

# MONTHLY FOCUS

FEBRUARY 2021

## THIS MONTH:

- Taking Charge of 2021
- Resetting Your Wellness
- The Gut Microbiome
- The Foundation to Good Health

### References:

3rd Age Course Notes

Burrell Education

## Taking Charge of 2021

This month we're going to focus on taking charge of 2021. Let's be honest; 2020 wasn't that great with the global pandemic continuing to rage, and us being in and out of lockdown here in the UK. I think where I am in the North West we didn't even make it out of some kind of restrictions! I long for the days when I can hug my Mum and sister again and have the freedom of moving beyond our county borders; or even our town borders the moment as they're re-



stricted too! So I had a think over Christmas about the things we **can** control and how we could help ourselves to *feel* better, and I actually

other lockdown ensued on our very first day back after the Christmas break; this time with school closures too, which left so many of us scrabbling around to find some kind of balance to our days, so I do apologise that it's take me extra weeks to get organised and load up all the goodness of this month! My aim for you all is to empower you to control what you can in order that you can feel good; physically, emotionally, spiritually and mentally. So let's dive in!

came up with quite a lot! My plan was to launch this month's content in January, but what do you know? An-

## Resetting Your Wellness

Resetting your wellness is all about analysing your health and wellbeing, seeing what is working and what isn't, and making small changes that will improve your overall health.

Sound easy? That's because it is! But just because it is easy, doesn't mean people automatically do it. It is also easy to get caught up in your daily routine and habits,

without really knowing why you do them or if they are improving your life. Many people use a New Year to enact change, but by the middle of February, these have often gone by the way-side as we revert back to entrenched habits of old.

That is why doing a reset can be so helpful. It lets you take a pause, reflect on your choices and lifestyle, and

figure out where you want to make improvements.

I think our current climate and threat to health by such a vicious respiratory diseases is the perfect time to reset; it's imperative that we are in tip top shape physically and mentally to boost our immune system and we can take this chance to really draw on emotional health, considering how we want life to look for ourselves going forwards...once we're allowed out of course!



## The Gut Microbiome

This is a relatively new area of science, and one which is still not fully understood. We have literally trillions of micro-organisms residing in our stomach and intestines which individualise the way we process food and hormones. These include bacteria, viruses, and fungi. Not even identical twins living in the same environment have the same gut microbiome!

So why is gut health becoming so popular and the latest buzz? Probably because 95% of our immune system is located within our gut, and the microbiome is responsible for literally every other function that takes place in the human body; metabolism, mood, sleep, hormone balance, blood sugars, pain response, sex drive, digestive health, weight and cognitive function are all examples of functions reliant on gut microbiome.

So you can see, our gut health is pretty important!

### DID YOU KNOW?

## The Foundation to Good Health

Having a healthy digestive system is imperative to good health inside and out; in fact it's the foundation to good health. The gut is known

as our second brain due to it's sophisticated and multifactorial influences over the rest of the body's functions.

And the best bit? We're able to directly influence our gut health through lifestyle factors including what, how, and when we eat and drink, movement, self care, and sleep quality and quantity.

These lifestyle factors are ALL things that we can control and influence ourselves, meaning we have the power to positively (or negatively) influence our own health and wellbeing, chances of developing certain diseases, and life span. I think that's pretty exciting.

