

A FIELD GUIDE

Modern Day Biomarkers of Health

What they mean – and how to read your lab results

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"Numbers on a page are
a quiet conversation with your body."

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Welcome

This little book is your cuppa-and-a-chat guide to health numbers. Not a science lecture. Just what the key markers mean for your energy, mood, sleep, and daily spark.

Think of biomarkers as dashboard lights. They help you spot sneaky drifts early, so you can nudge things back on track with small, doable habits. Use this guide to understand what to ask for, what your results might mean, and which levers you can pull in everyday life.

You're the expert on your body. These pages simply help you connect the dots and have better chats with your GP or practitioner.

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CHAPTER

01 Your Energy & Blood Sugar

This chapter is about steady energy, fewer crashes, calmer cravings, and clear thinking. We'll look at the sugar-and-fats side of your blood that decides if you're buzzy then flat, or steady as she goes.

BIOMARKER

HbA1c (your 3-month blood sugar average)

WHAT IT IS	A long-view of how sugary your blood has been, like a sugar glaze on your red blood cells over 3 months.
WHAT IT SAYS ABOUT YOU	High can mean roller-coaster energy, 3 pm slumps, night wees, carb cravings. Lower and steady usually feels even, clear, and calm.
TYPICAL RANGE	About 4.8-5.4% (29-36 mmol/mol) — ranges vary by lab
LIFESTYLE LEVERS	<ul style="list-style-type: none">• Eat protein first at meals• Walk 10 minutes after each meal• Add a splash of vinegar or a salad starter• Get morning sunlight on your face before your phone• Lift something heavy 2-3 days a week (groceries count!)• Aim for a calm, earlier dinner most nights

BIOMARKER

Fasting Glucose (your morning blood sugar)

WHAT IT IS	Your sugar level after 8-12 hours without food. A quick morning snapshot.
WHAT IT SAYS ABOUT YOU	High can mean groggy wake-ups, thirst, and fog. Too low can feel shaky or ravenous. Steady feels bright and even.
TYPICAL RANGE	Roughly 4.5-5.3 mmol/L on waking — labs vary
LIFESTYLE LEVERS	<ul style="list-style-type: none">• Close the kitchen 2-3 hours before bed• Swap late-night snacks for herbal tea• Breathe slowly: 4 seconds in, 6 out, for 2 minutes• Choose a savoury/protein breakfast• Swap one coffee for a green tea• Take the stairs for short bursts during the day

BIOMARKER

Triglycerides (blood fats from extra energy)

WHAT IT IS	The spare-energy suitcase your body packs as fat in the blood, especially after sugary or boozy meals.
WHAT IT SAYS ABOUT YOU	High can mean carb overload, low movement, or too much alcohol. You might feel heavy after meals or sluggish.
TYPICAL RANGE	Under 1.0-1.7 mmol/L — lower is usually better; labs vary
LIFESTYLE LEVERS	<ul style="list-style-type: none">• Eat oily fish twice a week (salmon, sardines)• Load plates with veg and fibre• Pick olive oil over seed oils for cooking and dressings• Keep alcohol to weekends or special occasions• Do a brisk 10-15 min walk after dinner• Try a gentle 12-hour overnight fast

Wee lifestyle tip-bits

- *Get morning light on skin and eyes (no sunnies for 5-10 mins)*
- *Cinnamon on oats or yoghurt for a sweet taste without the spike*
- *Park further from the shops and stride it out*
- *Prep a protein (eggs, chicken, tofu) on Sunday for quick meals*

CHAPTER

02 Your Heart & Circulation

Here we check the plumbing and pumping: cholesterol carriers, blood pressure, and your resting pulse. It's about smooth flow, flexible vessels, and a heart that's fit without feeling thumpy.

