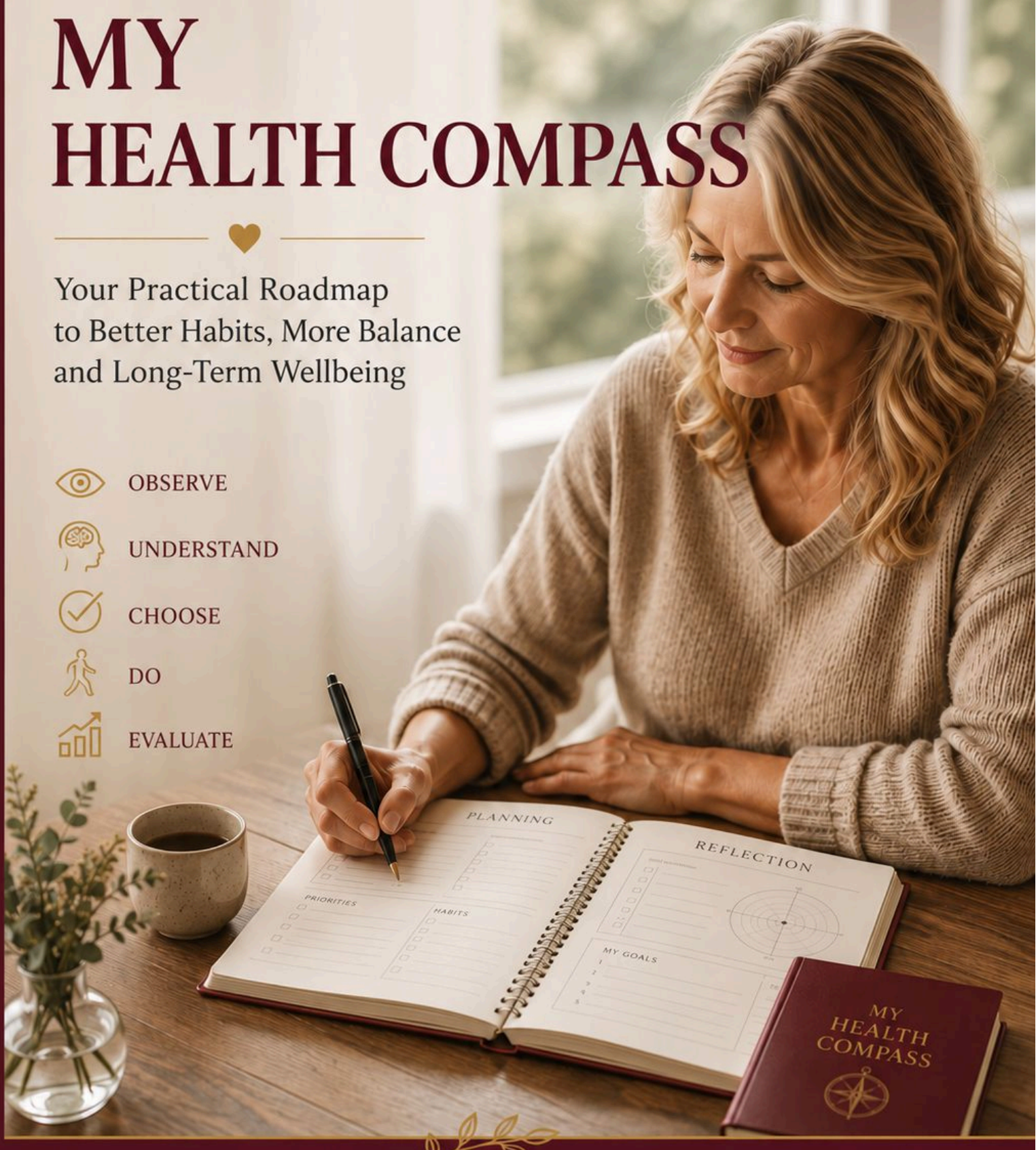
PART 5

MY HEALTH COMPASS

Your Practical Roadmap
to Better Habits, More Balance
and Long-Term Wellbeing

- OBSERVE
- UNDERSTAND
- CHOOSE
- DO
- EVALUATE



YOUR PLAN, YOUR RHYTHM, YOUR RESULTS

SMALL STEPS • BIG CHANGE • LASTING RESULTS

@thecompletebalancemethod



Welcome to Your Health Compass

PART 1

You already know a great deal about health. You know about fibre, protein, hydration, steps, sleep, cortisol, hormones, probiotics, strength training, and stress management. You have probably read articles, listened to podcasts, followed advice, and tried more than a few approaches. And yet — knowing more does not always create change. In fact, for many people, more information creates more confusion.

This is not a failure of intelligence or willpower. It is the natural result of trying to act on too many ideas at once, without a clear sense of where to begin. The problem is not a lack of knowledge. The problem is a lack of direction.

> **Information without direction creates overwhelm. Direction without action creates frustration. This book gives you both.**

The purpose of this book is simple: to help you build your own personal health compass. A compass does not walk the path for you. It does not demand that you change everything at once. It does not require perfection. It simply helps you find your next direction — and keep moving toward it, one realistic step at a time.

Where You Are Now

Honest self-assessment without judgment. Understanding your current starting point clearly.

What Matters Most

Identifying the health areas that genuinely need your attention right now — not everything at once.

Your Next Step

Choosing one realistic, repeatable action that creates real momentum in your health journey.

Your Health Compass does not demand perfection. It helps you find your next direction.

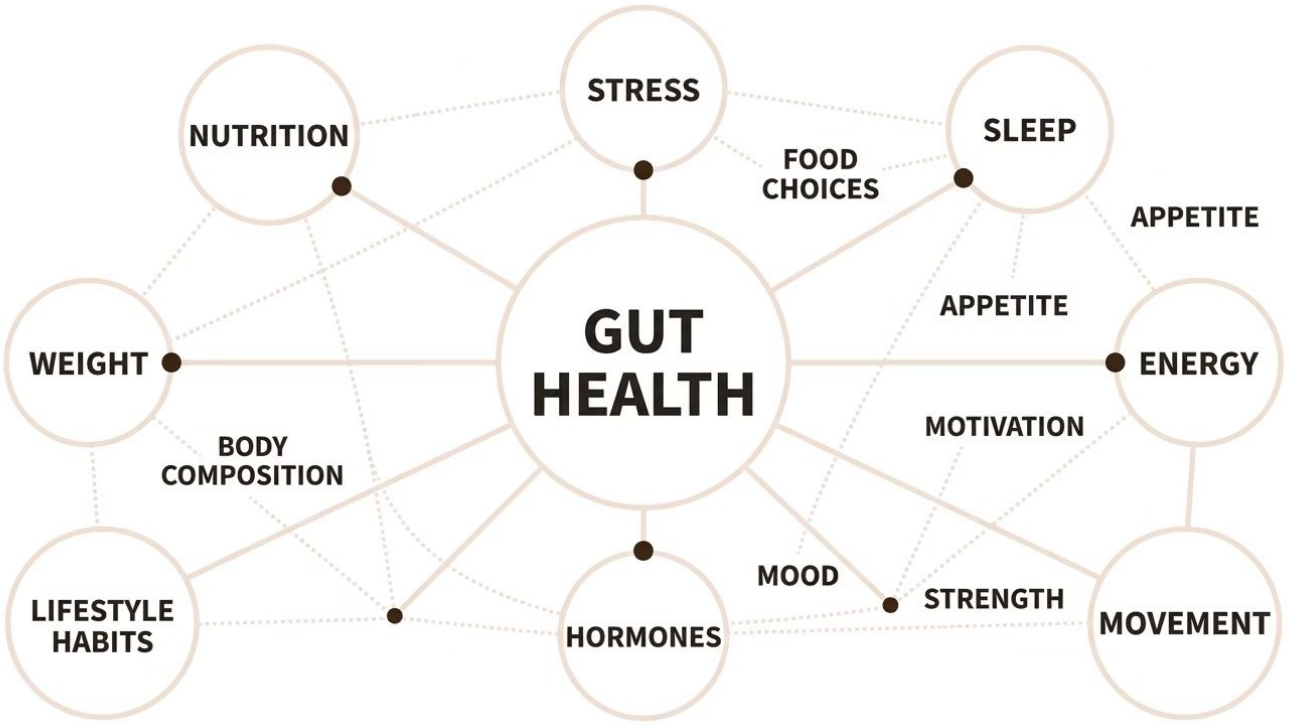


PART 2

Health Is a System

Your health cannot be separated into neat, independent compartments. Your gut, stress, hormones, sleep, food choices, movement, and energy are all in constant conversation — what affects one will ripple through others.

This does not mean every symptom has a single root cause, or that fixing one thing fixes everything. But viewing your health as a whole system — rather than a collection of isolated problems — is a far more useful approach.



For example, poor sleep may influence appetite and food choices. Chronic stress may affect digestion and energy. Low physical activity may gradually reduce strength, fitness, and mood. Menopause may interact with sleep quality and body composition. But the same symptom — low energy, for instance — may have several contributing factors, and it rarely has only one explanation.

> **Look for patterns — not one magic explanation.**

The skill this book will help you develop is not the ability to diagnose yourself. It is the ability to observe, notice patterns, and make informed decisions about where to focus your energy. That is what a health compass is for.



PART 3

The 8 Pillars of The Complete Balance Method™

The Complete Balance Method™ is built around eight core pillars. Together they represent the most important areas of health that influence how you feel, how you function, and how you age. None of these pillars stands alone — they work together as an integrated system. Understanding all eight helps you see where your greatest opportunities lie.



In the chapters that follow, you will explore each of these pillars in turn. You will assess where you currently stand, identify what most needs your attention, and choose one realistic action for each area. You do not need to work on all eight pillars simultaneously. The goal is to understand them — and then to decide which one deserves your focus first.

Everything is connected — but not everything has the same priority. This book helps you discover what needs attention first.

