

Metabolic Health and a Healthier You

Individuals with obesity are more at risk for testing positive for Covid-19 (>46%), as well as 113% more likely to be hospitalised, mortality is also 48% higher for those who are overweight / obese (Popkin et al.,2020).

Medical research tells us that obesity associated inflammation plays a large part in Covid progression. We at RRMG use a personalised approach to target and prevent obesity related Covid risk.

Immune dysfunction, weight gain and obesity are both causes and consequences of metabolic dysfunction - how we transport, use and store energy / nutrients in the body. Whilst losing weight can sometimes feel like a long road, reversing metabolic dysfunction and reducing inflammation can happen fairly quickly if guided correctly – meaning you can protect yourself quickly as you lose weight over time.

The multi-system nature of regaining metabolic health is perfect for a holistic functional medicine approach where we consider your individual circumstances, nutritional needs and lifestyle when tailoring a bespoke program.

It has never been more important to take responsibility of your own health as we are seeing

the poor outcomes for those with covid-19 and co-morbidities.

Hippocrates couldn't have been more right than when he said, "let food be thy medicine and medicine be thy food".

At RRMG we can empower you to take control by identifying key bio and nutritional markers that for your overall metabolic health and to help reduce the potential for associated Covid health problems. At the same time, we can set you on the path to a healthier you by making targeted improvements in your nutritional and overall respiratory and metabolic health.

Dr Richard Mackenzie is internationally recognised for his research into human metabolism, obesity, type 2 diabetes and elite athletic performance.

Oana Ancu has over 4 years of experience working with a range of individuals in her capacity as a human performance and health physiologist.

Henrietta Paxton, a former international athlete for both Scotland and Great Britain, she holds an MSc in Personalised Nutrition, a Nutritional Therapy Practice Diploma, a BSc in Sport and Exercise Science and a certificate in Integrated Sports Nutrition. ■



THE DETAILS

Website:

rrmg.com/metabolic-health

Email: help@rrmg.com

Telephone: 0207 112 5400

Clinic: 10-11 Bulstrode Place,
Marylebone, London W1U 2HX