BIOMARKER

Total Cholesterol (all cholesterol bundled together)

WHAT IT IS	A sum of all cholesterol in your blood. Cholesterol is a building block for hormones and cells.
WHAT IT SAYS ABOUT YOU	High alone doesn't tell the full story; context matters. We look at HDL, LDL, and ApoB to see the real risk picture.
TYPICAL RANGE	Often under 5.0 mmol/L — labs vary and context matters
LIFESTYLE LEVERS	<ul style="list-style-type: none"> • Cook with olive oil and add a handful of nuts most days • Eat two palm-size servings of fish weekly • Fill half your plate with colourful veg • Move daily: walk, cycle, swim, dance • Prioritise 7-9 hours of sleep • Keep stress breaks (2-3 mins of slow breathing)

BIOMARKER

LDL (the main cholesterol delivery truck)

WHAT IT IS LDL moves cholesterol around the body. Smaller, more numerous trucks can be fussier for arteries.

WHAT IT SAYS ABOUT YOU Higher LDL can mean more deposits over time if other markers are off. Combine with ApoB for clarity.

TYPICAL RANGE Often under 2.6 mmol/L — tighter if higher risk; labs vary

LIFESTYLE LEVERS

- Swap refined carbs for whole foods
- Add oats or barley (beta-glucan fibre)
- Use olive oil and avocado
- Strength train 2-3 days/week
- Walk after meals
- Keep alcohol modest

BIOMARKER

HDL (the helpful clean-up crew)

WHAT IT IS HDL gathers spare cholesterol and brings it back to the liver, like a tidy-up team.

WHAT IT SAYS ABOUT YOU Higher HDL often hints at better clean-up. Super high with high triglycerides can still be a flag.

TYPICAL RANGE Around ≥ 1.0 mmol/L (men) and ≥ 1.3 mmol/L (women) — labs vary

LIFESTYLE LEVERS

- Move your body most days (especially brisk walks)
- Add olive oil, nuts, seeds, and fish
- Quit or avoid smoking where you can
- Keep a steady sleep routine
- Enjoy fermented foods (yoghurt, kefir, sauerkraut)
- Manage stress with a daily 5-minute pause

BIOMARKER

ApoB (the number of cholesterol-carrying particles)

WHAT IT IS A headcount of the particles that can nudge plaque in arteries. Clearer than LDL alone.

WHAT IT SAYS ABOUT YOU Higher ApoB means more particles bumping artery walls. Lower generally means smoother sailing.

TYPICAL RANGE Often <0.8 g/L for low risk — labs and risk differ

LIFESTYLE LEVERS

- Increase soluble fibre (oats, legumes, chia)
- Choose olive oil over butter most days
- Add two fish meals weekly
- Keep added sugars low
- Lift and walk (combo training)
- Prioritise good sleep

BIOMARKER

Blood Pressure (force of blood on artery walls)

WHAT IT IS Two numbers: systolic/diastolic, like 120/80 mmHg. It shows vessel ease or strain.

WHAT IT SAYS ABOUT YOU High can mean headaches, flushes, or no symptoms at all. Lower within range protects heart, brain, and kidneys.

TYPICAL RANGE Around 120/80 mmHg or lower if you feel well — varies

LIFESTYLE LEVERS

- Walk 30 mins most days (can be in chunks)
- Breathe slow: 4-6 breaths/min for 5 mins
- Go easy on salt from packets; cook fresh
- Enjoy potassium-rich foods (bananas, leafy greens)
- Limit alcohol and hydrate well
- Sleep before midnight

BIOMARKER

Resting Heart Rate (beats per minute at rest)

WHAT IT IS	Your pulse when calm, ideally measured on waking.
WHAT IT SAYS ABOUT YOU	Lower (within reason) often means better fitness and recovery. Higher can flag stress, poor sleep, or illness.
TYPICAL RANGE	About 55-70 bpm for many adults — your normal may vary
LIFESTYLE LEVERS	<ul style="list-style-type: none">• Do easy "Zone 2" cardio (you can chat while moving)• Wind down screens and lights after sunset• Hydrate and add a pinch of electrolytes if needed• Nasal breathe during the day• Add one extra standing/walking break per hour• Get outside daily

Wee lifestyle tip-bits

- *Swap bright overhead LEDs for warm lamps after sunset*
- *Do phone calls as "walk and talk" laps*
- *Keep olive oil, nuts, and tinned fish at eye level in the pantry*
- *Two minutes of box breathing (4-4-4-4) before big meetings*

CHAPTER

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Inflammation — Are You Quietly On Fire?

