

# Elevate Your Health and Nutrition

Unlock your full potential to discover how personalised health can lift your energy, body shape and unique talents to new heights.



Dr Nick Kimber, PhD

[www.drnick.co.nz](http://www.drnick.co.nz)

## Table of Contents

My Name is Dr Nick Kimber...	2
What Others Have Experienced Working with Dr Nick...	4
Start by Taking a Step...	5
Fundamentals for Elevating Your Health & Nutrition	6
1. Understanding Your Unique Body	6
2. Planning and Preparation	8
3. Finding the Ideal Mentor	8
What is Your Personalised Profile?	9
Foundation Nutrition for Everyone	10
1. Digestibility	10
2. Food basics	11
Big Nutrition Rocks	12
High-Quality Food Options	14
Where to From Here?	15

## My Name is Dr Nick Kimber...

I have always enjoyed pushing the boundaries and exploring what's possible in life.

It's this drive that led me to completing not one but four degrees over 12 years, the highest being a PhD in the area of post-exercise muscle metabolism in well-trained humans...I've got the science covered.

I have a real thirst for knowledge and enjoy sharing this with others even more.



In fact, after finishing my doctoral studies, it was the desire to share my knowledge and make a difference in other people's lives that compelled me to launch my own nutrition consultancy company called NutriFit Health and Fitness Solutions.

I lead from the front with healthy eating although my favourite food is cheesecake...it's my "5th foodgroup".

I've assisted a wide range of individuals to have nutrition breakthroughs with my own NutriFit Program for many years, however, I now specialise in personalised nutrition and health coaching using a revolutionary and comprehensive online platform called ph360.

Educating and empowering others to become the best version of themselves through optimal nutrition and health is immensely fulfilling and something I take pride in being effective at, but it wasn't always this way...

When consulting with others using my own NutriFit Program for the past decade, there have been some individuals who I wasn't able to help achieve the results they desired. While there can be many reasons for this, in the back of mind I had a sense something was missing and knew there had to be a way of tailoring my approach more.

It was driving me crazy that I had studied for so long and accumulated a lot of knowledge but couldn't understand how to effectively personalise my coaching...

That was until I discovered something which gave me the breakthrough I had been searching for...

And when I finally did, my ability to create results for others completely changed...

### **My "ah-ha moment" that changed everything...**

I was listening to a podcast by Lisa Tamati (the first guest on my own Food Fit with Dr Nick podcast) and discovered a personalised health platform called ph360 that would allow me to optimise nutrition and health outcomes without the guesswork.

In this ah-ha moment, it was like a whole series of lights on the runway became visible and I knew I had found the missing piece of the puzzle with providing a personalised approach.

Listening to this podcast gave me one my biggest breakthroughs...

I finally realised the nutrition framework I had been using is more aligned with a one size fits all model and doesn't adequately acknowledge our unique genetic makeup or constitution - *different people actually need different support.*

Before long, I was on the phone to Dr Cam McDonald, a personalised health and epigenetics specialist who was being interviewed on Lisa's show to find out how I can start using the ph360 platform and ultimately become a ph360 health educator.

The shift in my effectiveness as a nutrition and health consultant has been dramatic. I can now help people just like you to better understand yourself and your health on a genetic, mental and physical level. I'm also able to coach in a way that supports your brain, body and best health.

And if you choose to finally master your nutrition and health, the best part is that you won't have to do this alone as you'll have my support every step of the way.

Enjoy this eBook.

Regards,



Dr Nick Kimber, PhD

## What Others Have Experienced Working with Dr Nick...

### Client testimonial from Charlie in Canterbury:

“I approached Nick back in May this year after he was recommended to me by a friend. I have spent many years battling to keep my weight down with polycystic ovarian syndrome and had IBS relating to certain foods I was eating that I struggled to identify.

You name it, I had tried it all; Jenny Craig, Wright watchers, low carb, dieticians but never found something that I felt synchronised with my body and gave me the results I was looking for long term.

Starting out with ph360 (I started with the Plus pack) and Nick’s coaching I noticed that everything I had ever been told, even by doctors and dieticians, got flipped on its head!

No more 6 small meals a day - it was 3 meals with adjustments made on meal size and when to eat my biggest meal, when to exercise and guidelines on when to go to sleep and how to relax. I was impressed at the holistic, all round approach to my problems.