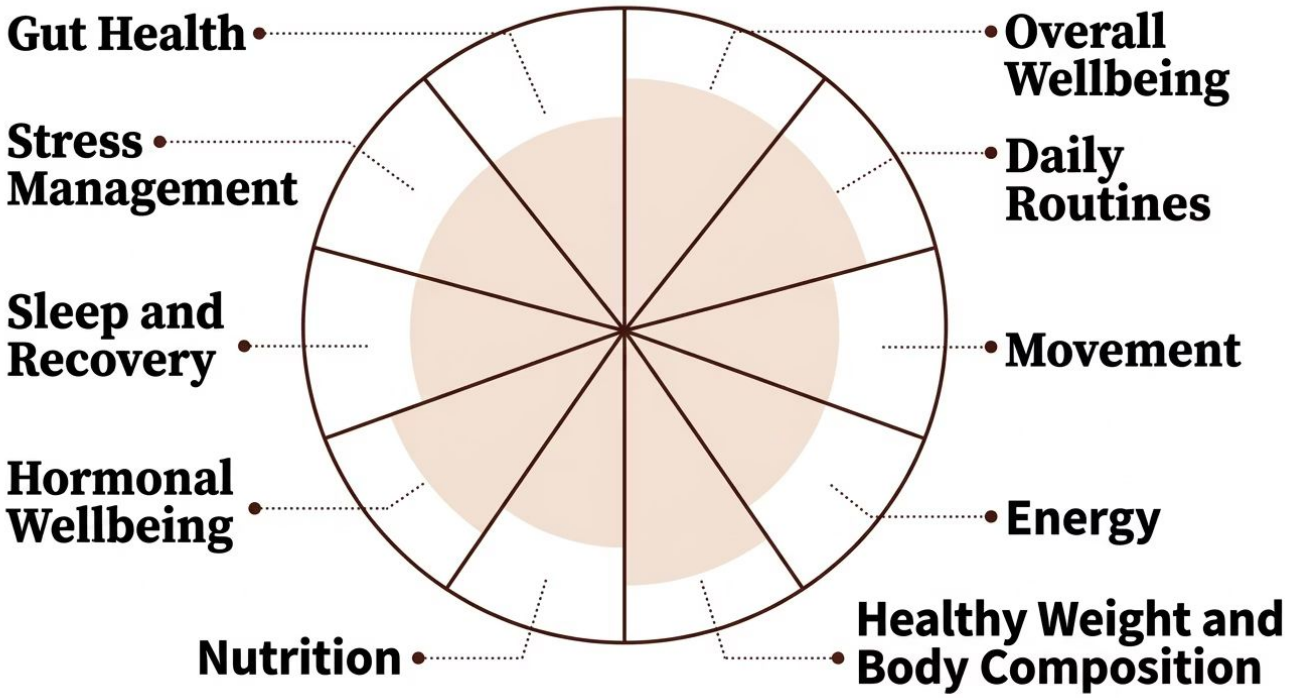


PART 3

Where Am I Today? — My Health Wheel

Before you can choose a direction, you need an honest picture of where you are right now. The Health Wheel below is not a medical diagnostic tool. It is a self-reflection exercise designed to help you identify which areas of your health feel strong and which may need more attention.

Rate yourself honestly from **1 (needs considerable attention)** to **10 (going very well)** for each area. There are no right or wrong answers. The purpose is simply to create a clear, honest snapshot of today — not to judge yourself, and not to compare yourself to anyone else.





PART 3

My Health Wheel — Score Your Areas

Health Area	My Score (1–10)	What I Notice
Gut Health	___	_____
Stress Management	___	_____
Sleep & Recovery	___	_____
Hormonal Wellbeing	___	_____
Nutrition	___	_____
Healthy Weight / Body Composition	___	_____
Energy	___	_____
Movement	___	_____
Daily Routines	___	_____
Overall Wellbeing	___	_____

Compass Check: Which two or three areas scored lowest? Circle them. These are your potential starting points — not your failures.



PILLAR 1

Gut Health

Your digestive system does far more than process food — it shapes how nutrients are absorbed, how your body responds to what you eat, and how stress affects you day to day. In *Healthy Gut, More Energy*, the first book of The Complete Balance Method™, we explored these topics in depth. Here, we revisit the essentials and help you identify where your gut health currently stands.

Gut health is built on practical foundations: a varied diet of plant foods — vegetables, fruits, legumes, whole grains, nuts, and seeds — supports the diversity your gut bacteria need, while regular bowel movements, good hydration, physical activity, and managing stress all keep your digestive system functioning well. No single food or supplement replaces these basics.

My Gut Health Check-In

- Do I frequently experience uncomfortable bloating?
- Are my bowel movements broadly predictable?
- Do I regularly eat fibre-rich foods?
- Do I eat a variety of plant foods each week?
- Do I drink enough fluids for my needs?
- Does stress seem to affect my digestion?
- Have my bowel habits changed recently?

Persistent, unexplained, or significant changes in bowel habits — including blood in the stool, severe pain, or dramatic and sustained changes — always warrant professional medical assessment rather than self-management.

My Gut Priority: One realistic improvement I can make this week:

_____

Try This Today: Count how many different plant foods you ate yesterday. Aim to increase that number by just one or two this week.



PILLAR 2

Stress & Cortisol

Stress is normal and necessary — the cortisol-driven stress response helps you meet challenges. The problem arises when activation consistently outpaces recovery, leaving the nervous system with little opportunity to rest and reset.

Cortisol follows a natural daily rhythm, peaking in the morning and declining by evening. Chronic stress, poor sleep, and sustained pressure can disrupt this rhythm, affecting energy, mood, food choices, and resilience — explored in depth in *Cortisol Reset*, the second book of this series.

Stress Self-Check

- Do I feel constantly mentally "on"?
- Do I regularly create recovery time?
- Can I relax without feeling guilty?
- Does stress affect my food choices?
- Does stress affect my sleep?
- Do I spend much of the day multitasking?

My Recovery Score

Rate your recovery on a scale of 1–10: ___

What recovery means: time that is genuinely restful, not just passive. Reading, gentle movement, social connection, or quiet time can all count.

My Next Stress-Reduction Action

One thing I can do this week to create more recovery time:

_____

_____

This section is not intended to diagnose a cortisol imbalance. Cortisol and stress physiology are complex, and persistent or severe symptoms always warrant professional evaluation. The aim here is to help you notice whether stress and recovery are reasonably balanced in your daily life — and to identify one practical adjustment.

Remember: Activation without recovery is not resilience. It is simply accumulated fatigue. Recovery is not a reward for hard work — it is a requirement for sustaining it.



PILLAR 3

Sleep & Recovery

Sleep is not passive time. It is one of the most active and important processes your body undertakes each day. During sleep, the body repairs tissue, consolidates memory, regulates appetite hormones, processes emotional experiences, and restores energy for the following day. No supplement, no superfood, and no health strategy can fully compensate for consistently inadequate sleep.

Sleep duration matters — most adults function best with seven to nine hours. But sleep quality and consistency matter just as much. Going to bed and waking at broadly similar times — even at weekends — supports the circadian rhythm that governs almost every biological process in the body. Light exposure, caffeine timing, alcohol, stress levels, and evening screen use can all influence how well you sleep.

1

Sleep Audit Questions

What time do I usually fall asleep? _____

What time do I usually wake? _____

2

Sleep Quality

Do I feel rested in the morning? _____

Do I wake repeatedly during the night? _____

3

Sleep Habits

Do I use caffeine to compensate for tiredness? _____

Do screens or work continue late into the evening? _____

4

Consistency

Is my sleep schedule broadly consistent each day? _____

What is one thing disrupting my sleep most? _____

My Evening Reset — Design Your Wind-Down Routine

Time	Action	Goal
9:00 PM	_____	Reduce stimulation
9:30 PM	_____	Prepare for tomorrow
10:00 PM	_____	Begin sleep routine
Target bedtime	_____	Consistent timing



PILLAR 4

Hormone Health

Hormones are chemical messengers that coordinate an enormous range of functions throughout the body — from metabolism and mood to sleep, reproduction, and stress response. They fluctuate naturally throughout the day and across the lifespan. The changes that occur during perimenopause and menopause are among the most significant hormonal transitions many women experience, and they can affect sleep, energy, body composition, mood, and cognitive clarity in ways that are both real and highly individual.

In *Hormones in Balance*, the third book of The Complete Balance Method™, we explored these changes in depth — including the role of the thyroid, insulin, and other metabolic hormones. Here, the goal is simply to help you reflect on whether hormonal changes may be playing a role in how you currently feel, and whether any symptoms deserve professional attention.

Midlife Health Check-In

- Has my menstrual cycle changed noticeably?
- How has my sleep been over recent months?
- Have I noticed hot flushes or night sweats?
- Has my energy changed compared to a few years ago?
- Have I noticed changes in body composition without obvious cause?
- Are any symptoms interfering significantly with daily life?
- Are there symptoms I should discuss with a healthcare professional?

This check-in is not a hormone diagnosis. It is a self-reflection tool. Hormonal health is complex, individual, and influenced by many factors. If you are experiencing significant or distressing symptoms — particularly those affecting sleep, quality of life, or daily functioning — a consultation with a qualified healthcare professional, including a menopause specialist where relevant, is always recommended.

Your Body, Your Signals: Changes are not signs of failure. Perimenopause and menopause are natural life stages. Understanding what is happening in your body is the first step toward making informed decisions about your care.



PILLAR 5

Nutrition

Nutrition is one of the most powerful levers available to you — and also one of the most misrepresented areas of health. Decades of conflicting dietary advice, fad diets, and marketing claims have left many people uncertain about what genuinely nourishing eating looks like. The answer, supported by a broad body of evidence, is considerably less complicated than it is often made to appear.

A nourishing diet is one that provides the nutrients your body needs, that you can realistically maintain over time, that you genuinely enjoy, and that supports your energy, digestion, and overall wellbeing. It does not require perfection. It does not require eliminating entire food groups. And it does not require making food a source of anxiety.

Protein

Supports muscle maintenance, satiety, and recovery. Include a protein source at most meals — meat, fish, eggs, dairy, legumes, or tofu.

Vegetables & Fibre

Support gut health, blood glucose regulation, and satiety. Aim for variety and colour across the week.

Whole Grains & Legumes

Provide sustained energy, fibre, and essential nutrients. Choose whole grain versions where practical.

Hydration

Influences energy, concentration, digestion, and appetite. Water remains the most reliable choice throughout the day.