3

This is the low-smoulder that ages us faster if left unchecked. We'll peek at hidden inflammation so you can cool things with simple daily habits.

BIOMARKER

hs-CRP (a quiet inflammation smoke alarm)

WHAT IT IS	A protein your liver makes when the body is inflamed. The "whisper" version is high-sensitivity.
WHAT IT SAYS ABOUT YOU	Higher can link to aches, fatigue, poor recovery, or recent infection. Lower suggests a cooler internal climate.
TYPICAL RANGE	Often <1.0 mg/L — track trends; labs vary
LIFESTYLE LEVERS	<ul style="list-style-type: none"> • Aim for 7-9 hours of consistent sleep • Eat a rainbow of plants daily • Add omega-3s (fish, algae oil, walnuts) • Take a gentle walk after stressful moments • Swap booze nights for sparkling water with lime • Try 10 minutes of stretching before bed

BIOMARKER**Homocysteine (a sticky by-product from protein processing)**

WHAT IT IS	A substance your body recycles using B vitamins (B12, B6, folate).
WHAT IT SAYS ABOUT YOU	High can hint at low B vitamins, sluggish detox, or higher heart/brain risk over time. You might feel foggy or flat.
TYPICAL RANGE	Around 5-8 µmol/L — labs vary
LIFESTYLE LEVERS	<ul style="list-style-type: none"> • Eat leafy greens daily (folate) • Include eggs, seafood, or legumes (B12/B6) • Swap white bread for wholegrain or rye • Manage stress with a 5-minute breath break • Limit ultra-processed foods • Enjoy a weekly batch of bean-based meals

BIOMARKER**Ferritin (your iron storage tank)**

WHAT IT IS	A measure of iron in storage, like fuel in the tank.
WHAT IT SAYS ABOUT YOU	Low can mean tiredness, hair loss, or breathlessness. Very high can signal inflammation or iron overload.
TYPICAL RANGE	Often ~50-150 µg/L; women may feel best 50-100 — labs vary
LIFESTYLE LEVERS	<ul style="list-style-type: none"> • Pair iron foods with vitamin C (beef + capsicum, lentils + lemon) • Go easy on tea/coffee with iron-rich meals • Cook in a cast-iron pan for a little boost • Address heavy periods with your practitioner • Add lentils, beans, or tofu across the week • Keep alcohol modest to avoid raising ferritin

Wee lifestyle tip-bits

- *Take your shoes off and stand on grass for 5 minutes*
- *Sauna or a hot bath twice a week if you enjoy it*
- *Floss or water-floss: happy gums, lower inflammation*
- *Keep a colourful veg bowl on the bench as a reminder*

CHAPTER

04 Your Hormones & Mojo

Mood, drive, hair, skin, sleep, cycles, and get-up-and-go. We'll translate the key hormone signals so you can feel more like yourself.

BIOMARKER

TSH (thyroid-stimulating hormone — your brain's text to the thyroid)

WHAT IT IS	A signal from your brain telling your thyroid how hard to work.
WHAT IT SAYS ABOUT YOU	High TSH can hint a sluggish thyroid; low can hint it's humming or overactive. Think energy, weight drift, hair, and temperature.
TYPICAL RANGE	Roughly 0.5-2.5 mIU/L — age and labs vary
LIFESTYLE LEVERS	<ul style="list-style-type: none"> • Get morning light and a steady sleep schedule • Eat seafood/eggs for iodine and selenium (if suitable) • Manage stress with 10 calm breaths before meals • Strength train to lift energy and mood • Don't skip protein at breakfast • Check iron and B12 if energy is low

BIOMARKER

Free T3 (the active thyroid hormone)

