

New Year's Resolution – A Healthy Me!



January is traditionally the time we are determined that this will be the year we conquer our food & exercise demons and be successful in committing to a health transformation. The real challenge is the ability to see our goals through; we either fall by the wayside early on, or after achieving the goal, we relax and quickly find ourselves unravelling our gains...

The current pandemic has made this a critical time to take ownership of health as evidence that lifestyle factors such as being overweight or having a chronic disease lead to poorer outcomes. Obesity increases the risk of becoming seriously ill (PHE Report, July 2020), and people with a vitamin D deficiency suffer significantly worse Covid 19 outcomes; a study found 82.2% of hospitalised Covid patients were vitamin D deficient (Hernandez et al., 2020). Lockdowns have seen gyms close and home working has made a sedentary life the norm for many; studies are calling sedentary “the new smoking” for the detrimental impact it can have on health. Also food choices have slipped- therefore weight gain, the Covid 10, has been a common side effect of limitations in movement

If you feel like you have tried everything, strict

regimes or the latest fad, or are battling multiple symptoms and feel disillusioned with Western medicine then Functional medicine could be the answer. We take a personalised approach to health and weight management, diagnosing the root causes of your health issues with an evidence-based but holistic approach, creating a bespoke intervention programme with food and supplement recommendations alongside regular health coaching to help you stick to your plan and create lasting change.

Make 2021 the most important New Year's resolution that you make, and take control of your health with the expert guidance of a functional medicine doctor and nutritional therapist at RRMG. ■

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About The Author
– Dr Alex Davidson

Dr Alex Davidson is a highly experienced NHS GP and Functional Medicine doctor with a strong research background and a huge passion for an inside-out approach to health.

