

- Eat proper meals
- Avoid grazing
- Allow gaps between meals
- Eat mindfully rather than emotionally

WHY THIS MATTERS

Insulin doesn't just rise when you eat sugar. It rises when you eat anything. Gaps let it fall.

A SIMPLE RHYTHM

MORNING	Protein-led breakfast
MIDDAY	Balanced lunch
EVENING	Balanced dinner
BETWEEN	Water, herbal tea, plain coffee

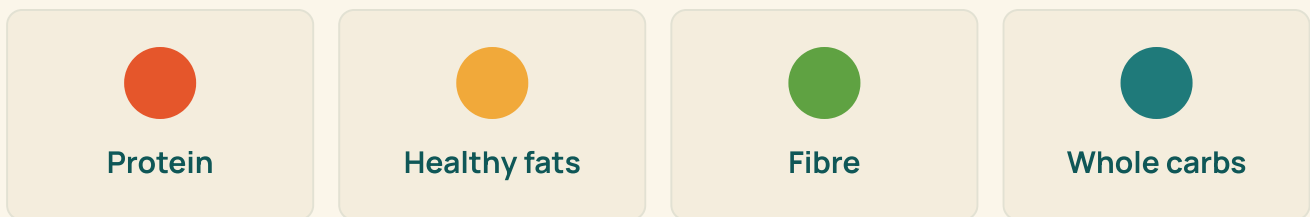
Three meals. Few or no snacks. Quiet hours between.

RULE FIVE

Build blood sugar-stabilising meals.

05 / 07

Every main meal should ideally contain four components. Together they slow glucose absorption, keep you full, and naturally turn down the volume on appetite signals.



EXAMPLE MEALS

LUNCH

Grilled chicken or salmon · salad · olive oil · vegetables

DINNER

Lean protein · vegetables · lentils or quinoa

SNACKS (if truly needed)

Nuts · boiled eggs · Greek yoghurt · berries

Balanced meals reduce blood sugar swings and naturally control appetite — so you eat less without ever trying to.

RULE SIX

Prioritise sleep.

06 / 07

Even one poor night increases cravings and worsens glucose control. Sleep is not a luxury — it is metabolic medicine.

POOR SLEEP DISRUPTS

- Insulin
- Cortisol
- Hunger hormones
- Fat metabolism

SLEEP TARGET

7–8 hours

consistent bedtimes · dark, cool room · early daylight

TONIGHT'S CHECKLIST

- Get morning daylight
- Dim indoor lights in the evening
- Cool, dark bedroom
- Less screen time before bed
- Stay active during the day
- No heavy late meals
- Limit alcohol

Your metabolism runs on an internal biological clock. Bright daylight signals energy and activity; darkness signals repair, hormone balance and recovery.

RULE SEVEN

Hydrate properly.

07 / 07

Many people confuse thirst for hunger. Proper hydration often reduces unnecessary snacking — and mild dehydration alone can make a normal day feel like a struggle.

MILD DEHYDRATION WORSENS

- Fatigue
- Headaches
- Cravings
- Poor concentration
- Appetite signals

AIM FOR

- Regular water intake through the day
- Plain water or herbal teas

AND REDUCE

- Sugary drinks
- Energy & sports drinks
- Excessive caffeine

ONE SMALL HABIT

Keep a full glass of water within reach all day. Refill it when it's empty. That single rule fixes most hydration problems on its own.

AFTER 72 HOURS

What you may notice within three days.

Not because your body has been "detoxed" — but because it has finally stopped being constantly subjected to metabolic overload.



Fewer cravings



Improved energy



Less bloating



Better mental clarity



Improved digestion



Reduced hunger



Fewer afternoon crashes



More stable mood

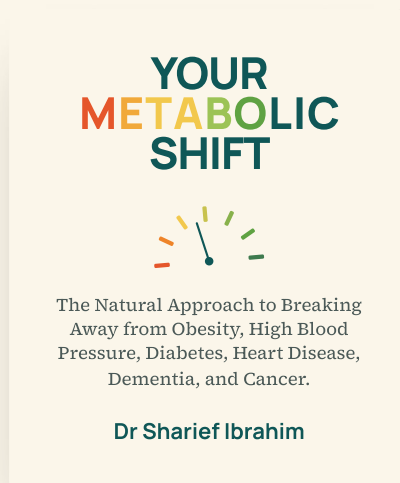
An important reminder

This short intervention is not designed to replace medical care. If you have diabetes, significant medical conditions, are pregnant, or take medication that affects blood sugar, please consult your healthcare professional before making major dietary changes.

THIS IS ONLY THE BEGINNING

The reset is the first step. The book is the road map.

The 72-hour reset shows you how quickly the body can respond when given the right conditions. But long-term metabolic health requires consistency, understanding and sustainable change. That is exactly why I wrote *Your Metabolic Shift*.



INSIDE THE BOOK

- How poor metabolic health develops
- How modern lifestyles disrupt biology
- What Blue Zone populations do differently
- Why insulin resistance drives chronic disease
- The science behind cravings & fat storage
- How to restore health naturally

80

Whole-food recipes

40

Real-life case studies

∞

Sustainable strategies

Many readers have said the case studies helped them recognise their own symptoms, struggles and health journey for the first time.

A FINAL THOUGHT

Small changes, repeated consistently, create major metabolic shifts.

45+

Years in medicine treating metabolic disease

120+

Marathons completed, most after age 60

72

Hours to begin shifting how you feel

After more than 45 years in medicine helping patients with metabolic disease — and after correcting my own metabolic imbalance and restoring my health — I went on to complete more than 120 marathons, most of them in my 60s.

That experience fundamentally changed how I understood ageing, energy and chronic disease. They share common metabolic roots. The human body is remarkably resilient when given the right environment, the right fuel, and the opportunity to heal.

Sometimes the first step towards lasting health begins with just 72 hours.

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