

## Understanding Your Annual Review

During your annual review, your clinical team will look at several markers—such as blood pressure, blood sugar, cholesterol & lipids and waist size—to assess your **metabolic health** and health conditions e.g. type 2 diabetes, blood pressure. Improving metabolic health is one of the most effective ways to protect your long-term health

By Improving your metabolic health you can have big impacts on your:

- Weight (if you are overweight)
- Improving your energy levels
- Improving your mental health
- Blood pressure
- Cholesterol and triglycerides
- Diabetes control or future risk of getting diabetes
- Reduce your risks of getting many chronic diseases including cancers, dementia, and heart disease, or help you to manage these.

Please use this leaflet and *the information on this [website](https://healthshelf.org)* (<https://healthshelf.org>) so that you are ready to discuss what matters to you and your health goals.

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### What is Metabolic Health?

Metabolic health is essentially your "engine for life." It describes how well your body stores and releases energy.

- **Good Metabolic Health:** Your body is in balance. You likely feel energised, clear-thinking, and are at lower risk for chronic diseases.
- **Poor Metabolic Health:** Often described as the body being "at war with itself." It can lead to fatigue, excess belly fat, and modern diseases like type 2 diabetes and high blood pressure.

### What is Insulin Resistance?

Insulin is a hormone that manages your blood sugar. **Insulin resistance** occurs when your cells stop responding properly to insulin, forcing your body to produce higher levels of the hormone to keep blood sugar stable.

- High insulin levels can cause your body to hold onto salt and water, which **increases blood pressure**.
  - It also encourages the body to store fat, particularly around the middle.
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## Why the 28-Day Metabolic Health Plan?

The **Metabolic Health 28-Day Plan** was originally developed by an NHS GP to give patients a manageable way to jumpstart their health. It focuses on simple, daily actions to lower insulin levels and improve how your body processes energy.

### Key Benefits of the Plan:

- **Manageable Timeframe:** 28 days is long enough to see real results but short enough to stay motivated.
- **Rapid Results:** Many patients notice their clothes feeling looser within 1–2 weeks and report feeling more "alive" and less hungry by week 3.
- **Disease Reversal:** Research and patient case studies show that improving metabolic health can help reverse pre-diabetes and significantly lower high blood pressure.

### What the Plan Involves:

1. **Choosing "Real Food":** Minimising ultra-processed junk foods and sugars. Focusing on a higher levels of protein.
2. **Time-Restricted Eating:** Using a "16:8" window (eating during 8 hours, fasting for 16) to allow insulin levels to drop.
3. **Daily Movement:** Aiming for regular activity and simple resistance exercises (like 20 press-ups throughout the day).
4. **Prioritising Sleep:** Improving sleep quality to help the body repair and regulate hormones.

**Important:** If you take medication for diabetes or blood pressure, please speak with your GP before starting the plan, as your dosages may need to be adjusted as your health improves.