

# WHAT IS INTEGRATIVE HEALTH COACHING?

*Much more than just nutritional coaching, B32 Integrative Health Coaching looks at all the pieces within your context, and puts them all together to create a customised nutritional, supplement, training and lifestyle prescription to take you toward your highest goals.*

**H**umans are beautiful, elegantly designed, complicated creatures. We have complex, interweaving systems all designed to communicate and cooperate to maintain balance both within and without. These systems are built on millions of tiny parts, each with its role to play - talking and transporting, rhythmically regulated using a perfect entanglement of electrical and hormonal signals. When one of these parts or systems trips up or malfunctions, sometimes the body has trouble getting itself back into balance.

When the body is stuck in a state of imbalance, we begin see the appearance of disease and symptoms. We begin to notice the deviation away from optimal health. Not only important from a wellbeing and longevity perspective, it is also from this foundation of health that we build athletic performance.

In order for optimal health to be maintained, we need to restore balance to each of the body's systems. True balance means restoring optimum function to 3 key areas: internal systems, external systems, and higher awareness - the mind.

What does balance in each of these areas mean?

- From an **internal** perspective, optimally functioning hormonal, digestive, detoxification pathways, free from pathogenic influence.
- From the **external** perspective, balanced physiological structure, free from dysfunction or injury, a balance of stimulus across strength and energy system development that is in alignment with a person's goals and essence.
- From a more abstract perspective, balance in a person's **mind** - the perception of a world in harmony between challenge and support of a one's values. The perception that one is living according to their core beliefs and values.

*Integrative Health Coaching empowers you to discover that true balance by taking your unique combination of needs in each of these areas and creating a customised way forward.*

## HOW?

The first step is to take a snapshot. We take a high level look into hormonal patterns and imbalances, chemical and nutritional toxicity, liver and gut health, as well as energy rhythms, digestion and mood. This assessment allows us to make recommendations

surrounding the right nutrition, supplementation and training stimulus for you based on your current health status, goals, and any specific sport you may be involved in.

For more specialised needs (particularly if we see collections of symptoms and pervasive health complaints) we dig a little further down, scanning for underlying themes that might be indicative of a deeper, root cause. Based on this, an individualised nutritional, lifestyle and supplement protocol is prescribed to aim to restore balance, eliminating symptoms.

If we strongly suspect some underlying issues, the next layer is performing a series of laboratory tests to quantitatively assess adrenal function and sex steroid hormone balance, liver detoxification capacity, gut immune status and determine any pathogenic load on the system (like fungus, bacterial imbalances, parasite infection.) Once we find a root cause, we work closely with you to devise a nutritional, lifestyle, exercise and supplementation plan to help rectify any dysfunction and imbalances to get you back to balance. Back to optimal health.

More than just systems within systems of a larger machine, we have something other machines don't - the mind. Consciousness. Subconsciousness. Perception. Perspective. Each of these has an impact on our physiological functioning and on balance across the systems of the body, and so must be addressed in the search for optimal health.

It's two way highway between the mind and the body. Like a faithful, loyal friend, our bodies remain with us through our entire journey. And while the mind may predominantly govern, just like a friend, the body has the right to slap the mind when things begin to go awry. When we begin to lose perspective. This 'slap' presents as symptoms of imbalance across our internal and external systems. So part of the return to optimal health is also about the rebalancing of the mind and its perspective. Part of Integrative Health Coaching includes helping you to rebalance your perspective and discover and live your core values.

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