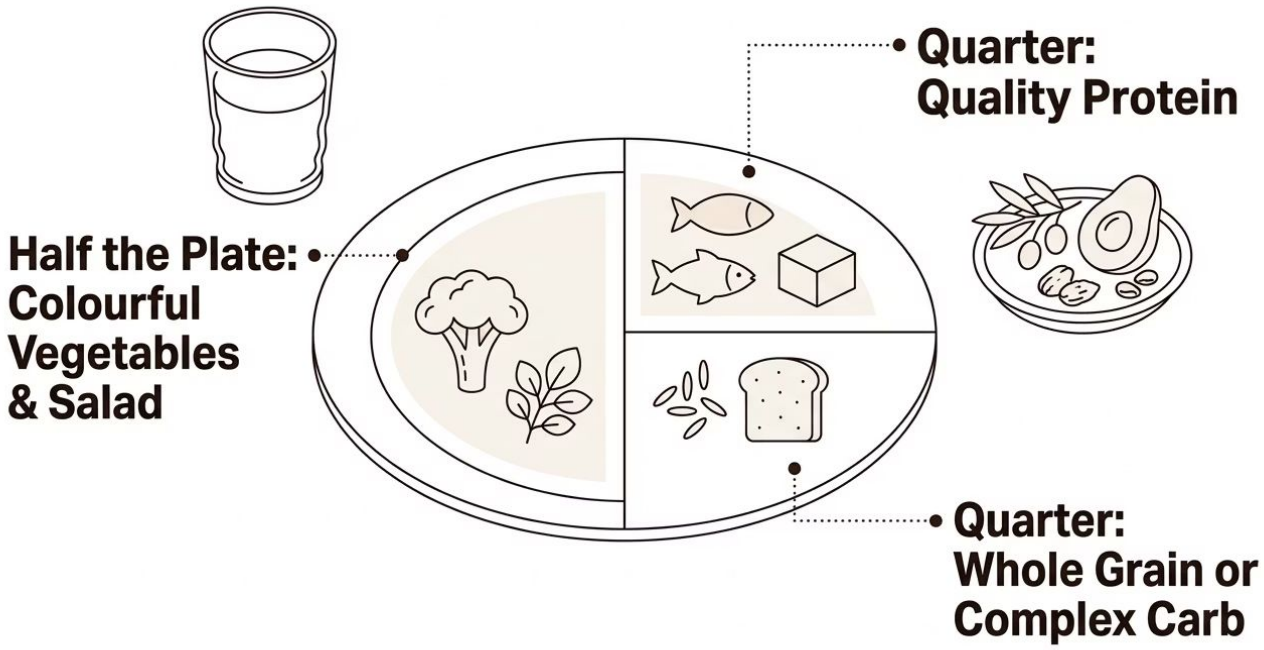
PILLAR 5

Nutrition — My Scorecard

Question	Usually / Sometimes / Rarely
Do most of my meals contain a protein source?	_____
Do I eat vegetables regularly?	_____
Do I eat enough fibre-rich foods?	_____
Is my diet varied across the week?	_____
Do I often skip meals and later overeat?	_____
Do I genuinely enjoy my food?	_____
Is my eating pattern sustainable long-term?	_____



The Complete Balance Plate



The Complete Balance Plate is a practical visual framework — not a rigid prescription. It is designed to make balanced eating easier to remember and apply without counting, weighing, or tracking every meal. The proportions are a general guide. Individual needs vary based on age, activity level, health status, and personal preferences, and a registered dietitian can provide tailored guidance when needed.

The Bottom Line: A nourishing diet is built on variety, reasonable portions, and consistency — not on eliminating foods or following complicated rules. Enjoyment is not a luxury. It is part of a sustainable approach.



PILLAR 6

Healthy Weight & Body Composition

Weight is one marker of health — but it is only one. Body composition, which considers the balance between muscle and fat, is often a more meaningful indicator of health and function than weight on a scale alone. Muscle is metabolically active, supports strength and mobility, and plays an important role in how the body manages blood glucose and energy. Preserving and building muscle becomes increasingly important as we move through midlife.

In *Healthy Weight Formula*, the fourth book of The Complete Balance Method™, we explored the science of energy balance, appetite regulation, and sustainable weight management in depth. The core message there — and here — is that extreme dieting is not only unnecessary but counterproductive. Repeated cycles of significant restriction and regain can make healthy weight management harder over time and affect both physical and psychological wellbeing.

Body Composition Check-In

- Am I mainly focused on scale weight rather than overall health?
- Am I maintaining muscle through regular strength-based movement?
- Do my current habits support healthy body composition?
- Am I repeatedly dieting and regaining weight?
- Are my goals realistic and health-focused?
- Am I using sustainable, enjoyable methods?

What Does "Healthy Weight" Mean to Me?

Write your answer based on health, function, and quality of life — not appearance alone.

For me, a healthy weight means:

_____

It would allow me to:

_____

The sustainable habits I can maintain are:

_____

> **Your health is bigger than one number on a scale. Energy, strength, mobility, and quality of life are all meaningful measures of progress.**

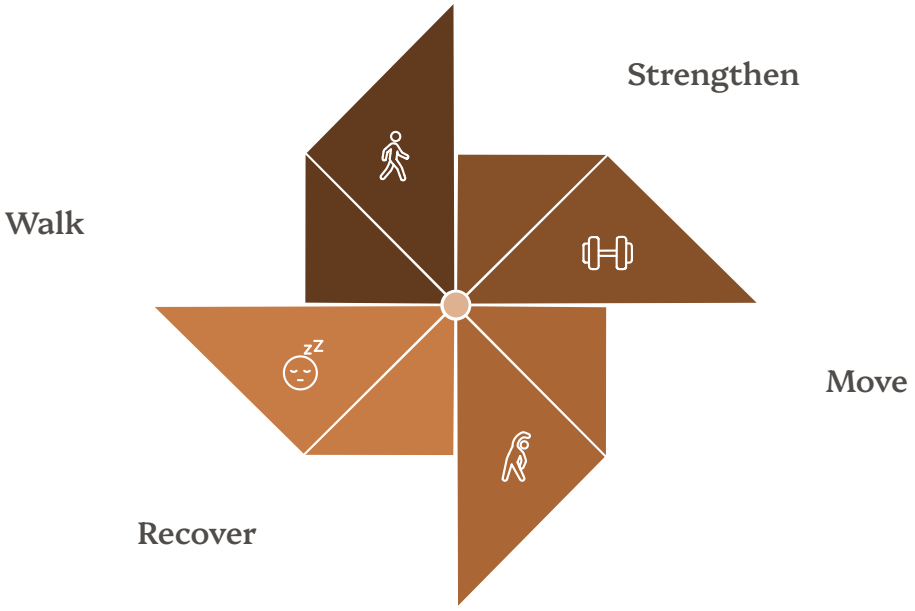


PILLAR 7

Energy & Movement

Movement is one of the most consistently supported health behaviours in the scientific literature. Regular physical activity benefits cardiovascular health, metabolic function, muscle strength, bone density, mood, sleep, cognitive function, and quality of life. And yet it remains one of the areas where many people feel either that they are not doing enough, or that they do not know where to start.

The goal of this section is not to prescribe a specific exercise programme. It is to help you honestly assess how much movement is currently part of your life — and to identify one realistic way to increase or improve it. Movement does not have to be formal, intense, or perfectly structured to be beneficial. Daily walking, functional strength training, mobility work, and active rest days all contribute to a healthy movement foundation.





PILLAR 7

Energy & Movement — My Audit

Question	My Answer
How much of my day is typically sedentary?	_____
Do I walk regularly — and how much?	_____
Do I perform any resistance exercise?	_____
Do I enjoy the movement I currently do?	_____
Am I recovering adequately between sessions?	_____
Could I add more everyday movement to my routine?	_____

Try This Today: Walk for ten minutes after your next meal. It is one of the simplest, most evidence-supported things you can do for blood glucose regulation, digestion, and mood.



PILLAR 8

Practical Daily Routines

Knowledge becomes valuable only when it is translated into repeated behaviour. You can understand everything there is to know about sleep hygiene, nutrition, stress management, and movement — and still find that little changes in daily life without a practical structure to support it. This is not a willpower problem. It is a design problem. And design problems have design solutions.

Routines work because they reduce the mental effort required to make healthy decisions. When a behaviour is predictable, it requires less decision-making energy. The environment in which you live and work either makes healthy choices easier or harder — and that environment can, to a meaningful degree, be shaped by you.

Prepare tomorrow's breakfast tonight

Removes a decision point during the busiest part of the day and makes a nourishing start more likely.

Place walking shoes near the door

A simple visual cue that makes going for a walk slightly easier — reducing friction is one of the most powerful habit tools available.

Schedule movement as an appointment

Movement that is planned in advance is more likely to happen than movement that relies on finding a convenient moment.

Plan meals before busy days

Deciding what to eat in advance reduces the likelihood of making less nourishing choices when time is short and energy is low.

> **Make healthy actions easier to repeat. Reduce the friction. Design your environment to support the behaviours you want to build.**



Find Your Biggest Lever

PART 12

Trying to improve every area of health simultaneously is one of the most common reasons that well-intentioned health plans fail. Not because the intentions are wrong — but because spreading attention across too many changes at once makes it difficult to do any one of them consistently enough to matter. There is a more effective approach: identify the one change that would create the greatest positive ripple effect across your life, and start there.

This is what we call the Biggest Lever. It is different for every person. For one reader, improving sleep may be the single most impactful change — because better sleep supports energy, food choices, stress tolerance, and motivation simultaneously. For another, establishing a regular meal structure may reduce afternoon energy crashes and emotional eating in one step. For another, simply adding a daily walk may improve fitness, mood, sleep quality, and a sense of agency over health.

My Biggest Lever Is...

The one health area that, if improved, would have the greatest positive impact on how I feel:

_____

Why Does This Matter?

What could improve if I work on this?

_____

What Is Getting in the Way?

The main obstacle right now is:

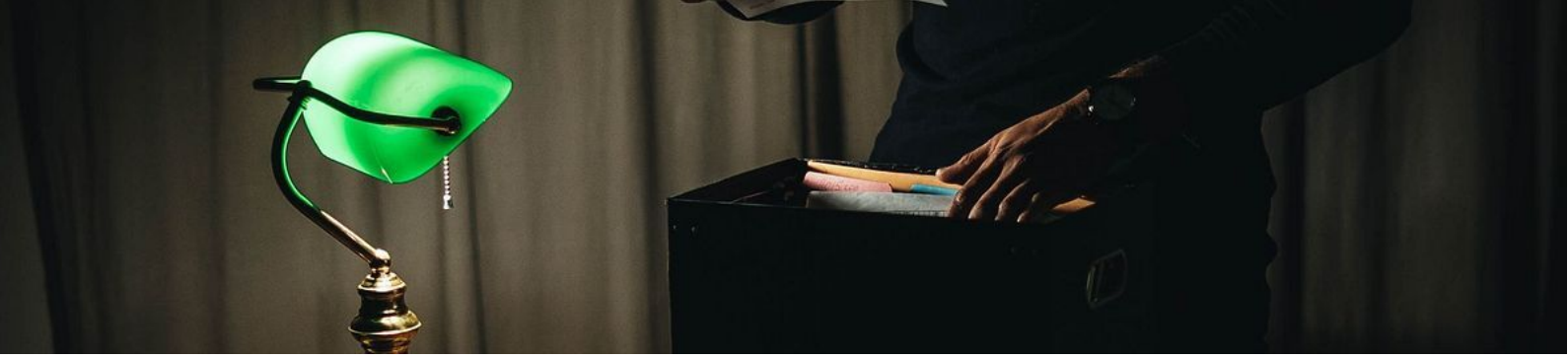
_____

The Smallest Useful Action

The simplest step I can take this week is:

_____

Compass Check: Look back at your Health Wheel. Which area scored lowest AND would have the most impact if improved? That is likely your Biggest Lever.



