

**Our lifestyle blog is brought to you by local Personal Trainer and Fitness Queen founder, Hayley Lundy. We aim to educate, motivate and inspire our readers to lead a healthy active life.**

## What's the secret to feeling your best?

This issue I'm talking about the health of your gut! You may have seen my previous write-ups on the microbiome (gut bacteria).

The microbiome is a really hot topic at the moment because emerging and past research is showing what a big impact the bacteria that lives in your gut has on your day-to-day life.

I initially became really interested in the microbiome after hearing about a study that proved your gut bacteria has a big impact on your weight and your ability to lose weight. Since taking an interest, you could say I've become a bit of a gut geek!

When I ask people have they heard of the microbiome, most of the time they say 'no', but once you learn a little about it you will notice it's getting talked about a lot in news papers, documentaries and programmes discussing health.

Our microbiome starts to develop from birth and is basically a community of microbes that lives in us and on us and has a massive impact on our physical and mental health. Having a healthy microbiome will help you not only stay a healthy weight and have a good immune system but it will help with your mental health and help you avoid many diseases.

The type of things that can put our microbiome out of sync are things like sugar, antibiotics, artificial colourings, poor food choices, sleep and stress, to name a few.

Your gut is often referred to as your second brain, as it, too, makes neurotransmitters. If your microbiome is out of balance you may be feeling anxious, depressed or tired.

For the past year I've been putting more emphasis on gut health through my nutrition plans for clients – and particularly for those clients I feel need a boost to feel at their best.

The thing is, we often make decisions on how we feel, rather than how we think, so for me it makes sense to get someone feeling mentally strong and feeling good in themselves to make healthier life choices. Also I find that when clients start feeling great, the need to eat well and move more comes down to them loving how much better they feel as opposed to how much they weigh or what they think they should be doing.

Besides mental health, microbiome health is also linked to autism, Parkinson's disease, rheumatoid arthritis, IBS, ulcerative colitis, colon cancer, Crohn's disease – and, in fact, all autoimmune diseases. To think that taking care of your good bacteria can help you avoid such horrendous diseases makes it a real no-brainer to look after your gut health!

It's thought up to 90% of all diseases can be traced back to the gut and health of the microbiome.

Since I've learned so much about the microbiome, I feel it's a great way to take care of your long-term health. But don't just take my word for it. Do your own research!

### Fitness Queen News

Alongside my personal training work, I've been running a 21-day holistic nutrition programme that targets the gut (microbiome) and I've seen such positive results in different ways for different people. Although the weight loss results have been amazing, the biggest difference I've seen is in people's mental health, reduced stomach issues, and clients having much more energy. I thought I'd share some recent experiences for you to read.

#### Vicci Phillips – Personal trainer and functional nutrition coach.



Vicci said: "I'm very passionate about nutrition and I've been studying the microbiome for a long time. I work as a personal trainer and run a woman's bootcamp where I motivate women to be at their best!

"Although to the outside world I look like I've got it all together, I was suffering with anxiety and really didn't feel myself

for quite a long time. I'd often have to mentally prep myself before going in to teach a class as I didn't feel up to it, but I knew the women needed me and I had to put on a front to help them as they had put their trust in me. At the time I felt like I could win the lottery and it just wouldn't mean anything to me as I just wanted to feel my old self again.

"And then I did the 21-day microbiome program to see if it would help.

"In the first week it was like a switch went off and I started to feel normal again. My anxiety started to reduce and I had more mental clarity. I dropped 5lb within a week. The biggest thing for me is that it kick-started me back to where I needed to be. I feel like me again. I'm now back to training regularly and feeling positive while helping others do the same!"

#### Jude Davis – office worker



When I met Jude she was stuck at a weight loss plateau and just couldn't shift any weight despite training five times a week! One of her main problems was lack of sleep! So how did the 21-day holistic nutrition programme change her?

Jude says: "The programme has been really positive for me I have no more sleep problems and fitted in size 8 jeans for the first time ever! I have much more energy and increased fitness. I lost 4 inches on my waist alone. I've finally got past the weight loss plateau at last!

"I never thought I'd see such a big improvement in my sleep, I'm sleeping a couple of hours extra each night and falling asleep in around 15 minutes when it used to take around an hour! It felt great to buy my first-ever size 8 jeans. I simply can't recommend this programme enough!"

#### Joe Evans



Joe Evans loved the results from his programme as he's now 13lbs lighter, with 3 inches off his waist and 2 inches off his hips. Additionally, he's seen a big increase in energy levels, plus the aches in his hips joints and legs have gone which has made such a difference. Another benefit is no more bloating and acid reflux. Joe has also found he now has great quality of sleep and is waking with energy!

Joe says: "Having done the 21-day programme my energy levels have gone through the roof. I feel a lot more positive and I'm extremely happy with the weight loss! Just the kick-start I needed."

If you're interested in finding out more information about the programme and how it can help you get your real results, contact me for more information.

Our microbiome programme is great for shifting stubborn weight. It's amazing for people who are struggling with low energy, bloating, acid reflux, mood swings, anxiety, stress, depression, cravings and digestion issues.

The microbiome programme is scientifically developed to repopulate your good bacteria, plus boost the body's systems naturally.

Our 21-day programme is designed to kick-start you to feeling so good you want to keep up the good habits and continue to get results and feel really fabulous.

# Hayley x

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