WHAT IT IS	The go-go thyroid hormone that sets your metabolism speed.
WHAT IT SAYS ABOUT YOU	Low can feel cold, tired, constipated, or low mood. Nicely placed often feels warm, regular, and energised.
TYPICAL RANGE	Commonly ~4.0-6.0 pmol/L — labs vary
LIFESTYLE LEVERS	<ul style="list-style-type: none"> • Eat enough calories and protein • Include selenium foods (Brazil nuts, seafood) • Keep zinc on the plate (meat, seeds, legumes) • Move daily: walks plus light strength • Prioritise 7-9 hours sleep • Reduce late-night screen time

BIOMARKER

Morning Cortisol (your get-up hormone)

WHAT IT IS	Cortisol peaks in the morning to wake you and dips at night to sleep.
WHAT IT SAYS ABOUT YOU	Too high: wired, anxious, poor sleep. Too low: flat, hard to get going. A nice curve feels alert by day, sleepy by night.
TYPICAL RANGE	Often ~350-600 nmol/L at 8-9 am — labs vary
LIFESTYLE LEVERS	<ul style="list-style-type: none"> • Sunlight within an hour of waking • Keep caffeine after food, not on an empty tummy • 2-3 minutes of nasal breathing before bed • Dim lights after sunset • Swap doom-scrolling for a warm bath • Protect a calm bedtime routine

BIOMARKER**Testosterone (drive, muscle, pep)**

WHAT IT IS A hormone for muscle, mood, libido, and vitality (in all genders, just different levels).

WHAT IT SAYS ABOUT YOU Low can feel weak, low drive, or flat mood. Balanced feels strong, motivated, and steady.

TYPICAL RANGE Men often ~12-30 nmol/L; women ~0.5-2.5 nmol/L — labs vary

LIFESTYLE LEVERS

- Lift weights or do body-weight moves 2-3x/week
- Prioritise protein at each meal
- Sleep 7-9 hours in a dark, cool room
- Get morning sunlight and evening dim light
- Keep alcohol modest
- Mini sprints or hills once a week if comfy

BIOMARKER**Oestrogen (E2 — mood, cycles, skin glow)**

WHAT IT IS A key female hormone (men have some too). Changes across the month and life stages.

WHAT IT SAYS ABOUT YOU Low can mean hot flushes, dry skin, low mood. High can mean sore boobs, heavy periods, bloating.

TYPICAL RANGE Cycle-phase matters; mid-cycle often ~400-900 pmol/L; post-menopause much lower — labs vary

LIFESTYLE LEVERS

- Eat fibre to help clear used hormones
- Cruciferous veg (broccoli, cabbage) most days
- Gentle walks help PMS and mood
- Reduce alcohol (it can push oestrogen up)
- Manage stress with breathwork
- Aim for regular sleep/wake times

BIOMARKER

Progesterone (calm, sleep, and luteal phase support)

WHAT IT IS

The soothing, sleep-friendly hormone after ovulation.

WHAT IT SAYS ABOUT YOU

Low can feel anxious, poor sleep, spotting. Balanced feels calm, sleeping well, and steady.

TYPICAL RANGE

Luteal phase often ~15-60 nmol/L — timing and labs vary

LIFESTYLE LEVERS

- Keep bedtime gentle and screens low
- Eat magnesium-rich foods (greens, nuts, cacao)
- Try a warm bath or magnesium glycinate before bed
- Light evening stretching
- Steady protein and healthy fats at meals
- Limit caffeine after midday

Wee lifestyle tip-bits

- *Red evening lamps or candles after sunset*
- *Track your cycle with a simple app and note moods/energy*
- *A 10-minute outside walk after dinner*
- *Keep your bedroom cool, dark, and phone-free*

CHAPTER

05 Vitamins & Minerals

— What You're Running Low On

These are your spark plugs. When they're low, you feel it: low mood, brain fog, poor sleep, hair/nails acting up. We'll cover the big ones most people ask about.