Priority vs. Urgency — Filter the Noise

PART 13

One of the greatest challenges of modern health self-management is not a lack of information — it is too much information, much of which is incomplete, misleading, or commercially motivated. Social media algorithms serve health content that generates strong emotional responses: urgency, fear, excitement, and hope. Detoxes, hormone hacks, gut cleanses, glucose hacks, miracle supplements, and extreme diets cycle continuously through digital spaces — each presented as the urgent solution you have been missing.

Learning to separate genuine health priorities from internet health noise is a genuinely useful skill. It does not require becoming a scientist. It requires learning to ask four honest questions before acting on any health claim.

1

Is this relevant to my actual health?

Does this address a real concern I have, or is it simply a trend that has appeared in my feed?

2

Is there good evidence?

Is this supported by consistent research, or is it based primarily on testimonials and influencer endorsements?

3

Can I realistically maintain it?

Is this something I could genuinely incorporate into my life over months and years — or does it require extreme effort?

4

Does it distract from the basics?

Would time spent on this approach be better used strengthening sleep, food quality, movement, or stress management?

> **The most powerful health tools are rarely the newest. Sleep, nourishing food, regular movement, stress recovery, and consistent routines remain among the most evidence-supported health behaviours available to you.**



The 80/20 Principle of Health

PART 14

The 80/20 principle — also known as the Pareto principle — is a useful metaphor in health, even if it should not be taken as a precise scientific formula. The broad idea is that a relatively small number of core behaviours tend to create the majority of meaningful health outcomes, while dozens of minor optimisation strategies add comparatively little. Focusing relentlessly on the small details before mastering the fundamentals is one of the most common obstacles to sustainable progress.

The Foundations (High Value)

- Sufficient, consistent sleep
- Nourishing, varied food
- Regular movement — walking and strength
- Adequate stress recovery
- Appropriate medical care
- Consistency over time

The Details (Lower Priority)

- Specific supplement stacks
- Eating windows and precise timings
- Superfood optimisation
- Biohacking technologies
- Minor meal composition adjustments
- Tracking every variable simultaneously

This does not mean that details are never useful. For some individuals, in some contexts, specific strategies can provide meaningful additional benefit. But they rarely substitute for the fundamentals — and pursuing details before foundations are in place often creates complexity without benefit.

The Bottom Line: Master the basics before chasing the details. The returns from foundations are consistently higher than the returns from optimisation.

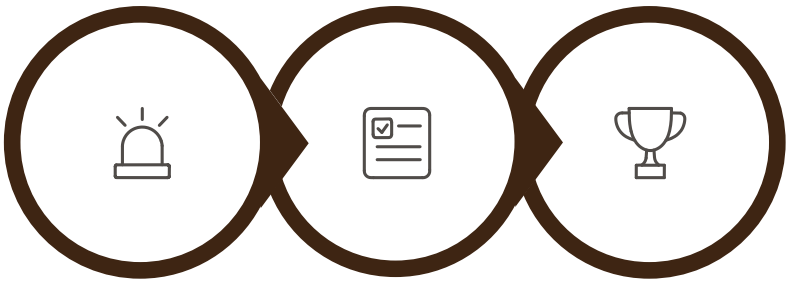


Building Habits That Last

PART 15

Habits are behaviours that have become sufficiently automatic that they require little deliberate effort. Understanding how habits form — and how to use that knowledge practically — is one of the most useful tools available to anyone working on their health. The process is not complicated, but it is often misunderstood.

Habit formation rests on three elements: a cue, the behaviour itself, and a reward that makes it worth repeating. When these are consistently present, the behaviour gradually becomes automatic. The timeline varies between individuals — the popular claim that habits form in 21 days is not supported by evidence — but consistent repetition in the same context is the most reliable path.



Cue Action Reward

Making a behaviour easier is one of the most powerful tools for improving consistency. Instead of relying on motivation — which naturally fluctuates — reduce the effort required to begin. Lay out your gym clothes the night before. Keep fruit visible on the counter. Set a phone reminder for your wind-down time. Each small reduction in friction makes the healthy choice slightly more likely.

> **Small and repeatable beats perfect and temporary. Every time.**

Instead of: "I will exercise five days per week."

Try: "I will walk for ten minutes after lunch on Monday, Wednesday and Friday." Specific, small, and tied to an existing routine.

Instead of: "I will eat healthily."

Try: "I will include a protein source and at least one vegetable at dinner each evening." Concrete, measurable, and achievable.



The Minimum Effective Action

PART 16

One of the most important questions you can ask yourself is: what is the smallest action I can still take on a difficult day? Not the ideal action. Not the full programme. The minimum version that keeps the habit alive and maintains the thread of consistency through a busy or challenging period.

Consistency across imperfect days is, in the long run, far more valuable than perfection on the days when conditions are ideal. A health plan that only works when everything is going well is not a health plan — it is a series of fresh starts interrupted by real life.

Movement

Full plan: 45-minute gym session

Minimum: Ten-minute walk around the block

Nutrition

Full plan: Home-cooked balanced meal

Minimum: Protein + vegetables + a convenient whole-food carbohydrate

Stress & Recovery

Full plan: 20-minute meditation or relaxation practice

Minimum: Two minutes of calm, conscious breathing

Sleep

Full plan: Full evening wind-down routine

Minimum: Lights off at your target time, phone out of reach

Remember: The goal of a minimum action is not to achieve less. It is to protect consistency. Showing up imperfectly is always better than not showing up at all.



Stop the All-or-Nothing Cycle

PART 17

One of the most common and most limiting patterns in health behaviour is all-or-nothing thinking. It sounds like: "I missed Monday, so the whole week is ruined." "I ate dessert, so my healthy eating has failed." "I cannot exercise for a full hour, so there is no point going at all." These thoughts feel logical in the moment — but they are not accurate, and they are not helpful.

One imperfect decision does not cancel your health. One missed workout does not erase weeks of consistency. One celebratory meal does not undo months of genuinely nourishing choices. The overall pattern matters far more than any individual moment within it. A person who exercises three times per week consistently across the year will experience considerably more benefit than someone who exercises seven days a week for three weeks and then stops.

1 **The All-or-Nothing Thought**

"I already ate something unhealthy today, so today is wasted."

2 **The Balanced Alternative**

"One choice does not define the day. The next meal is a fresh opportunity."

3 **The All-or-Nothing Thought**

"I missed my planned exercise session, so there is no point this week."

4 **The Balanced Alternative**

"A ten-minute walk today still counts. I will return to my full plan tomorrow."

5

> **One imperfect decision does not cancel your health. Progress is built from the overall pattern — not from any single moment within it.**



Your Environment Matters

PART 18

Health behaviour is powerfully shaped by the environment in which it occurs. The foods that are most visible and convenient in your home are the foods you are most likely to eat. The movement habits of people around you influence your own. The light levels, noise, and temperature in your bedroom affect your sleep. The ease or difficulty of getting to a gym, a park, or a swimming pool influences how often you go. Understanding this is not an excuse — it is an opportunity.

If willpower is a limited resource that varies with mood, energy, and circumstance, then designing an environment that makes healthy choices easier is a fundamentally more reliable strategy than relying on willpower alone. Small, practical environmental changes can produce meaningful shifts in behaviour over time — without requiring more motivation or discipline.

Food Environment

Keep fruit and vegetables visible. Prepare healthy options in advance. Make nourishing foods more convenient than less nourishing alternatives.

Sleep Environment

Keep the bedroom cool, dark, and quiet. Remove screens where possible. Create a consistent, calming pre-sleep routine.

Movement Environment

Place walking shoes near the door. Keep resistance bands or weights visible. Schedule movement before competing demands can fill the time.

Recovery Environment

Create a space associated with rest and relaxation. Reduce evening light and stimulation. Protect time for genuine recovery.

Design Your Environment for Success: You do not need perfect willpower. You need a home, a schedule, and a social environment that make healthy choices slightly easier than unhealthy ones.



Your Morning, Daytime & Evening Anchors

PARTS 19–21

Anchors are small, consistent actions that act as touchpoints throughout your day. They are not rigid schedules. They are flexible habits that help you maintain a healthy thread through your daily life — even when plans change, time is short, or motivation is low. The goal is not to design a perfect day. It is to identify a small number of reliable anchors that keep you moving in the right direction.

Morning Anchors

Choose 2 that feel realistic:

- Morning daylight exposure
- A glass of water upon waking
- A nourishing, protein-rich breakfast
- Brief movement or stretching
- A few minutes without digital overload
- Taking prescribed medication

My 2 Morning Anchors:

1. _____

2. _____

Daytime Anchors

Choose 2 that fit your schedule:

- Balanced meals at roughly consistent times
- A brief movement break between tasks
- A short walk at lunchtime or afternoon
- Regular hydration throughout the day
- A brief stress reset — even two minutes

Evening Anchors

Choose 2 to wind down:

- Reducing stimulation after 9 PM
- Preparing something for tomorrow
- A relaxed, unhurried meal
- Comfortable, lower lighting
- Beginning your sleep routine consistently

My Daytime & Evening Anchors:
Daytime: 1. _____ 2. _____
Evening: 1. _____ 2. _____



The Complete Balance Day

PART 22 — EXAMPLE, NOT A PERFECT SCHEDULE

The day below is an example of how the eight pillars of The Complete Balance Method™ might naturally coexist within a realistic day. It is not a prescription, and it is not a template to follow exactly. Real days are imperfect, unpredictable, and varied. This example is simply intended to show how different health behaviours can support one another without requiring enormous amounts of time or effort.

1 Morning

Brief daylight exposure. A nourishing breakfast with protein. Take prescribed medication if applicable. A few minutes without screens.

2 Mid-Morning

Hydration. Focused work. A brief movement break between tasks — even standing and stretching counts.

3 Lunchtime

A balanced meal — protein, vegetables, whole-grain carbohydrate. A short walk after eating where possible.

4 Afternoon

Hydration. A protein- or fibre-rich snack if genuinely hungry. A stress reset if the day has been demanding — even two minutes of calm breathing.

5 Evening

A relaxed, balanced dinner. Gradual reduction in stimulation. Lower lighting after 9 PM. A calming activity before sleep.

6 Night

Consistent bedtime. Comfortable, dark, cool bedroom. Sleep as the non-negotiable foundation of the following day.



My 10-Minute Weekly Reset

PART 23

A brief weekly review is one of the most practical and underused tools in sustainable health management. It takes approximately ten minutes. It requires no special equipment. And it provides something that all the daily effort in the world cannot replace: a regular opportunity to step back, observe patterns, make sense of what is working, and adjust what is not.

The weekly reset is not a performance review. It is a compassionate, curious check-in. The tone should be the tone of a thoughtful friend who genuinely wants to understand what your week was like — not a judge who is evaluating your compliance with a plan.

01

What went well this week?

_____
_

02

What was difficult or challenging?

_____
_

03

How was my sleep and energy?

_____
_

04

How was my digestion and stress level?

_____
_

05

Did I move regularly?