Nick was just brilliant to work with and quickly identified that vegetarian may be the way to go for me. Within two days of eating only vegetarian recipes from the PH360 personalised platform all of my IBS symptoms disappeared! Reflux decreased and weight started to come off! I was blown away by how easy it was if I stuck to the guidelines I was given.

There have been times along the way where I have reverted back to my old eating habits and my body is quick to respond with symptoms re-emerging. Nick was very good at getting me back on track without feeling like I had failed and without feeling guilty.

I am now heading in the right direction thanks to PH360 and Nick’s advice and unrelenting encouragement.

If you have been struggling for years, like I had, and want to find a solution that is tailored and true to who you are, I can highly recommend you get in touch with Nick.”



As someone who wants to perform to the best of my ability and being somewhat naive to a performance based diet , Dr Nick was a perfect answer at the right time. With Dr Nick's guidance and expertise I have now the knowledge and motivation to eat in a way that maximizes my mental and physical performance, something that I value immensely.

Dr Nick has a huge talent and expertise in the field of nutrition, and at every stage, I felt I could 100% trust his nutritional coaching as his indepth knowledge and experience was exceptional. He's certainly someone who has dedicated his life to nutrition.

Adding to his impressive qualifications Dr Nick performs his coaching with fantastic energy and in a truly inspirational way. Making the time with Nick was enjoyable and invigorating out of my busy working week. The skills Dr Nick has given me will be used for the rest of my lifetime!

Thank you Dr Nick!

**Simon Standeven** – *Ray White Real Estate Agent*

## Start by Taking a Step...

Welcome and congratulations on taking an important first step to towards unlocking your full potential to discover how personalised health and nutrition can elevate your energy, body shape and unique talents to new heights.

If you are wanting to finally break the cycle of feeling unmotivated and frustrated with your nutrition, exercise and health to have the results you've always wanted and deserve, this eBook is written for you.

Or perhaps you've reached a point where it's finally time to move from confusion and feeling like nothing works with your nutrition and fitness to being healthy, fit, confident and energised...

When I ask those I consult with most - professionals in their 40s and 50s who are highly successful in their chosen field about their nutrition, fitness and health, I hear the same challenges and concerns coming up:

- They feel helpless from attempting a range of nutrition and exercise programs that never seem to work for their body;
- They want to take back control and have more certainty about the direction ahead that's best for them;
- They don't have the motivation and discipline to stay on track and be consistent;
- They struggle to prepare food and make the right food choices;
- They don't take action when they really need to and give up when there are no results.

And what's even more stressful is the thought that this situation may still be the same in 5 - 10 years time which could lead to body shape becoming even more undesirable, major health problems and a reduction in lifespan.

But underneath all of these concerns is a strong desire to find the right solution and make sustainable nutrition and fitness changes that allow life to be lived to the fullest.

They know on a deeper level that it's possible to do this and I certainly do...

So, what's the answer to having a sustainable elevation in your energy, physique and productivity...it's about understanding you and your health on a genetic, physical and mental level using a personalised health approach.

Imagine having the nutrition and fitness tools to be in the best shape of your life.

Imagine feeling confident about making the right food, fitness and lifestyle choices for your unique personalised profile.

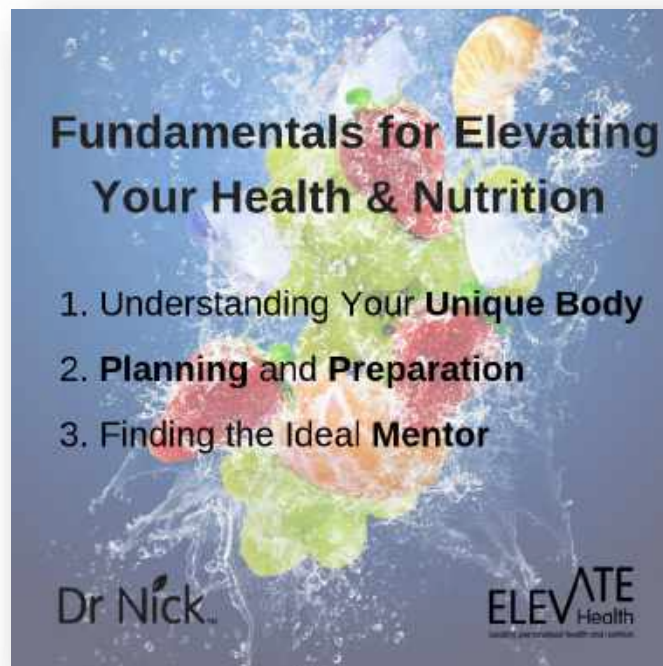
Imagine not making any more excuses about lacking motivation to be fit, energised and healthy.

