

## A Case Study in Personalised Health: ph360 in Clinical Practice

### Background

This case study describes how an individual reduced their blood pressure from severe hypertension (200/115) to normal (<125/80) in 10 weeks, while significantly reducing weight and waist measurements. This individual was eating healthily and exercising adequately, as considered by normal guidelines. However, only after considering and implementing her personalized Talents and Mind insights was there a significant improvement in her health. Food and exercise are often the first port of call, however this case study indicates why understanding brain function and optimal work environments is crucial in sustainably improving individual health.

### Clinical background

- 62 yr old female, Weight: 93.5kg, Height: 161cm, Waist: 107.5cm
- Admitted to the emergency department with an extreme hypertensive event; dizziness and disorientation; blood pressure: 200/115.
- Biochemistry: Blood lipids, blood glucose levels normal.
- Had engaged in weight loss programs for the last 5 years with success (average loss - 8 to 9kg each time), however over the last 12 months had gained 5kg.
- Occupation: Account manager in a moderate to high stress company. Regular meetings, tight deadlines, and management of staff. This stress was considered to be a large contributor to the blood pressure event.
- Physical: Previous lower back injury, resolved 4 years ago, and now walks 3-4/wk and performs morning stretches.
- Food intake: Generally healthy food intake with the correct trend in her fuel intake throughout the day. High protein - 3 meals per day, low carbohydrate intake (80-120g/day), 4-6 serves of vegetables each day, 1-2 servings of extra foods per week and consuming 4 to 5 meals per day, lowering carbs at night
- Family life: Moderate to high stress relationship with daughter intermittently living in the same house.

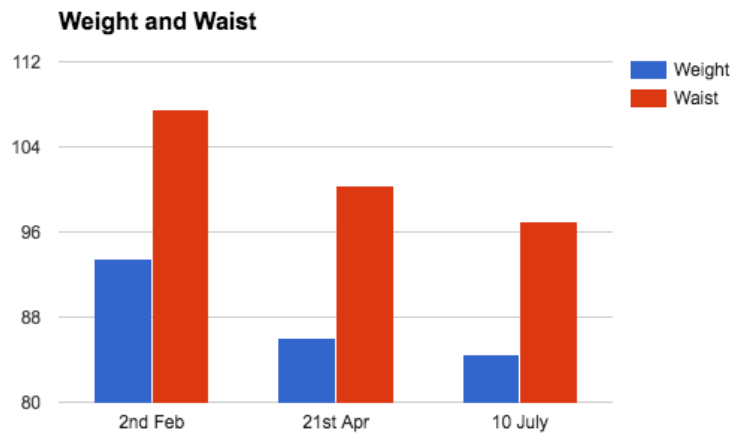
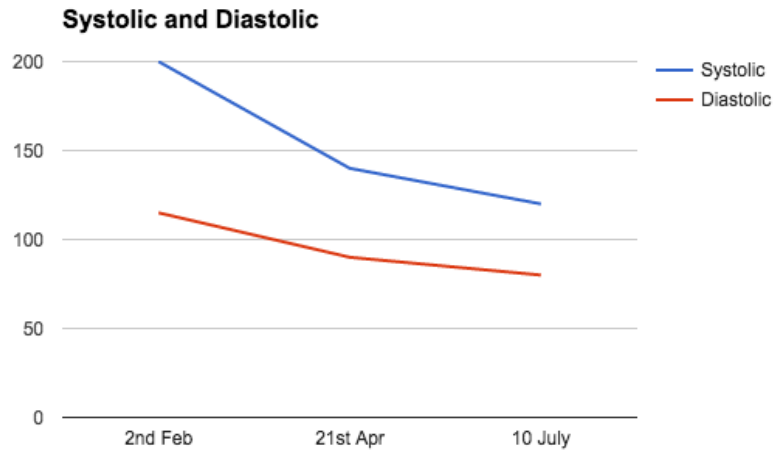
## Patient Management

HealthType determined as Guardian (Endomorph) - 245°.

Coaching notes: The coach strongly encouraged the client to commit the next 12 weeks to high accuracy with ph360 recommendations. The workplace cooperated to account for mental rest and work rhythm that matched the ph360 talent and mind sections.

<i>Dietary Recommendations</i>	
Low protein (animal protein 1-2/wk), low grain intake and increased fruit intake (mainly between 10am and 2pm), very high vegetable consumption (higher proportion of FOS - leek, onion, fennel; high leafy green intake - potassium/magnesium; lower nut and seed intake, reduced simple sugars between 6 and 10 am, vegetarian meal without carbs at night.	Adherence: 95% Client was very committed due to the diagnosis of severe hypertension.
<i>Exercise Recommendations</i>	
Walking/slow steady cardiovascular exercise - 3-4/wk	Adherence: 100% Continued as was.
<i>Mind Recommendations</i>	
Vary the workload to engage the mind, and not get stuck in the same task (schematic/repetitive tasks) for long periods of time. Plan work for the day to encourage a steady marching rhythm Coach's notes: Finds their natural zone in an alpha/meditative/steady brain state. Encouraged to take breaks from work through the day to induce a relaxation state.	Adherence: 75% Performed this 2-3 times per day; prescribed 4 times/day.
<i>Talents Recommendations</i>	
An independent worker, and is happy to be left alone to ensure the job is done correctly. Coaching notes: She was able to change her work environment by closing her office door allowing her private and uninterrupted time through the day.	Adherence: 100% Worked with her superior to restructure the work day and adhered fully to the recommendations.
<i>Medications</i>	
None. Refused during the 12 week intensive focus.	
<i>Additional Details</i>	
12 weeks of intensive intervention - with fortnightly coaching sessions, menu reviews and accountability.  Intensive phase was reduced to 8 weeks, and appointments were moved to monthly as progress was fast and adherence was excellent.	

## Results



## Patient Feedback

The differences with this program, and why it was successful this time:

“I read about Einstein's definition of insanity 'doing the same thing over & over & expecting a different result' & this is exactly what I was doing”

“Had to change thinking in that the food is good, just different from what I'm used to”

“I didn't want to go on BP medication”

“I had to change my thinking & actions or face the consequences of failure as in the first attempt at ph360”

“The 'feeling' I had when I was on ph360 came from the inside & I can't explain but it was lightness, freedom & confidence!”

## **Treatment End**

Treatment is ongoing, however, visits for coaching are once every 3 months, and are based around ideas for food. Meditation and workflow are consistent, and patient reports knowing what to do now that she understands what is required for her brain. Blood pressure at last reading was 120/70.

## **Clinical Learnings**

This body required a lower energy intake, and was being asked to perform a high energy job. While the foods were correct for her (low energy and low carb/protein), controlling her use of mental energy to match this fuel intake was critical. This body has a slow and steady rhythm, however, while the brain was operating at high speed, it was not able to maintain this with her recommended intake. Introducing more peace in her work day was the difference to her tolerating her best foods, and remaining productive at work. As a result, she achieves the same amount with significantly less stress. Discussing brain function, work environment and talents is a critical component to ensuring success of a comprehensive lifestyle program.