_____
_

06

What do I need more of next week?

_____
_

07

What can I simplify?

_____
_

08

ONE thing that deserves more attention next week?

_____
_

Track What Matters — My Personal Progress Dashboard

PART 24

Tracking can be a useful tool — or a source of anxiety and distorted self-evaluation. The difference lies in what you track, how often, and with what intention. Within The Complete Balance Method™, the goal is observation — not performance. You are gathering information to make better decisions, not scoring yourself.

The most useful approach is to choose a small number of markers that are genuinely meaningful to you and your specific health goals, and to observe them consistently over time. Tracking everything produces noise. Tracking the right things — for you — produces insight.

Possible Marker	Useful When...	I Will Track This (Y/N)
Sleep quality / duration	Sleep is a current priority	___
Daily energy score (1–10)	Energy patterns need understanding	___
Bowel regularity	Gut health is a focus area	___
Days with intentional movement	Building a movement habit	___
Mood or stress level (1–10)	Stress or mood patterns matter	___
Meal regularity	Appetite or energy is irregular	___
Waist circumference	When medically relevant, monthly	___
Body weight	When psychologically appropriate	___
Blood pressure	When advised by a healthcare professional	___

My chosen 3–5 markers: _____

Remember: The purpose of tracking is to help you learn about yourself — not to create pressure or judgment. Choose markers that feel informative, not punishing.



Energy Score & Symptom Journal

PARTS 25–26

Your daily energy level is one of the most practical and accessible pieces of information available to you. It does not require any equipment, any testing, or any specialist knowledge. It simply requires a moment of honest attention once or twice per day.

Rate your energy on a scale from 1 (very low — struggling to function) to 10 (excellent — energised and focused). Do this at a consistent time each day — mid-morning and mid-afternoon work well for most people. Over time, patterns will emerge. You may notice that your energy is consistently lower on days when sleep was disrupted, or higher when you have eaten well and moved during the day. These patterns are genuinely useful.

Energy Observation Questions

- When is my energy typically highest?
- When does it typically drop?
- Did I sleep well last night?
- Did I eat enough and at reasonable times?
- Did I move today?
- Was today unusually stressful?

Symptom Journal — What to Note

- Date and time
- The symptom and its severity
- Food eaten in the preceding hours
- Sleep quality the night before
- Stress level
- Movement
- Hormonal or menstrual context
- Any recent medication changes

Keep symptom journalling observational rather than obsessive. The goal is to notice patterns, not to monitor your body constantly. And it bears repeating: persistent, severe, new, or unexplained symptoms should prompt professional medical assessment — not continued self-experimentation.



Know When to Stop Self-Experimenting

PART 27

There is real value in taking an active, informed role in your own health. Understanding how your body responds to food, sleep, stress, and movement is empowering and useful. But lifestyle experimentation has limits — and recognising those limits is itself a form of health literacy.

Some symptoms and situations genuinely require professional medical evaluation. They should not become subjects of continued self-management, supplement trials, or lifestyle adjustment alone. Seeking professional care promptly is not a sign of weakness or failure. It is a sensible and necessary part of looking after yourself well.

⊗ **Please seek professional medical assessment for any of the following:** unexplained or significant weight loss; blood in the stool; persistent changes in bowel habits; severe or unexplained abdominal pain; postmenopausal bleeding; persistent extreme fatigue that does not improve with rest; chest pain or pressure; fainting; persistent palpitations; significant shortness of breath; severe mental health symptoms; or any new, persistent, or concerning symptom that worries you. This list is not exhaustive. When in doubt, consult a healthcare professional.

> **Health literacy also means knowing when to ask for help. Choosing to see a doctor is not giving up on your health — it is one of the most responsible things you can do for it.**

The goal of The Complete Balance Method™ is to help you build strong health foundations and develop a meaningful understanding of your own body. It is not to replace qualified professional care. These two things work best together.



Working with Healthcare Professionals

PART 28

A qualified healthcare professional is not an obstacle to your health journey — they are one of its most valuable resources. Doctors, registered dietitians, physiotherapists, psychologists, menopause specialists, and other allied health professionals bring a depth of clinical knowledge and diagnostic capability that no book, programme, or supplement can replicate. Building a constructive partnership with the right professionals is a sign of sophisticated health management.

One of the most effective ways to make the most of appointments — which are often shorter than we would like — is to arrive prepared. A few minutes of preparation before a consultation can make the difference between a conversation that is useful and one that leaves you with more questions than answers.

Before My Appointment

My main concern:

_____

When did it start?

_____

What makes it better or worse?

_____

Current Medications & Supplements

Medications:

_____

Supplements:

_____

Recent lifestyle changes:

_____

Questions I Want Answered

1. _____
2. _____
3. _____

Compass Check: Are there any symptoms or concerns you have been managing on your own that might benefit from professional input? Now is a good moment to write them down and book an appointment.



Supplements: Support, Not Foundation

PART 29–30

Supplements occupy a large and often confusing space in the health and wellness landscape. They range from well-evidenced nutrients that address documented deficiencies — such as vitamin D or iron in individuals with confirmed low levels — to products making sweeping claims with limited or no supporting evidence. Understanding how to think about supplements calmly and critically is a genuinely useful health skill.

Supplements can play a supportive role within a broader health strategy. They may help address specific nutrient gaps, complement a nourishing diet, or provide targeted nutritional support for individual needs. But they should not replace the foundations of health: appropriate nutrition, sufficient sleep, regular movement, adequate stress recovery, and appropriate professional medical care. A supplement taken in the absence of these foundations provides limited benefit.

> **Supplements can support the plan. They should not become the entire plan.**

My Supplement Audit

Supplement	Why I Take It	Evidence?	Worth Continuing?
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

If you are taking multiple supplements, or if you are uncertain whether a supplement is appropriate for you, a consultation with a registered dietitian or your doctor is a sensible next step — particularly if you take prescribed medication, as some supplements can interact with medications.



Your Personal Health Vision

PART 31

Before identifying priorities, setting goals, or choosing actions, it is worth taking a moment to ask a deeper and often neglected question: what does health actually mean to you? Not what society says it should mean. Not what social media suggests it should look like. Not what a particular diet or programme promises. What does health genuinely mean in the context of your life, your values, and your priorities?

For many people, health is primarily thought of in terms of weight or appearance. These are understandable influences in a culture that places significant emphasis on both. But they are rarely the most meaningful motivators for sustainable, long-term change. The motivators that tend to last — the ones that carry you through the difficult weeks and the imperfect months — are rooted in something deeper: how you want to feel, what you want to be able to do, and what kind of life you want to live.

Energy & Vitality

Enough energy to engage fully with the people and activities that matter most in your daily life.

Strength & Independence

Physical capability that supports independence, mobility, and confidence well into later life.

Quality of Life

Being present and engaged with family, friends, and experiences — not limited or held back by poor health.

Mental Clarity

Cognitive sharpness, emotional resilience, and the ability to manage life's demands without constant overwhelm.

What does health mean to me?

_____

_____

Your "Why" & Setting Health Goals

PARTS 32–33

Motivation is one of the most powerful — and most underused — tools in health change. Most people start with goals like "be healthier" or "lose weight," which are not wrong, but they are vague. When things get difficult, vague motivations rarely provide enough traction to keep going.

A more useful approach is to identify the specific, personal reason behind the goal. This is sometimes called the "why behind the why." It involves asking, not just what you want to change, but why it genuinely matters to you — in terms of how you want to feel, what you want to be able to do, and what is most important in your life.

My Why — Worksheet

Surface goal: _____

Why does this matter to me? _____

What would change in my life if I achieved this? _____

Who or what would benefit? _____

My deeper why is: _____

Outcome Goals vs. Behaviour Goals

Outcome Goal	Behaviour Goal
Lose weight	Strength train twice per week
Sleep better	Begin winding down at 10 PM each evening
Have more energy	Walk for 20 minutes each lunchtime on weekdays
Reduce stress	Take a two-minute breathing break every afternoon
Improve gut health	Add one additional plant food each day this week

The Bottom Line: Outcome goals tell you where you want to go. Behaviour goals tell you how to get there. Focus most of your energy on the behaviours — the outcomes tend to follow.

The One-Change Rule

PART 34

The temptation when beginning a health improvement plan is to change everything at once. New diet, new exercise routine, new sleep schedule, new supplements, new stress management practices — all launched simultaneously on the same Monday morning. This approach is extremely common. It is also extremely likely to fail — not because of poor motivation, but because simultaneous change across multiple behaviours places an enormous cognitive and logistical demand on a life that was already full before the plan began.

The One-Change Rule is a different approach. Start with one change. Give it enough time to become reasonably stable — which varies between individuals, but typically requires several weeks of consistent practice. When it feels more automatic, add another. This approach is slower in the short term, but substantially more likely to produce lasting results.

My First Change

The single habit I will begin:

_____
_____

When & Where

When will I do it?

_____
_____

Where will I do it?

_____
_____

Obstacles & Solutions

What could stop me?

_____
_____

How will I make it easier?

_____
_____

How I Will Know

How will I know I did it consistently?

_____
_____

When will I review it?

_____
_____

> **Start with one change. Let it settle. Then build from a stable foundation. This is how lasting health is created — not in a single sprint, but in a sequence of sustainable steps.**



The 21-Day Health Compass Foundation Plan

PART 35

The 21-Day Foundation Plan is a structured practice period — not a transformation programme. It will not rebuild your health in three weeks. What it will do is give you three weeks of consistent, focused observation and practice across the key areas of The Complete Balance Method™. Each day has one manageable focus. That focus is yours to adapt to your life and your starting point.

Important: This plan is about practice and observation, not performance. There is no failing. There is no perfect. There is only showing up, noticing, and building a small amount of momentum each day.

01

Day 1

Complete your Health Wheel. Note your scores honestly and without judgment.

02

Day 2

Identify your biggest health priority. Write it down and note why it matters.

03

Day 3

Get morning daylight — even five to ten minutes outside within the first hour of waking.

04

Day 4

Add one protein-rich element to a meal you would not normally include it in.

05

Day 5

Walk for ten minutes. Outdoors if possible. No phone. Just movement.

06

Day 6

Review your fibre intake. How many plant foods did you eat yesterday? Add one more today.

07

Day 7

Create an evening wind-down plan. Write it down and try it tonight.



The 21-Day Health Compass Foundation Plan — Week 2 & 3

PART 35

01

Day 8

Eat one meal without distraction — no screen, no scrolling. Just the food and your attention.

02

Day 9

Do a stress check-in. Rate your recovery from 1–10 and identify one adjustment.

03

Day 10

Add an extra vegetable to any meal today. Any vegetable, any preparation.

04

Day 11

Review your caffeine timing. Is caffeine consumed late in the day affecting your sleep?

05

Day 12

Perform a simple strength session — bodyweight, resistance bands, or weights. Any amount counts.

