

The 7 Principles of Metabolic Health



I FIX HEARTS

BY DR. OVADIA



Principle #1: Reframe Health as a System, Not a Goal.

The 7 Principles of Metabolic Health are a comprehensive approach to improving overall well-being and metabolic function.

These principles are designed to help individuals adopt healthier habits and achieve metabolic balance, leading to improved energy levels, weight management, and reduced risk of chronic diseases.

Let's delve deeper into each of these principles:

Reframe Health as a System, Not a Goal:

When you view health as a continuous journey rather than a fixed goal, you adopt a mindset prioritizing long-term well-being over short-term fixes.

This mindset shift allows you to embrace setbacks as opportunities for learning and growth rather than failures.

You become more adaptable in adjusting to your habits and routines as your understanding of your body's unique needs evolves. Recognizing the interconnectedness of different aspects of your health also helps you see the bigger picture and avoid the pitfalls of chasing quick fixes or fad diets.

Furthermore, approaching health as a system encourages you to seek comprehensive and sustainable solutions. Instead of focusing solely on weight loss, you can consider how your choices impact your metabolism, energy levels, mental health, and overall quality of life.

By addressing the root causes of health issues and making gradual, sustainable changes, you are more likely to achieve lasting improvements in your metabolic health.





Principle #2: Eat Real Whole Food!

Eating real, whole foods means nourishing your body with nutrient-dense options that are minimally processed.

These foods are abundant in vitamins, minerals, fiber, and antioxidants, all of which support metabolic health.

Consuming a diverse array of fruits and vegetables provides your body with various beneficial compounds that can help reduce inflammation, stabilize blood sugar, and support digestive health.

Moreover, whole foods tend to be more satiating than processed alternatives, which can help with portion control and prevent overeating.

Whole grains, for instance, release energy slowly, providing a sustained feeling of fullness and preventing spikes in blood sugar levels.

Additionally, whole foods often contain beneficial phytonutrients that support overall well-being.

By making whole foods the foundation of your diet, you not only enhance your metabolic health but also increase your overall resilience to illness and disease.

Incorporating these principles into your lifestyle can lead to profound and lasting improvements in your metabolic health.

Remember that progress may be gradual, but the cumulative effects of these changes can be significant, leading to a healthier, more vibrant life.





Principle #3: Make One Sustainable Change at a Time.

When it comes to adopting healthier habits, the "one change at a time" approach is a powerful strategy.

It allows you to focus your energy and attention on a specific area of improvement, making it more likely that you'll successfully integrate that change into your daily routine.

Attempting multiple drastic changes simultaneously can be overwhelming and unsustainable, often leading to burnout or a return to old habits.

To implement this principle effectively, identify one aspect of your lifestyle you'd like to improve.

Whether it's cutting down on sugary drinks, incorporating more vegetables into your meals, or dedicating time to daily walks, choose a change that feels manageable and aligns with your long-term goals.

Once you've successfully integrated one change and it becomes a natural part of your routine, you can move on to the next.

This gradual approach allows for steady progress while minimizing stress and resistance.



Principle #4:

MOVE!

Physical activity is not just about burning calories or achieving a certain body shape; it plays a vital role in metabolic health.

Regular exercise can enhance insulin sensitivity, helping your body better regulate blood sugar levels. It also promotes the development and maintenance of lean muscle mass, which is metabolically active and contributes to a higher basal metabolic rate (the number of calories your body burns at rest).

Exercise comes in many forms; the key is finding activities you enjoy. Whether it's brisk walking, jogging, swimming, yoga, or strength training, the goal is consistently incorporating movement into your daily life.

Additionally, mixing up your activities can keep things exciting and prevent exercise from feeling like a chore.

Aim for at least 150 minutes of moderate-intensity aerobic activity per week and strength-training exercises on two or more days. Gradually increasing your activity levels over time can lead to noticeable improvements in your metabolic health and overall fitness.

By following these principles, you can substantially improve your metabolic health and overall well-being.

Remember that these changes are meant to be sustainable, leading to a healthier, happier you over the long term.





Principle #5:

Sleep Enough.

7-9 hours for adults.

Quality sleep is often underestimated but plays a critical role in metabolic health.

Sleep is the body's natural reset button, allowing it to repair, regenerate, and rebalance various systems.

When you consistently get enough good-quality sleep (typically 7-9 hours for adults), you support hormonal balance, particularly about hunger hormones like leptin and ghrelin.

Adequate sleep also aids in managing stress, which can directly impact metabolic function.

Healthy sleep habits, known as sleep hygiene, can significantly improve sleep quality.

This includes maintaining a regular sleep schedule, creating a comfortable sleep environment, avoiding stimulating activities before bedtime, and limiting exposure to screens emitting blue light.

Prioritizing sleep supports your metabolic health and boosts cognitive function, mood, and overall resilience.





Principle #6:

Relieve Stress.

Chronic stress can wreak havoc on your metabolic health.

When stressed, your body releases cortisol, which can increase fat storage, insulin resistance, and cravings for unhealthy foods.

Chronic stress can also disrupt sleep, hinder decision-making, and contribute to emotional eating.

To mitigate stress, consider incorporating stress-relief techniques into your daily routine.

Meditation, mindfulness, deep breathing exercises, and progressive muscle relaxation are just some practices that can help reduce stress and promote peace.

Additionally, engaging in hobbies, spending time in nature, or seeking support through social connections or therapy can be invaluable for managing stress effectively.





Principle #7:

Get a Doctor Who Gets It.

Having a healthcare provider who understands and supports your journey towards metabolic health is vital.

Such a doctor acknowledges the importance of preventive care and takes a holistic approach to your well-being.

Regular check-ups can help monitor your progress, detect any underlying health conditions, and guide you in optimizing your metabolic health based on your unique needs.

I would say that open and honest communication with your healthcare provider is essential. Share your goals, concerns, and any changes you've made to your lifestyle.

Your doctor can offer guidance on specific tests and screenings to assess your metabolic health and can collaborate with you to create a personalized plan for achieving your health objectives.

By embracing these seven principles daily, you can establish a solid foundation for metabolic health.

These principles are interconnected, with each one supporting and reinforcing the others.

Making gradual, sustainable changes while prioritizing self-care and seeking professional guidance can significantly improve your metabolic health and overall quality of life.

Remember that the journey to better health is ongoing, and small steps taken consistently can lead to transformative results over time.





Dr. Philip Ovadia

I am a board-certified Cardiac Surgeon and founder of Ovadia Heart Health. Our mission is to optimize the public's metabolic health and help people like you stay off my operating table.



As a heart surgeon who used to be morbidly obese, I have seen firsthand the failures of mainstream diets and medicine. I realized that what helped me lose over 100 pounds was the same solution that could have prevented thousands of open heart surgeries I've performed — metabolic health.

Through Ovadia Heart Health, I teach individuals and organizations my complete metabolic health system to prevent and reverse disease, avoid early death, and live well for life.

Enroll in Dr. Phil's Metabolic Health Tracking System!

- Track your 5 metabolic health markers and make continual progress
- Put the 7 metabolic health principles into practice every day
- Turn metabolically healthy eating into a habit
- Find the exact foods at the grocery fast
- Read and follow legitimate medical experts to support your journey
- Remember which metabolically unhealthy foods to sub from your diet
- Know how to talk to any doctor about metabolic health

DR. PHILIP OVADIA'S METABOLIC HEALTH TRACKING SYSTEM

DR. PHILIP OVADIA,

AUTHOR OF *STAY OFF MY OPERATING TABLE*