BIOMARKER

Vitamin D (sunshine vitamin)

WHAT IT IS	Made from sunlight on skin and found in small amounts in food.
WHAT IT SAYS ABOUT YOU	Low can feel low mood, weak immunity, or aches. Good levels support bones, mood, and energy.
TYPICAL RANGE	Often 75-125 nmol/L — season and labs vary
LIFESTYLE LEVERS	<ul style="list-style-type: none"> • Get safe sun most days (arms/legs when possible) • Eat eggs, mushrooms, and oily fish • Take lunchtime outdoor breaks • Pair D with magnesium-rich foods • Check levels at the same time each year • Consider supplements with your practitioner

BIOMARKER**Vitamin B12 (nerve and energy helper)**

WHAT IT IS Found in animal foods; vegans need fortified foods or guidance.

WHAT IT SAYS ABOUT YOU Low can mean fatigue, pins and needles, or brain fog.

TYPICAL RANGE Often 400-700 pmol/L feels best for many — labs vary

LIFESTYLE LEVERS

- Include eggs, dairy, or seafood if you eat them
- Use B12-fortified foods if plant-based
- Mind your gut: chew well, manage reflux kindly
- Add a daily protein anchor at breakfast
- Keep alcohol modest
- Test yearly if vegan/older

BIOMARKER**Folate (B9 — cell growth and mood)**

WHAT IT IS A B vitamin from leafy greens, legumes, and liver.

WHAT IT SAYS ABOUT YOU Low can show as fatigue or low mood. Partners with B12 for homocysteine.

TYPICAL RANGE Serum often >14 nmol/L; RBC folate higher — labs vary

LIFESTYLE LEVERS

- Eat a big leafy salad daily
- Add lentils/beans 3-4 times a week
- Steam greens lightly with lemon
- Rotate greens (spinach, kale, rocket)
- Choose wholegrains
- Limit ultra-processed foods

BIOMARKER**Iron (oxygen carrier for oomph)**

WHAT IT IS Measured with iron studies; ferritin shows stores, transferrin saturation shows delivery.

WHAT IT SAYS ABOUT YOU Low can mean fatigue, pallor, breathlessness; high can be harmful.

TYPICAL RANGE Ferritin often 50-150 µg/L; transferrin sat. ~20-35% — labs vary

LIFESTYLE LEVERS

- Pair iron foods with vitamin C
- Space tea/coffee away from iron-rich meals
- Include red meat or legumes if suitable
- Address heavy periods with your clinician
- Cook in cast iron
- Avoid random iron supplements without testing

BIOMARKER**Magnesium (relax and repair mineral)**

WHAT IT IS Involved in hundreds of body reactions, including muscles and sleep.

WHAT IT SAYS ABOUT YOU Low can feel twitchy, tight, anxious, or restless sleep.

TYPICAL RANGE Serum often 0.80-0.95 mmol/L — labs vary

LIFESTYLE LEVERS

- Eat nuts, seeds, dark chocolate, and leafy greens
- Have an Epsom salt bath in the evening
- Magnesium glycinate before bed (if suitable)
- Breathe through your nose during the day
- Reduce late-night screens
- Hydrate with a pinch of minerals

BIOMARKER

Omega-3 Index (EPA+DHA in red blood cells)

WHAT IT IS	Shows how much heart-healthy omega-3 fat is in your cells.
WHAT IT SAYS ABOUT YOU	Higher (in range) links to calmer inflammation and heart/brain support.
TYPICAL RANGE	Often 8-12% — labs vary
LIFESTYLE LEVERS	<ul style="list-style-type: none">• Eat oily fish twice a week• Add ground flax or chia daily• Use olive oil on everything• Swap one meat meal for salmon or sardines• Keep nuts handy for snacks• Check index twice a year if changing diet

Wee lifestyle tip-bits

- *Keep a "greens tub" washed and ready in the fridge*
- *Batch-cook beans or lentils for easy add-ins*
- *Set a weekly fish night (Friday fish with veg chips!)*
- *Put your supplements by the kettle so you remember*

CHAPTER

06

Your Liver & Kidneys — The Quiet Workhorses

These two are your body's cleaners and filters. When they're happy, you feel clearer, less puffy, and more energised.

BIOMARKER

ALT (liver enzyme — how happy the liver is)

WHAT IT IS An enzyme inside liver cells. When the liver is irritated, ALT can rise.