06

Day 13

Design one environmental change. Place healthier food more visibly. Remove a sleep disruptor.

07

Day 14

Review your sleep. What is your average sleep time? What one thing could improve it?



PART 35

The 21-Day Health Compass Foundation Plan — Week 3

01

Day 15

Add a dedicated recovery break. Ten minutes of genuine rest — not scrolling, not working.

02

Day 16

Review your hydration. How much fluid are you drinking? Could you add one additional glass?

03

Day 17

Prepare tomorrow's food today. One decision made in advance removes tomorrow's friction.

04

Day 18

Identify one unnecessary source of friction. What makes healthy choices harder than they need to be?

05

Day 19

Check your progress markers. Review the 3–5 markers you chose. What patterns do you notice?

06

Day 20

Choose your next priority. Based on the past 19 days of observation, what deserves more attention?

07

Day 21

Create your personal Complete Balance Plan. Use the worksheets in the next section to bring everything together.

My Complete Balance Plan — All Eight Pillars

PART 36

The Complete Balance Plan is your personal health roadmap. It is not fixed or permanent — it is a living document that you will review and adjust regularly as your priorities change, your habits develop, and your understanding of your own body deepens. Work through each of the eight pillars honestly and practically. Focus on what is genuinely realistic for your life right now — not on what would be ideal in a perfect world.

Pillar	Score (1–10)	Going Well	Needs Attention	One Action	Review Date
Gut Health	___	_____	_____	_____	_____
Stress & Cortisol	___	_____	_____	_____	_____
Sleep & Recovery	___	_____	_____	_____	_____
Hormone Health	___	_____	_____	_____	_____
Nutrition	___	_____	_____	_____	_____
Healthy Weight	___	_____	_____	_____	_____
Energy & Movement	___	_____	_____	_____	_____
Practical Routines	___	_____	_____	_____	_____

My Top 3 Priorities — And What Can Wait

PART 37

Having reviewed all eight pillars, it is time to make a deliberate choice about where to focus your energy first. Choosing priorities is not about deciding which areas matter and which do not. Every pillar matters. It is about deciding which areas deserve your attention right now — and which ones can wait until later without significant consequences.

1

Priority 3

Area: _____

Why now? _____

First action: _____

2

Priority 2

Area: _____

Why now? _____

First action: _____

3

Priority 1 — My Biggest Lever

Area: _____

Why this matters most right now:

_____

First action I will take:

_____

Not Now — Ideas for Later

Health ideas that may be useful in the future but do not need attention right now:

1. _____
2. _____
3. _____

Deciding what NOT to focus on is just as important as deciding what to prioritise. A "not now" list prevents overwhelm and protects the energy you need for what matters most today.



The Bad-Day Plan

PART 38

Every health plan needs a bad-day strategy — not because bad days are failures, but because they are inevitable. Life will bring difficult weeks, disrupted sleep, high stress, illness, travel, family demands, and unexpected events. The question is not whether these things will happen. The question is what you will do when they do.

The bad-day plan is your minimum. It is not your goal. It is the floor below which you will not drop — because even on the most difficult day, there is something small and meaningful you can do to maintain the thread of your health routine. The goal is always to reduce the plan, not to abandon it.

Food

Eat something nourishing, even if it is simple. Protein and vegetables in any form count. Perfection is not the goal today.

My bad-day food plan:

_____

Movement

A ten-minute walk. Stretching for five minutes. Movement in any form that you can manage.

My bad-day movement plan:

_____

Stress

Pause for two minutes. Breathe slowly. Acknowledge that today is hard. That is enough.

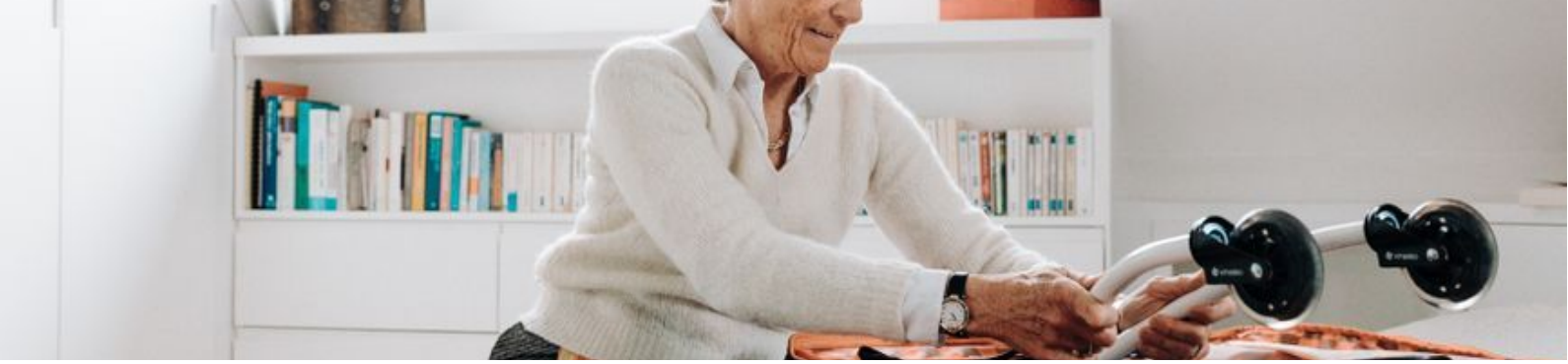
My bad-day stress plan:

_____

Mindset

One difficult day does not erase a week's progress. Do not turn one imperfect day into an abandoned plan. Return tomorrow.

> **Reduce the plan — do not abandon it. The goal of a bad-day plan is to keep the thread alive until tomorrow, when a better day becomes possible.**



When Life Changes — Flexibility Is Not Failure

PART 39

A health plan that only survives ideal conditions is not a robust health plan. Real life includes holidays, illness, periods of intense work pressure, family stress, travel, injury, hormonal transitions, social events, and caregiving responsibilities. Health routines need to be able to bend during these periods — and then return to their shape when the pressure lifts.

The most common mistake during challenging periods is abandoning the plan entirely on the grounds that perfect execution is currently impossible. But perfect execution was never the goal. A flexible, slightly reduced version of your plan during a difficult week is far more valuable than a total pause followed by yet another fresh start.

During Holidays

Maintain your sleep timing as best you can. Walk wherever you are. Enjoy food without guilt. Return to your normal routines when you return home — not after a further two weeks of "easing back in."

During Illness

Rest genuinely. Eat and hydrate as well as appetite allows. Do not push through with exercise when your body needs recovery. Return to your routine when you feel well enough — gently and progressively.

During High Work Pressure

Prioritise sleep above all. Keep meals as simple and nourishing as possible. Protect even brief movement — a ten-minute walk is meaningful. Accept that some elements of the plan will temporarily reduce, and plan to rebuild when the pressure eases.

During Hormonal Transitions

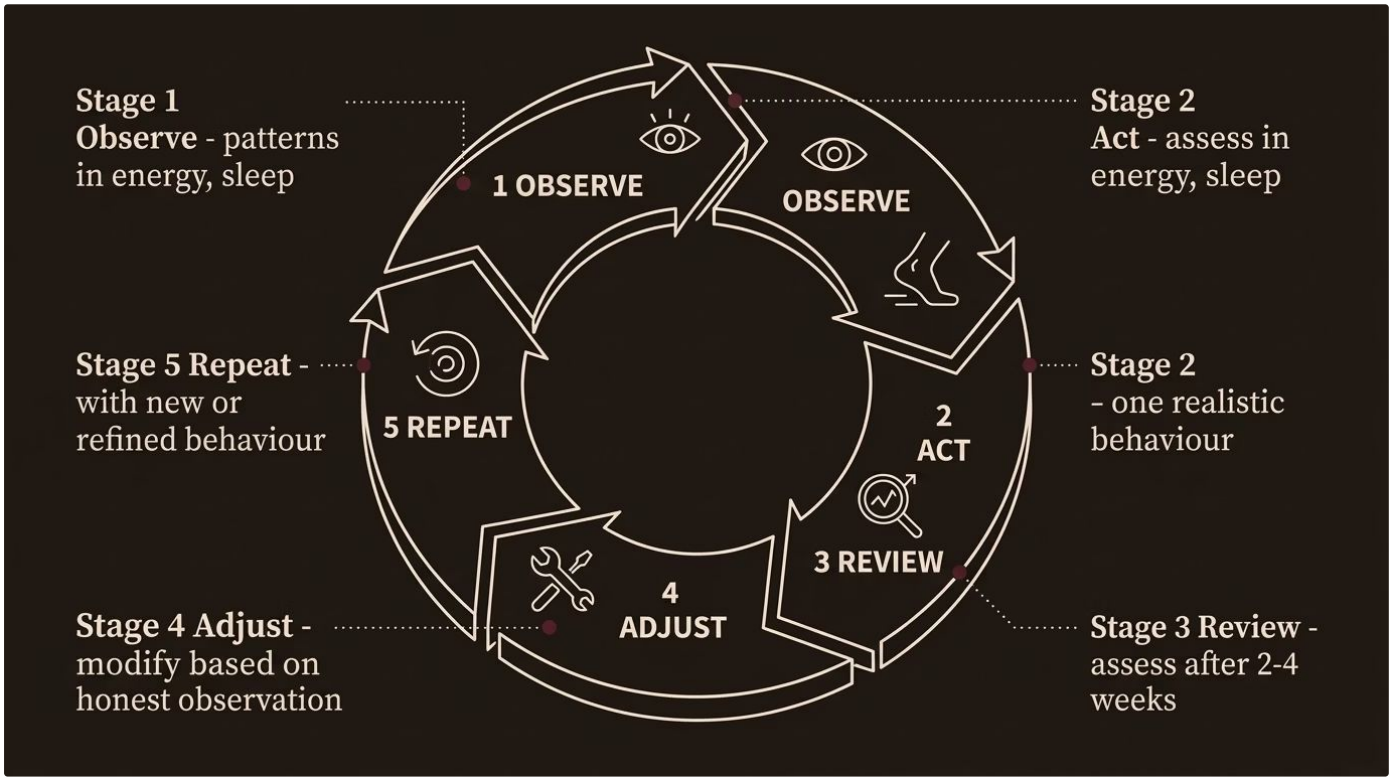
Perimenopause and menopause may require adjustments to sleep strategies, exercise intensity, and nutrition approaches. Work with a qualified professional where possible, and be compassionate with yourself during periods of physical and emotional change.

Remember: A good health plan is flexible enough to survive real life. Adjusting your plan during a difficult period is not giving up — it is wisdom.



Observe → Act → Review → Adjust → Repeat

PART 40



This five-stage cycle is the engine of the Complete Balance Method™. It is not a formula that guarantees specific outcomes. It is a practical process that helps you make better decisions about your health over time — learning from experience, adjusting when something is not working, and building momentum through consistent small actions.

