

4-STEP METABOLIC HEALTH GUIDE FOR CHRISTIANS:

Get slim without cravings,
increase energy & discover
natural healing...at any age



By Laura Hargrave

HEALTHINFAITH.COM



WELCOME

I'm Laura Hargrave, Good to 'Meet' You!

Over the past two decades I've helped thousands of people all over world to improve their health, lose excess weight (belly fat) and feel vibrant and more energised.

The thing that I've enjoyed most about this is seeing the diversity of people, ages, lifestyles and variety of diseases, health issues and desires – all respond very positively to the tried and tested metabolic health strategies that facilitate the body's innate healing. It really shows that we are fearfully and wonderfully made and displays God's glorious design for health, healing and vitality. It's my pleasure to be a part of this and it would be my honour to help you – starting with this 4-step guide and my 'TANDEM WALTZ' framework.

Don't skip a page – every section is designed to equip you with knowledge and tools that can transform your health, restore your energy, and honour the body God has entrusted to you. It'll take you about 8 minutes to read and will multiply back exponentially when used!

About Laura Hargrave (formerly Rimmer)

Laura is a passionate follower of Jesus, Master Certified Nutritionist & health coach of 24 years, best-selling author of 3 books & host of the top 5% ranked Health in Faith podcast. She has a Law degree and is a former UK NHS Medical Research Manager, but left her job in 2007 to help people get well naturally – working with thousands of people around the world since then. She is a member of the Society of Metabolic Health Practitioners and is always seeking to upgrade her expertise and professional development – to the glory of God and in serving His people.



“A clear mind and energised body help you say ‘yes’ to God with joy. When you feel well, you can serve well.”

— LAURA HARGRAVE

FRAMEWORK

'TANDEM WALTZ'

TANDEM WALTZ is my simple, proven, 4-step framework that helps you assess your body's strengths and weaknesses, restore what it's missing, find your natural metabolic rhythm and clear the toxins and habits that hold you back — so you can feel vibrant, energised and move effortlessly into a healthy, balanced, and slim body.

An Elegant 4-Step Health & Healing Framework

TANDEM WALTZ is a holy rhythm of restoration — a co-ordinated dance of body, wisdom and faith, moving in step with the God who designed us. Like a waltz set in three beats to the bar, it reflects the harmony of the Trinity, guiding each movement. We begin by Testing (T), listening to the body's quiet signals like a dancer feeling the rhythm beneath her feet. We then Address Nutritional Deficiencies (AND), restoring what has been depleted, so strength and stability return and every step is supported. Next, we Establish (& Optimise) Metabolism, Weight and Appetite (EMWA), finding the steady, life-giving tempo where your body works as it was created to — by order and grace, as opposed to fear or force. Finally, we Lower Toxic Zones (LTZ), clearing the floor of what hinders health and disrupts harmony, so your body can respond freely to God's leading and design. TANDEM WALTZ is about working *with* your body in partnership. It's a graceful, Spirit-led dance where science meets stewardship and lasting health is formed with synergy and alignment; and a letting go of past struggles.

With TANDEM WALTZ, you're guided step-by-step into vibrant health:

1. **(T)** Testing – discern and understand your body's quiet but clear signals.
2. **(AND)** Address Nutritional Deficiencies – restore what's missing.
3. **(EMWA)** Establish Metabolism, Weight and Appetite – find your body's natural and optimal rhythm.
4. **(LTZ)** Lower Toxic Zones – clear what disrupts your flow.

Let's briefly explore each of these 4 steps next.

STEP 1

(T) Test – Your Key Health Markers

In order for you to really achieve good health and natural healing, you need to pinpoint exactly what's going on in your body. No guessing, no 'just taking supplements' to see what works or because you think they're healthy for you, or because you read it on a website. Instead, we're going to get clear on *EXACTLY* where your health issues, vulnerabilities and strengths are – from a holistic perspective and based on knowledge. Remember, the Bible tells us...

"My people are destroyed for lack of knowledge" – Hosea 4:6

Just like when you or your mechanic checks your car for any problems or things that need fixing or replacing, you don't do it randomly. You test the brakes, wheels, oil levels, electrics and take steps to remedy the issues based on *accurate knowledge*. How much more do we need to do that with our one, God-given body and temple of the Holy Spirit?

You'll spend less than an hour doing some comprehensive free online health assessments to check key markers of your metabolic, nutritional and cognitive health. Also, it's a very good idea to have a basic or more comprehensive blood panel test done to easily and accurately pinpoint nutritional deficiencies or other markers that are too high or too low.

For blood testing, I personally recommend the labs below. I've trialled many over the years, and these consistently stand out as accurate, comprehensive, and cost-effective options—based on the quality of markers tested, clarity of analysis, and how easy the reports are to understand and actually use. Using these tests gives you clear, reliable data you can act on immediately, rather than guessing or relying on generic advice. I've also arranged preferred pricing through my affiliate links here, so you can access high-quality testing at a very good rate:

UK: <https://biomarkertracking.com/laura> (includes GMC doctor analysis)

US & CA: <https://www.truehealthlabs.com/#healthforlife>

STEP 2

(AND) Address Nutritional Deficiencies

The most effective (and simplest) way to rectify nutritional deficiencies is to use the data from your online assessment/s and blood test to build a short list of (clean) supplements to take on a regular basis. This is now tailored to you, based on accurate knowledge and we can move forward with wisdom.