WHAT IT SAYS ABOUT YOU Higher can hint at fatty liver, meds, or alcohol stress. Lower in range suggests a content liver.

TYPICAL RANGE Often under 25 U/L — labs vary

LIFESTYLE LEVERS

- Go easy on alcohol; build in dry nights
- Eat lots of colourful veg and bitter greens
- Walk after meals to help fat handling
- Enjoy black coffee if it suits you
- Keep a healthy waist-to-height ratio (<0.5)
- Swap sugary drinks for sparkling water with citrus

BIOMARKER**GGT (liver+bile helper enzyme)**

WHAT IT IS A liver enzyme that can rise with alcohol, meds, or bile flow issues.

WHAT IT SAYS ABOUT YOU Higher can suggest alcohol load or oxidative stress. Lower in range is friendlier.

TYPICAL RANGE Commonly under 30 U/L — lower is often better; labs vary

LIFESTYLE LEVERS

- Plan alcohol-free weekdays
- Add cruciferous veg (broccoli, cauliflower)
- Cook with olive oil instead of deep-frying
- Try a brisk 20-minute walk daily
- Sleep before 11 pm most nights
- Stay hydrated through the day

BIOMARKER**eGFR (kidney filtering score)**

WHAT IT IS Estimates how well kidneys filter waste, based on creatinine (a muscle by-product).

WHAT IT SAYS ABOUT YOU Lower scores can mean reduced filtering. Track trends, especially with blood pressure or diabetes.

TYPICAL RANGE Often ≥ 90 mL/min/1.73m² — age and labs vary

LIFESTYLE LEVERS

- Drink water to thirst throughout the day
- Keep blood pressure and sugar in range
- Move daily to support circulation
- Limit frequent NSAID painkiller use; ask your GP
- Enjoy mostly whole foods
- Mind salt from packets and takeaways

BIOMARKER

Uric Acid (sparkly crystal risk from purines)

WHAT IT IS	A waste product from certain foods and cell turnover. Can form crystals if too high.
WHAT IT SAYS ABOUT YOU	High can cause gout flares and link with metabolic issues. You might feel toe or joint pain.
TYPICAL RANGE	About 0.18-0.36 mmol/L (3-6 mg/dL) — labs vary
LIFESTYLE LEVERS	<ul style="list-style-type: none">• Hydrate well; add a squeeze of lemon• Limit frequent beer and spirits• Go easy on sugary drinks/juices• Enjoy cherries or berries for a sweet fix• Keep protein moderate and balanced• Walk after meals to help clearance

Wee lifestyle tip-bits

- *Keep a big water bottle on your desk and finish it by lunch*
- *Add rocket and lemon to dinners for a bitter-bright liver boost*
- *Do chores fast: vacuum like a workout*
- *End showers with 10 seconds cool if you fancy*

CHAPTER

07

Modern Longevity Markers – The Fun Stuff

Simple fitness and recovery signals that predict how well you'll feel and perform as the years roll on. Think strong, spry, and well-rested.

BIOMARKER

VO2 Max (how much oxygen you can use during exercise)

WHAT IT IS	A score of engine size for fitness. Measured in labs or estimated by wearables.
WHAT IT SAYS ABOUT YOU	Higher usually means better heart-lung health and longer healthspan.
TYPICAL RANGE	Aim for top 25% for your age; e.g., men mid-life >40, women >35 ml/kg/min — varies
LIFESTYLE LEVERS	<ul style="list-style-type: none"> • Do Zone 2 cardio 3x/week (you can talk in sentences) • Add 4-6 short hill sprints or bike bursts weekly • Take stairs and brisk walks daily • Hike on weekends for fun cardio • Nasal breathe during easy runs • Sleep well to recover

BIOMARKER

Grip Strength (hand squeeze power)