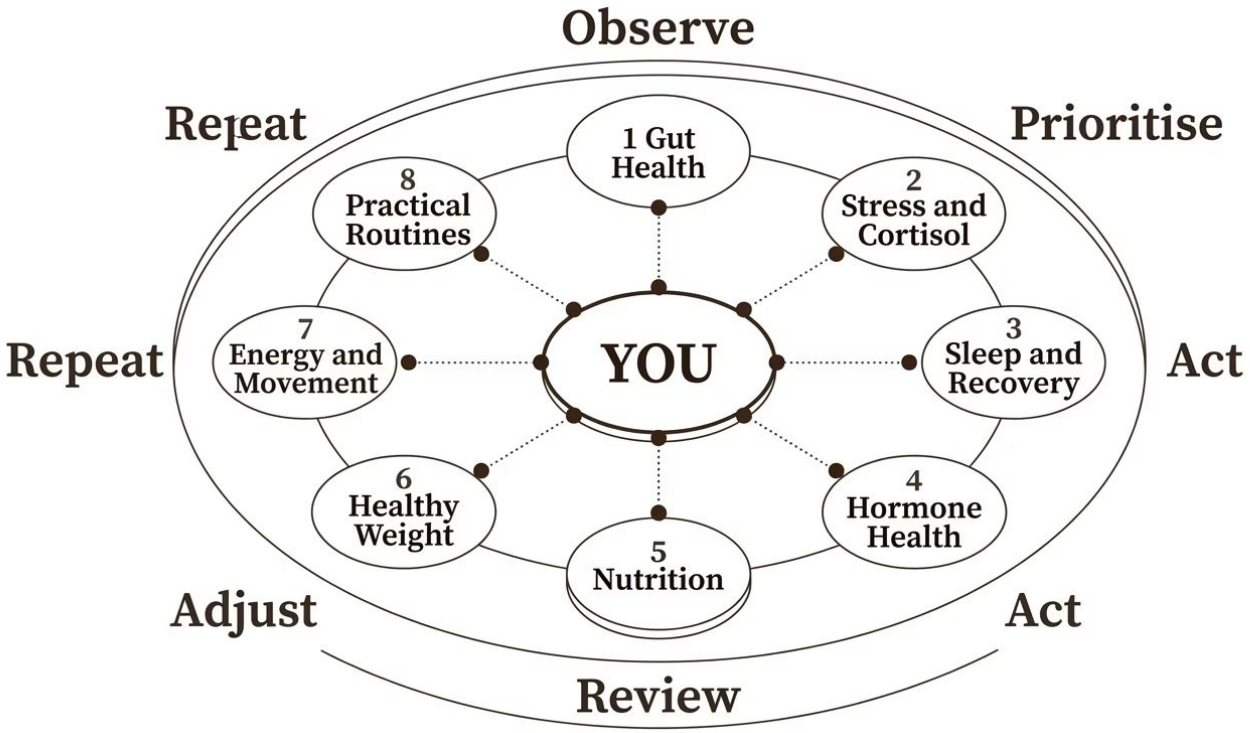
A strategy that is not working does not automatically mean that you have failed. It may simply mean that the strategy needs adjustment — a different timing, a smaller starting point, a different environment, or a different approach. Honest review is not self-criticism. It is the most useful thing you can do with the information your experience provides.

> **Health is not a destination you reach and then maintain effortlessly. It is a cycle of observation, action, and honest adjustment — repeated across a lifetime.**



The Complete Balance Compass

PART 41 — YOUR CENTRAL FRAMEWORK



This is the central visual framework of the entire Complete Balance Method™. At the centre is you — not your weight, not your symptoms, not your diagnosis, not your age. You, as a whole person. Around you are the eight pillars that make up the integrated system of your health. And surrounding all of it is the continuous cycle of observation, action, review, and adjustment that turns knowledge into lasting change.

You do not need to work on all eight pillars simultaneously. You do not need to score perfectly in any of them. You need only to understand the whole — and then choose your next direction with clarity and intention. That is what a compass is for.

Your 90-Day Direction

PART 42

The 90-day plan is not a transformation programme. It is a realistic, structured direction for the next three months — built around your priorities, your life, and your current starting point. It is divided into three distinct phases: foundation, building, and consolidation. Each phase has a different emphasis, allowing you to develop consistency before adding complexity.

1

Month 1 — Foundation

Focus on one or two core habits from your top priorities. Establish a morning anchor and an evening anchor. Begin observing your progress markers. Keep it simple and consistent.

My Month 1 focus:

_____

2

Month 2 — Build

Once Month 1 habits feel more settled, add one new behaviour from your second priority area. Continue observing. Do your weekly reset. Adjust anything that is not working.

My Month 2 addition:

_____

3

Month 3 — Consolidate

Protect the consistency you have built. Review your progress markers. Identify what has worked well and what needs adjustment. Plan the next 90 days from a position of genuine experience.

My Month 3 focus:

_____

90-Day Planning Worksheet	Month 1	Month 2	Month 3
Primary focus area	_____	_____	_____
Key daily behaviour	_____	_____	_____
Progress marker to watch	_____	_____	_____
Review date	_____	_____	_____



What Success Really Looks Like

PART 43

Success in health is rarely what it looks like on social media. It is not a dramatic before-and-after photograph. It is not a specific number on a scale. It is not a perfect diet, a flawless exercise streak, or the absence of all symptoms. Real health success is quieter, more personal, and more meaningful than any of these.

Success might look like waking up rested more mornings than not. It might look like choosing a nourishing meal without agonising over it. It might look like completing a strength session that felt impossible six months ago. It might look like recognising the early signs of stress and adjusting before it escalates. It might look like maintaining your routines during a difficult week rather than abandoning them entirely.

Better Sleep

Falling asleep more easily, waking less often, feeling more rested in the morning.

More Energy

Moving through the day without constant reliance on caffeine. Feeling capable and present.

Greater Strength

Being able to do things physically that felt difficult before. Feeling capable and capable in your body.

Improved Medical Markers

Blood pressure, blood glucose, cholesterol, or other relevant markers moving in a positive direction.

Less Overwhelm

Feeling more in control of your health choices and less confused about where to focus.

Maintained Routines

Returning to your plan after a difficult week without a dramatic reset. Continuity, not perfection.

> **Your health is bigger than one number. Celebrate the changes that do not show up on a scale — because those changes are often the most significant ones of all.**

Health Information: Who Can You Trust?

PART 44

Developing the ability to evaluate health information critically is one of the most valuable skills available to any adult who cares about their wellbeing. The volume of health content available online — particularly on social media — is extraordinary. Much of it is genuinely useful. A significant proportion of it is incomplete, misleading, or primarily motivated by commercial interest. Learning to tell the difference takes practice, but it begins with a few reliable questions.

1

Is the claim plausible?

Does it fit with what is known about how the body works? Or does it require believing that most of medicine has been fundamentally wrong?

2

Is evidence provided?

Is it based on consistent research, or primarily on testimonials, celebrity endorsements, and anecdotal reports?

3

Is someone selling something?

Is the information attached to a product, programme, or supplement? This does not automatically make it wrong — but it is worth noting.

4

Is the language extreme?

Words like "miracle," "toxins," "one hidden cause," "doctors don't want you to know," or "guaranteed" are reliable signals to apply additional scepticism.

5

Does it encourage avoiding professional care?

Any source that suggests replacing qualified professional advice with a supplement, protocol, or programme should be approached with considerable caution.

6

Does it promise certainty?

Health is complex and individual. Anyone who promises guaranteed results for every person is overstating what science can reliably deliver.

The Health Claim Check: Before acting on any health claim, ask all six questions above. A claim that cannot withstand these questions deserves more investigation before you invest time, money, or trust in it.



Progress Without Perfection

PART 45

Health is not a performance. It is not something you need to execute flawlessly, demonstrate publicly, or maintain at one hundred per cent compliance in order for it to count. One of the most freeing things you can understand about your health is that it exists across a whole life — not within a single meal, a single week, or a single decision.

You can eat dessert and still have a genuinely nourishing overall diet. You can miss a planned workout and still be a consistently active person. You can have a stressful week and still return to recovery practices when the pressure eases. You can travel, celebrate, rest, indulge, and rest again — and still be building your health in a way that matters and lasts.

> "Health should support your life. Your life should not revolve around constantly optimising your health."

> "One imperfect choice does not define your health. The pattern of ten thousand choices over months and years is where health actually lives."

> "You are allowed to enjoy food. You are allowed to rest. You are allowed to prioritise other things sometimes. And you are allowed to come back."

Progress without perfection is not a consolation prize. It is the actual goal. A sustainable, enjoyable, flexible relationship with your health — built on good foundations and kind self-awareness — is worth far more than a temporary streak of perfect compliance that eventually collapses under the weight of real life.

Keep Your Compass, Not a Perfect Map

FINAL CHAPTER

You have reached the end of this book — which means you are standing at a beginning. Not the beginning of a programme, or a diet, or a challenge. The beginning of a more deliberate, more self-aware, more compassionate relationship with your own health.

The perfect health plan does not exist. Life changes. Bodies change. Priorities change. What worked brilliantly in one season of your life may need adjustment in the next. What felt impossible last year may feel achievable now. What deserves your attention today may shift in six months. A perfect, fixed map cannot account for any of this. But a compass can.

You now have the tools to observe your health honestly, identify your priorities clearly, choose actions that are realistic for your life, review what is working, adjust what is not, and continue — through the imperfect, unpredictable, genuinely human experience of building a healthy life. That is the Complete Balance Method™. That is your health compass.

You do not need to know every step before you begin.
You only need to know your next direction.

> **Build your health one repeatable choice at a time.**

Observe

Notice what is happening in your body, your energy, your patterns — without judgment.

Prioritise

Choose the area that deserves the most attention right now — and commit to that one thing.

Act

Take the smallest useful step. Today. Not after the perfect conditions arrive.

Review & Adjust

Return regularly. Assess honestly. Adjust with curiosity. Keep moving forward.



The Complete Balance Method™ — Your Five-Book Journey

My Health Compass is the fifth and final volume of The Complete Balance Method™. Each book in this series addresses a specific area of health in depth — giving you both the knowledge to understand what is happening in your body and the practical tools to do something meaningful about it. Together, the five books form a complete, integrated approach to adult health and wellbeing.



Book 1 — Healthy Gut, More Energy

Understand how digestion works, how the gut microbiome influences your health, and how practical changes to fibre, plant diversity, hydration, and stress management can support a healthier digestive system and more consistent energy.



Book 2 — Cortisol Reset

Explore the science of stress and the role of cortisol in the body. Learn how chronic activation without adequate recovery affects energy, food choices, sleep, and overall resilience — and how to build a more balanced stress response into daily life.