And finally, imagine a life where you are excited about the future and know your health will serve you for many years ahead.

All of this will be possible for you using personalised health...

## Fundamentals for Elevating Your Health & Nutrition

To start your personalised health journey for elevating your health and nutrition to have the results you've always wanted, there are three fundamental aspects that must be considered. These can be summed up below:



### 1. Understanding Your Unique Body

At the time of writing (mid 2019), the world has approximately 7.58 billion people, with every single person uniquely different from the other. Our uniqueness is the result of an interaction between our genetic code (DNA) in every cell of our body and the environment our bodies are exposed to. The expression of our DNA in response to all of our major lifestyle factors (food, exercise, social satisfaction, physical environment, career and mindset) is known as **epigenetics** which is at the essence of our uniqueness.



By understanding how we can adjust our lifestyle to provide the best possible expression of our DNA blueprint is where epigenetics becomes a powerful way of having the healthiest outcomes. And not just physical health but a feeling of being lighter, more energised, refreshed and happier about your body and what life has to offer.

The science of epigenetics is advancing rapidly, particularly in regard to the influence of our environment and individual lifestyle. However, very few of us understand the lifestyle habits needed to allow for optimal expression of our DNA to provide the best health outcomes and quality of life.

Thankfully, we now have the technology for everyone to become aware of their unique epigenetic profile and to start practicing their healthiest lifestyle using a revolutionary new personalised health platform.

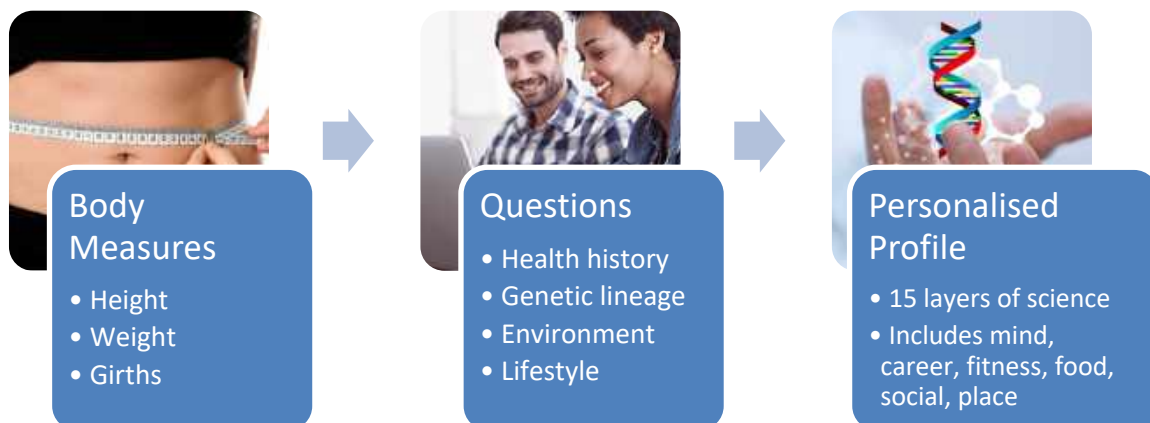
The platform uses measures of your body, questions about your health history, genetic lineage, environment and lifestyle. Over 10,000 data points are captured during this process that measure your genes, how they are currently behaving, and importantly what to you need do to put your genes in their optimal state. Rather than giving you a whole lot of information about your genes that doesn't make sense, you are given the specific actions to take...

Information about your best **foods, exercise regime, sleep schedule, climate, and an in-depth understanding of your brain at work, socially and in general function.** With all of this incredible information available it's possible to:

Take the guesswork out of food and know what's best for your genetic profile when it comes to nutrition - no more fad diets...