WHAT IT IS	A quick proxy for whole-body strength and ageing resilience.
WHAT IT SAYS ABOUT YOU	Higher grip links to better mobility and independence later.
TYPICAL RANGE	Aim to improve your baseline; many thrive at >40-50 kg (men), >25-30 kg (women) — varies
LIFESTYLE LEVERS	<ul style="list-style-type: none"> • Carry shopping bags rather than using a trolley • Hang from a bar or door frame safely • Farmer's walks with dumbbells or water bottles • Squeeze a stress ball while the kettle boils • Do push-ups on the kitchen bench • Strength train 2-3x/week

BIOMARKER

HRV (heart rate variability — tiny time gaps between beats)

WHAT IT IS	Shows how flexible your nervous system is between stress and rest.
WHAT IT SAYS ABOUT YOU	Higher (for you) means better recovery. Sudden drops can flag stress, poor sleep, or getting sick.
TYPICAL RANGE	No one perfect number — track your trend; many adults see 40-80 ms
LIFESTYLE LEVERS	<ul style="list-style-type: none"> • Wind down lights and screens after 8 pm • 4-7-8 breathing before sleep • Morning sunlight and regular meals • Walk outdoors daily • Keep alcohol away from weeknights • Have a "quiet hour" most evenings

BIOMARKER

Sleep Quality (how well you truly rest)

WHAT IT IS	Not just hours, but how deep and continuous your sleep is.
WHAT IT SAYS ABOUT YOU	Good sleep = better mood, cravings, immunity, and training gains. Poor sleep = snappy nerves and sugar hunts.
TYPICAL RANGE	Often 7-9 hours, fall asleep <30 mins, few wake-ups — feel refreshed on waking
LIFESTYLE LEVERS	<ul style="list-style-type: none"> • Mouth-tape at night if safe/comfortable • Keep bedroom cool, dark, and gadget-free • Magnesium glycinate 1-2 hours before bed (if suitable) • No big meals 2-3 hours before sleep • Blue-light blockers or warm lamps after sunset • Read paper books in bed

BIOMARKER

Visceral Fat % (deep belly fat around organs)

WHAT IT IS	The hidden fat inside the belly, different from the pinchable kind.
WHAT IT SAYS ABOUT YOU	Lower is friendlier for heart and metabolism. A simple proxy is waist-to-height ratio.
TYPICAL RANGE	Aim low for your age/device; keep waist-to-height <0.5 as a handy stand-in — devices vary
LIFESTYLE LEVERS	<ul style="list-style-type: none"> • Walk 10-15 minutes after meals • Prioritise protein and veg at each meal • Sleep 7-9 hours to calm hunger hormones • Strength train 2-3x/week • Keep sugary drinks for rare treats • Stand and stretch each hour

BIOMARKER

Biological Age (how old your body acts)

WHAT IT IS An estimate from fitness, bloods, or wearables of body age vs birthday age.

WHAT IT SAYS ABOUT YOU Lower than your calendar age is a win; higher signals room for gentle tweaks.

TYPICAL RANGE Trend younger than calendar age over time — methods vary

LIFESTYLE LEVERS

- Move daily: steps, strength, and a little puff
- Eat mostly plants, plants, and protein
- Protect sleep like it's your job
- Manage stress with breath, nature, and laughs
- Sauna weekly if you enjoy it
- Finish showers cool for 10-30 seconds

Wee lifestyle tip-bits

- *Keep a step-counting habit and make it a game*
- *Place a kettlebell or backpack by the couch for mini lifts*
- *Set a "screens down" alarm an hour before bed*
- *Plan one fun, active outing each weekend*



Where to from here

Tiny habits, done most days, stack up beautifully. A 10-minute walk here, a protein-first meal there, lights down after sunset – these small moves quietly reshape your health over months.

Remember: track the trend, not one number. Your body is a living thing, not a spreadsheet. Share your results and plans with your GP or practitioner, and tweak as you go. You've got this.

Ready to decode your numbers?

Upload your bloods at thenaturopathcheck.com for a personalised, naturopath-reviewed wellness plan – with ongoing support as you progress.

Disclaimer

This guide is general education, not medical advice. Everyone is different. Always discuss your labs, symptoms, and any changes (food, supplements, or training) with your GP or qualified practitioner, especially if you take medication or have a medical condition.