The Complete Balance Method™ — Your Five-Book Journey



Book 3 — Hormones in Balance

Navigate the hormonal changes of midlife, including perimenopause, menopause, thyroid health, and metabolic hormones, with clarity and practical guidance.
Understand what is changing in your body and what you can realistically do to support your wellbeing through each transition.



Book 4 — Healthy Weight Formula

Move beyond diet culture and restriction cycles. Understand the science of energy balance, appetite regulation, body composition, and muscle preservation — and build a sustainable, evidence-informed approach to healthy weight management that respects your whole person.



The Complete Balance Method™ — Your Five-Book Journey



Book 5 — My Health Compass

Bring everything together. Assess where you stand across all eight pillars of The Complete Balance Method™, identify your priorities, choose your actions, and build a personal health plan that fits your real life — and evolves as your life evolves.

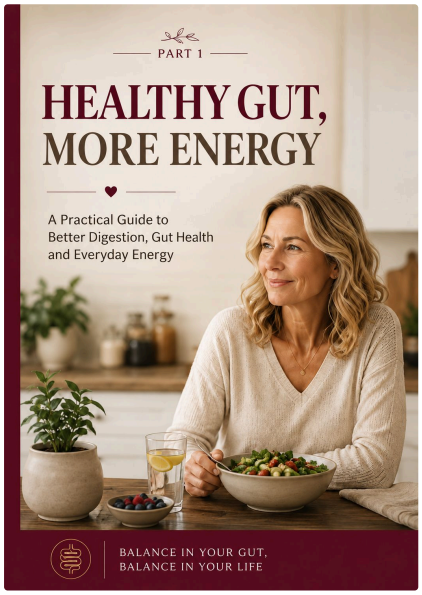
The Complete Balance Method™ is an integrated educational framework designed to support adults in understanding their health and building sustainable, personalised health routines. The books in this series are educational resources and do not replace personalised medical care or advice from qualified healthcare professionals.

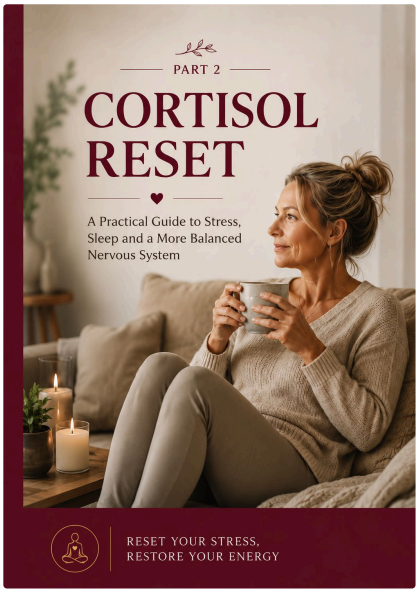
The Complete Balance Method™

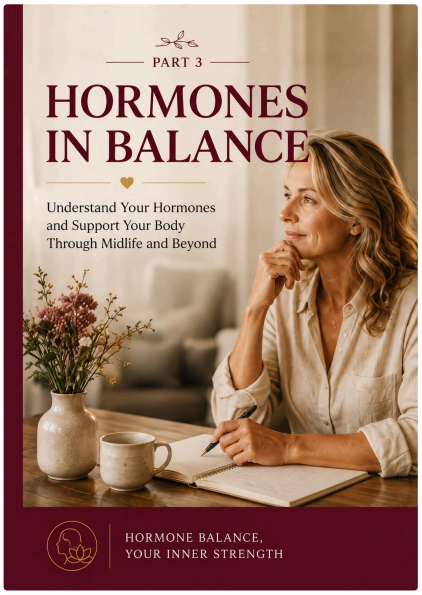
The Complete Balance Method™

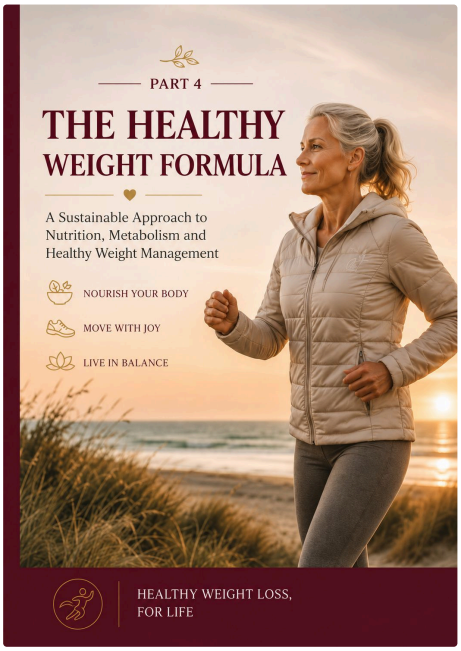
This guide is just one part of a complete approach to better health and lasting balance. **The Complete Balance Method™** brings together gut health, stress and cortisol, sleep and recovery, hormonal health, nutrition, healthy weight, energy, movement and practical daily routines — because your body does not work in separate parts. Each e-book and bonus guide has been created to help you understand your body more clearly and, above all, turn that knowledge into realistic actions you can actually maintain.

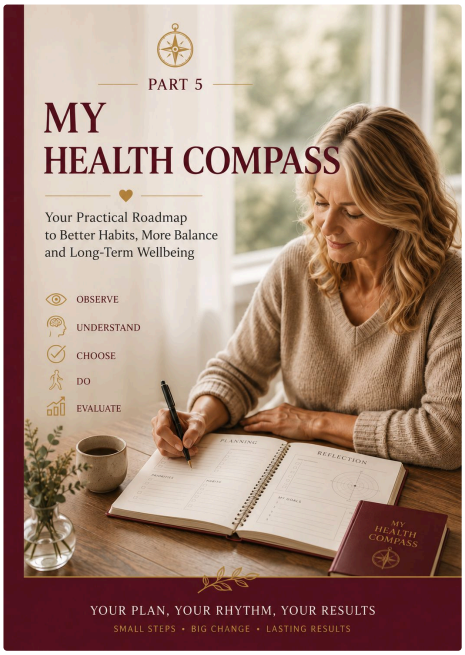
E-Books





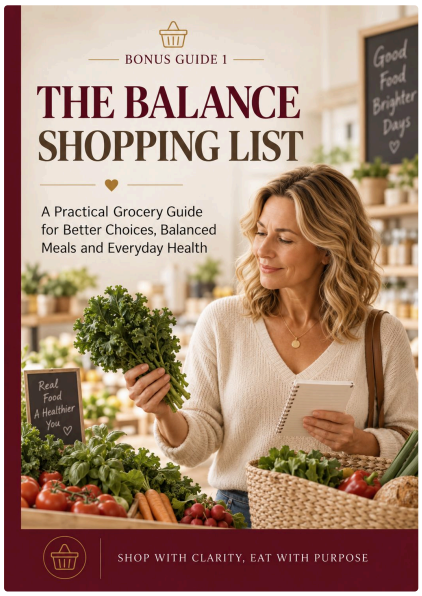


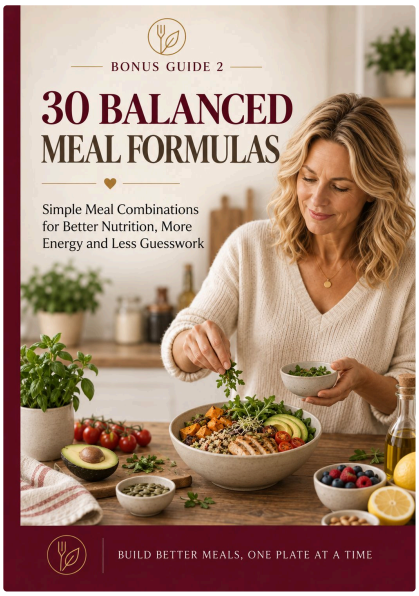




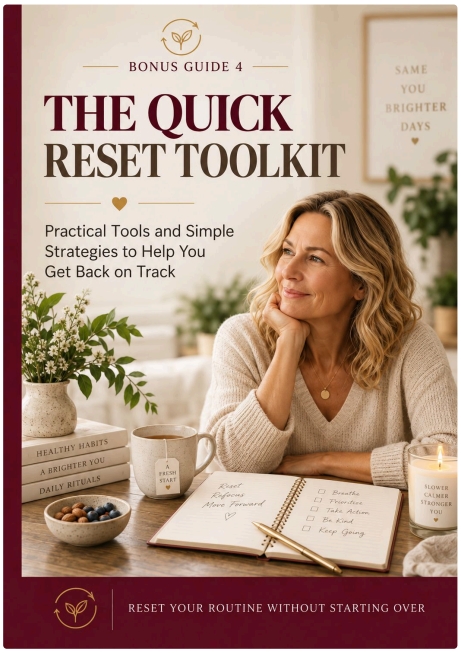
5 Bonus Guides

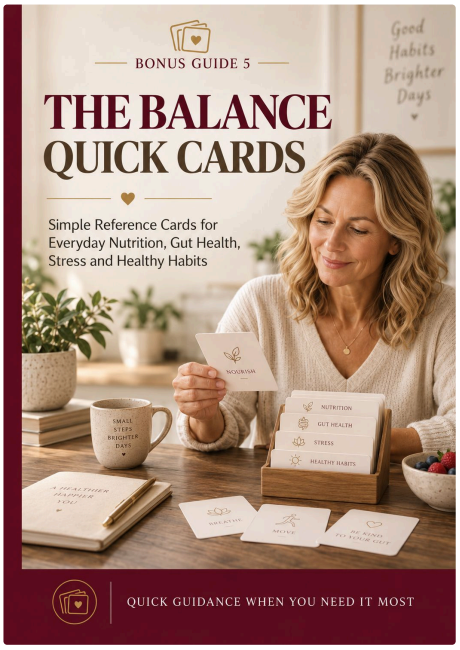
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The Smart Supplement Guide

The Smart Supplement Guide helps you navigate supplementation with greater clarity and confidence. It provides a practical overview of carefully selected supplements, their key ingredients and their role within a broader healthy lifestyle — helping you make more informed choices based on your personal goals and needs. Supplements are not a replacement for healthy habits, but when chosen thoughtfully, they can be a valuable addition to **The Complete Balance Method™**.



ONE COMPLETE METHOD.
ONE PRACTICAL SYSTEM.
BUILT AROUND YOUR REAL LIFE.

You do not need another quick fix, another extreme diet or another list of health rules you cannot maintain. You need a clear framework that helps you understand how the different parts of your health work together — and shows you what to focus on next.

With the complete bundle, you receive the full **The Complete Balance Method™** collection: all five in-depth e-books plus all five practical bonus guides, designed to take you from understanding your body to creating healthier routines that fit into everyday life.

Your next step does not have to be bigger. It simply has to move you in the right direction.

GET THE COMPLETE BUNDLE

YES, I WANT THE COMPLETE BALANCE METHOD