Know the best time and type of exercise to maximise your weight reduction and improve your energy and...

Understand your brain and its strengths so you can use it in the right way to be in your natural flow with less stress and greater productivity.



**Figure 1:** The sequence for determining your unique epigenetic profile



## 2. Planning and Preparation

One of the most common pitfalls that reduces the ability to elevate health and nutrition is a lack of planning and preparation. No doubt you've heard the proverb "**failing to plan is planning to fail**" which is definitely a key component of personalising your health and nutrition.

Here are some ideas for elevating your planning and preparation:

### Elevating Your Planning and Preparation

- Determine your **unique personalised profile** to establish the best frequency of meals and time to eat.
- **Cook meals in advance** and store them in your freezer.
- **Prepare lunch** the night before using **left over dinner** or ingredients you have already available in the fridge and pantry.
- Use a **weekly meal plan** for dinners ideally suited to you and write down the **key ingredients** on your shopping list.
- **Check** the pantry, cupboards, fridge and freezer carefully and write down any of your best foods that are required for your **shopping list**.
- If you need to snack, always **carry snack foods** with you such a piece of fruit or small bag of nuts and seeds.

## 3. Finding the Ideal Mentor

When it comes to health and nutrition, there are many areas that just seem out of our reach. Having the ideal physique, feeling energised and invigorated throughout the day, overcoming sugar cravings, having confidence with food choices, or simply being consistent are common challenges. Are any of these areas a struggle for you?

If so, you're definitely not alone...there are so many others out there going through the same frustrations on a daily basis. I have experienced many of these battles too; however, I have been fortunate to discover a major breakthrough concept that serves me well in health and nutrition and also other areas of life.

That concept is having a **mentor**. Someone who has walked the path before you and discovered the most effective way forward. I continue to have mentors around me both on a one-to-basis and through the books I read or podcasts I listen to.

With the right **support team and mentor(s)**, you can **elevate your health, nutrition and any area of life.**

Dr Nick.

ELEVATE  
Health

No matter what area we're seeking a breakthrough in, we'll simply fall short if we attempt to go it alone. No one in history who has achieved greatness did so entirely by themselves... they always have at least someone else right with them propelling them forward.

So, do you have health and nutrition mentors you're following or working with right now? Either way, it would be my pleasure to be your mentor so you can have the results you've always wanted and importantly deserve.

## What is Your Personalised Profile?

Using the personalised health platform described previously, it is possible to use body measures, questions about health history, genetic lineage, environment and lifestyle to determine your personalised profile.

By integrating 15 layers of science with information collected from thousands of case studies, distinct trends become apparent that form different profiles. Each personalised profile has a typical body shape and unique set of characteristics that allow for the application of a personalised health model.

**Different Male Body Shapes**



**Different Female Body Shapes**



To discover your personalised profile and more about your bodies unique needs: your best foods, exercise, interactions, talents, physical environment and motivation, simply email me at [nick@drnick.co.nz](mailto:nick@drnick.co.nz).

We can then arrange a time to have a brief 15 – 20 minute conversation that will help you gain an insight into the what the powerful world of personalised health as to offer and the options for finding out more.

I look forward to your email soon.

# Foundation Nutrition for Everyone

Before we can fully understand our unique bodies from a nutrition perspective, we firstly need to establish the foundation of nutrition that is important for everyone to consider.

## 1. Digestibility

### Cold food isn't a good thing for everyone

When we consume cold food, it can potentially change the gene expression and reduce acid production in our stomach. A decrease in stomach acid can adversely affect digestion by decreasing protein breakdown and potentially the absorption of micronutrients (vitamins and minerals) in the small intestine. We can also experience symptoms such as indigestion, bloating, and excess gas production because our gut is stressed by not being able to break down food as well.

Warming food will make a difference in many cases and having thoroughly cooked food will be necessary for some. An exception here would be using cold smoothies which are usually not usually as stressful on the gut as the food particles are already broken up and so essentially are “pre-digested”.

### Chew food thoroughly

Our teeth are designed to break down food into much smaller particles to aid digestion. When we chew for a longer period of time there are some really important digestive benefits such as:

- we're able to absorb nutrients in our gut a lot more effectively;
- we warm food to body temperature that maintains stomach acid and improves absorption as outlined above and;
- we move into an alpha brain wave state which is a more effective rest and digest mode.

