

Personalised Genetic Health Program

Shaping your lifestyle to promote genetic health

Full Genetic Profile
Genetically Personalised lifestyle program
Genetically Designed Nutritional profile
Personalised online wellness platform
Personalised Health app
Recipes, and nutritional ideals shaped for you



BOOK NOW FOR YOUR PROFILE

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What is Personalised Genetic Health

Imagine being able to participate in a fully customised health and fitness program that was specifically designed for your genetic health. This program would turn off your bad genes, and turn on your healthy good genes.

Ph360 is the ultimate personalise genetic health care program, bring together the latest research in genetics, nutritional science, embryology, endocrinology, anthropometrics, neuroscience and neuropsychology to allow use to profile your genetic make-up and then shape your environment around you to enhance your genetic health. This program allows us to profile who you are genetically, and shape a personalised lifestyle program to turn on your good genes, and turn off the bad ones.

By taking you through our ph360 consultation we are able develop your genetic profile, this is then up loaded in the the ph360 online platform which will generate your ideal lifestyle program giving you specific genetically designed nutritional advise, exercise selection, sleep wake cycles, stress management, strategies for optimising daily schedule and environment to enhance you hormonal expression.

- Imagine understanding the right time of day to eat and not to eat to suit your hormonal needs of your body!
- Imagine being able to shape your activities and daily tasks to suit your body natural rhythms so that these tasks become effortless.



Our program allows us to help you understand, develop and enhance your lifestyle and the environment around you to turn off genes unhealthy related to disease, while at the same time turn on the health genes that promote health and wellbeing..... It takes away the guessing in your health and gives you the answers your body is asking for, at the cellular level. Learn more www.personaltrainingmitcham.com.au/ph360

November Health and Fitness News

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Why do I have Back Pain?

7 out of 10 people suffer from back pain while 90% of these people who suffer from back pain have their ability to function in everyday life impacted by their pain.

There is no reason that anyone should live with back pain. Yes this is a big statement, but the reality is when you get your body functioning at its optimal level, biomechanically working correctly then you can eliminate back pain.

If this is the case then why do so many people suffer from chronic back pain, allowing back pain to impact their lives daily. Because most allied health professionals do not deal with the WHY, they just treat the symptoms. A lot of the time a person will go to an allied health professional because they have back pain, nerve pain, numbness or sciatic pain, and rightly so the health professional helps the person deal with these symptoms with some form of manual therapy. BUT what a lot of health professionals do not do is deal with WHY the back pain occurred in the first place- asking WHY IS THIS PERSON IN PAIN. Most back pain starts off as a neuromuscular imbalance, this imbalance then causes biomechanical changes in the body which over time lead to dysfunction and symptoms, such as sciatica and back pain.

So, the question you need to be asking your health professional is WHY DO I HAVE BACK PAIN? Why are the symptoms occurring? If your therapist cannot answer this question, then you are seeing the wrong person. As a therapist, it is important that we do not just treat the symptoms but the cause. If you are not dealing with the causes, then the symptoms will just come back.

To completely eliminate back pain, you need to ensure that your body is functioning correctly. Normally people who suffer from back pain have a neuromuscular weakness or a biomechanical dysfunction – If the therapist does not identify the imbalance then it is unlikely that the person will have a long-term solution.

If you have back pain, or you know someone with ongoing back pain and you are ready to take proactive steps to eliminate this pain for good, jump onto our web site www.stopbackpain.com.au and grab our free article “The five steps to stop back pain” and let's work together to reduce and eliminate your back pain for good!

WHAT'S ON

Do you have Health Jeans?

ph360 your personalised genetic healthcare program; stop guessing shape your lifestyle, nutrition and exercise program around your genetic needs

Next Body Scan:

29th of November 2017
book at
www.getscanned.com.au,

Next Group BioAge Assessment:

Saturday 16th
December 2017 –
book at reception

Christmas Drinks

Thursday 21st
December at 730pm
onwards

Facebook:

Check out our Facebook page
Lifestyle Essentials