The most common way to address nutritional deficiencies will be with micronutrient supplements – vitamins, alkaline minerals, trace minerals, as well as getting enough high quality, pure water.

So, for example, if Jane's B vitamins and Magnesium are shown to be low, she can get a Vitamin B complex and Magnesium supplement to aim to raise her levels over time.

As a simple, foundational starting point, I also recommend AG1 as a good-quality daily greens and micronutrient formula. It supports energy metabolism, immune defence, mental clarity, digestion, and muscle function, helping to cover common nutritional gaps while you refine more targeted supplementation based on your test results.

The best way to decide if AG1 is right for you is simply to try it—many people find it tastes far better than other greens powders and is an easy, sustainable introduction to daily greens, which have a plethora of micronutrients. When you order through my link, you'll receive an AG1 Welcome Kit (valued at \$97)—with 5 free Travel Packs, plus a year's supply of Vitamin D3 + K2, two nutrients that are *essential* for long-term health and commonly deficient. Take advantage of the free extras, try it for yourself, and see how your body responds—always with wisdom, discernment, and good stewardship of the body God has entrusted to you.

You can get your AG1 offer with freebies here:

<https://drinkag1.com/eternalhealth>

STEP 3

(EMWA) Establish (Optimise) Metabolism, Weight & Appetite

This step is a bit longer – be sure read the whole page as it's a really important part of your health.

Your metabolism (the way your body converts and uses energy), weight, and appetite are all connected — yet for many people, they feel out of sync. Blood sugar spikes and crashes, weight fluctuates or stays high and appetite doesn't match true hunger, often leading to sugar cravings or overeating.

The key is to establish these three on a solid foundation: stable metabolism, balanced hormones, regulated appetite. When you do, your body burns fat efficiently, energy stays steady and weight naturally comes into balance.

This is about eating well with wisdom and ease – instead of restriction or ups and downs of control and loss of control. We focus on the right foods, in the right amounts, alongside quality sleep and a calm, well-regulated nervous system.

Protein is vital, as it supports metabolism, hormone balance and brain function. It also helps control hunger better, since it has a higher thermic effect of food (TEF) – which means it takes more energy just to digest it, making it foundational for healthy weight loss. Healthy fats and moderate, fibre-rich carbs complete the picture.

A major goal is metabolic flexibility — your body's ability to burn either sugar or fat for fuel. Most people rely heavily on burning carbs, which can lead to metabolic issues and disease over time. By lowering carbohydrates strategically, your body produces ketones from fat and uses those for fuel instead, giving you energy, mental focus, and powerful weight loss benefits. This trains your body to become 'fat adapted' through being in ketosis, which is a big metabolic win. Nutritional and therapeutic ketosis has been used for centuries to support metabolic health and manage and even reverse conditions like diabetes, high blood pressure, cancer, epilepsy and more. I've seen this happen many times in my coaching practice.



STEP 4

(LTZ) Lower Toxic Zones

This final step is about clearing the obstacles that block your optimal health. The world around us is constantly throwing toxins at us and it's our job to be eliminating them or mitigating them as best and diligently as we can. This doesn't have to be hard or onerous, it just requires knowledge and intention.

When most people think of detox, they think of a singular aspect, such as a pop-culture 'juice cleanse' or similar. We need to be much more strategic and holistic than this, otherwise we may be removing toxins very well in one area but completely neglecting another and wondering why we're struggling with health issues. For example, Jane may be excellent at removing sugar, ultra-processed foods and additives from her diet, but using all kinds of toxic cleaning products in her home. This is why I refer to 'toxic zones'.

The key zones we need to detoxify include:

- Dietary toxins
- Toxins in tap water and drinks
- Chemical toxins in the home, and beauty products
- Electromagnetic Frequency (EMF) toxins from phone, devices and tech
- Toxic emotional stressors from things like negative media, information overload, lack of proper sleep & rest, overly stressful work, relationships etc.

□ INVITATION

Your Next Season Can Be Your Best Season

Use this effective 4-step framework to thrive...

If you're like most of my clients, you've poured yourself out for others your entire life. Now it's time to restore *you* — your body, your energy, your joy and your purpose. Your healthiest, most vibrant years are not behind you, they are still ahead and you don't have to walk this out alone. Just maybe the Lord is inviting you to dance with Him in a beautiful new season of life, with vibrant health.

You may be moving into later life and all that comes with that, but this is *not* the season to shrink back. It's the season to rise, to restore, rebuild, renew and to walk in the purpose God still has for you.

Don't wait. Don't put this off. Don't let another year go by feeling tired, heavy, discouraged, or unwell. Your restoration starts NOW — and I would be honoured to walk this journey with you.

In faith and partnership, with blessings,
Laura Hargrave



Are you thinking this might be the answer you've been looking & praying for?



Let's talk one-on-one and see if working together is the right fit for you. I'll take a deep dive into your health situation, identify what's really holding you back, and map out a clear path toward natural healing, weight loss without cravings, and greater health, energy, and strength in your Christian walk. I'll also share a few of my most effective tips and strategies, so you can start seeing positive changes right away.

[Get Your Free Health Strategy Session >>](#)