### Hydration is essential

Keeping well hydrated is one of most important aspects of good health (along with sufficient quantity and quality of sleep). When it comes to digestion, avoiding ice cold fluids will be beneficial and having greater digestibility is also ideal (for example blending the smoothie well to break down all of the large particles).

Most importantly, however, it is recommended to avoid drinking water just before, during and for possibly up to an hour after meal, particularly if you are suffering from digestive problems such as gas, bloating and abdominal cramping. The reason is that water at the time of eating can dilute your stomach acid and digestive enzymes, making the breakdown of food less effective and adding extra stress for your digestive tract.

### Movement

Performing vigorous or high intensity exercise is best before eating a meal. In the post-exercise period, our body is able to handle nutrients more effectively (particularly carbohydrate and protein) to improve recovery and health.



Gentle, low intensity exercise such as walk after a meal is beneficial as well, particularly for those with an endomorph type body (larger body frame and size).

### **Breathing**

We all breath, however, slow breathing before a meal can shift you into an alpha brain wave state (relaxation) that helps to regulate blood sugar levels. Slow breathing before you eat also stimulates your vagus nerve that has a crucial role in regulating digestive function.

### **Laughing**

A good laugh after a meal will promote breathing from the belly which helps slow your breath, stimulate the vagus nerve and reduce blood sugar levels.

## **2. Food Basics**

Despite there being a large variety of healthy eating regimes available in today's confusing nutrition world, all have 3 main fundamentals:

### **Low sugar**

Reducing sugar intake from food and fluids decreases the risk of metabolic disorders such as fatty liver disease, gout, insulin and leptin resistance. Lowering the sugar fructose found in soft drink and refined, processed foods has a range of other benefits such as weight loss, increased energy, improved dental health and greater mental clarity.

### **High fibre**

Having sufficient fibre is fundamental to good digestive health, lowering cholesterol levels, regulating blood sugar levels, controlling hunger, maintaining body a healthy body weight and living a longer life.

High fibre foods include whole-grain products, fruits, vegetables, beans, peas and other legumes, nuts and seeds. Choosing high-fibre foods that are best for you is dependent on your personalised profile, however, we all need at least 25 – 30 grams of fibre every day.

### **High micronutrients (vitamins, minerals) and phytochemicals**

Eating foods rich in vitamins, minerals and phytochemicals such as fruit and vegetables is vital to good health. Daily consumption of fruit and vegetables protects against common diseases such as type 2 diabetes, heart disease, stroke, cancer and high blood pressure (hypertension).

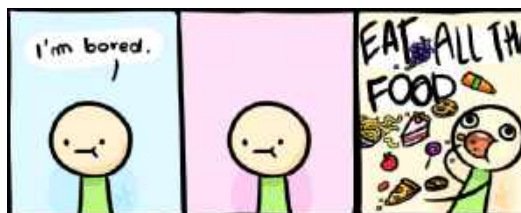
Choosing the right type of fruit and vegetables for your body with a variety of colours is important for increasing our intake of phytochemicals (plant chemicals) that protect our health. Cooking vegetables is also recommended for most to aid digestion in the long term and improve the absorption of some nutrients.



## Big Nutrition Rocks

Starting a journey towards elevating your health and nutrition is never easy. In our modern food environment, very few can stay on a specific diet because of:

1. Temptation
2. Convenience
3. Confusion
4. Boredom
5. Seeking comfort



From these top 5 reasons, the last two (**boredom** and **seeking comfort**) are most common because we are all emotionally connected to food in some way.

So how do we overcome these frustrating barriers that continuously hold us back?

It's about putting what I call the "big nutrition rocks" in place first and foremost. These are major concepts that can give you the freedom with food you've always wanted:

### 1. Awareness of Food

Food awareness involves paying attention to the experience of eating and drinking. When we practice awareness, we understand how food affects our body, feelings and mind. Our senses go beyond just tasting food to become aware of the smells, textures, flavours, temperatures and even sounds (crunch) of food. Simply starting with chewing food more as described above is a way to have more food awareness.

With greater awareness, we minimise the distraction when eating and gradually develop more gratitude and freedom every time we nourish our body. A question to ask every time we're about to have a meal that can create awareness is:

#### Awareness Question

How can I truly appreciate the food that is nourishing my body today?

### 2. Food Schedule

When you eat has a major effect on the physique, energy and health results you achieve. Having a food schedule that matches your bodies natural rhythm (known as chronobiology) allows your body to more effective at digestion, recovery from exercise, regulating portion sizes and being energised throughout the day. An important question to ask for improving your food timing is:

#### Food Schedule Question

How can I have the best eating schedule for my body today?

### 3. Quality of Food

One of the biggest nutrition myths that has been debunked by science is that “a calorie is a calorie”. So rather than choosing foods based on their energy value, emerging research indicates we should be focusing on high-quality, healthy foods, and minimizing low-quality foods.

**High-quality** foods include unrefined, nutrient rich foods such as vegetables and fruits, whole grains, legumes, healthy fats and healthy sources of protein. We'll look at examples of these in the next section.

**Lower-quality** foods include high processed snack foods (muesli bars, muffins, biscuits), sugar-sweetened beverages, refined (white grains), fried foods, processed meats (luncheon, hot dogs) and foods high in saturated and trans fats (donuts, cakes, shortening, pastries, potato chips).

Consider also that not all high-quality foods are suitable for everyone because of our unique needs' dependent on the epigenetic interaction between our genes and lifestyle. Here's another important nutrition question to ask yourself everyday:

#### Quality of Food Question

How can I eat the best quality of food for my body to be healthy today?

### 4. Meal Sizes

We've just covered above that counting calories is not a recommended option; however, it is important to be aware of how much you eat at each meal. The ideal portion size at each meal is dependent on a range of factors such as prior exercise, digestive function, body size, energy needs (influenced by gender), physique goals and most importantly, your personalised profile.

The best way to understand your meal size is by determining the natural rhythm or chronobiology of your body as described above for food timing. To ensure you have all of the big nutrition rocks in place, here's the final question to ask on a daily basis:

#### Meal Size Question

How can I have the ideal amount of food for my body at each meal today?

## High-Quality Food Options

The final aspect to cover that has no doubt been on your mind since starting to read this brief eBook is...what are the foods I should be eating?

While it's possible to provide some insight into this important question, identifying the best foods for your unique body requires personalised profiling using the personalised health platform mentioned previously.

That said, here's a list of the major food categories with high-quality food options to start choosing from:

Protein Sources	Carbohydrate Sources	Vegetables
Lean red & white meats	Potato & sweet potato	Spinach, carrot
White fish	Rice – wild, brown, black, purple, basmati	Cabbage, bok choy, kale
Oily fish	Oats	Broccoli, cauliflower
Shellfish	Whole grain bread	Zucchini, capsicum
Eggs & egg whites	Quinoa	Beans, lentils, mushroom
Reduce processed meats & bacon		Pumpkin, beetroot, eggplant
		Leek, onion, tomatoes

Fruit	Dairy	Nuts & Seeds
Orange, mandarin	Greek & natural yoghurt	Sunflower seeds
Papaya	Cottage cheese	Almonds
Blueberries, raspberries, strawberries, blackberries	Whey protein	Peanut butter
Pears, apples	Cow, almond, rice, oat milk	Macadamia nuts
Pineapple, cherries	Sour cream	Brazil nuts
Kiwifruit	Butter	Pecans
Peach, apricot		Walnuts
Banana, avocado		

## Where to From Here?

So, there you have it, the essential elements for elevating your health and nutrition

I trust you've enjoyed this eBook but even more so, that it's given you some fresh insight into what's possible in the world of health and nutrition for you, your family and friends.

**Before we finish, here is the final question to ask...**

### Final Question

Are you ready to unlock your full potential to discover how personalised health and nutrition can elevate your energy, body shape and unique talents to new heights?

There is never a good time, so how about NOW...

If you want to find out more about your personalised profile and the personalised health and nutrition coaching services I offer for having results you've always wanted and deserve, email me at [nick@drnick.co.nz](mailto:nick@drnick.co.nz), call 0211 712 369 or visit my website at [www.drnick.co.nz](http://www.drnick.co.nz).

P.S. – Any thoughts or feedback about this eBook? I'd love to hear them.

Until next time.

Dr Nick