

Corporate Presentations on Health & Well-being



The Health Equation

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Health & Well-being



Mr. Gerry Gajadharsingh DO
Osteopath, Diagnostic Consultant-Complementary Medicine
Advanced Breath Practitioner and UK Lecturer for Lifelogix Inc
Metabolic Balance Nutritional Coach and UK Lecturer for MB UK

The Health Equation is a private health clinic in Wiltshire & Central London where we take the time to carefully assess you, so we can get to the root cause of any problems you may have. We provide an open environment, where you can discuss your health in detail and learn more about your individual needs and treatment options.

As well as being a highly experienced clinician, Gerry has lectured to both professional (medical and healthcare practitioners) and lay audiences throughout his professional career. He also holds a City & Guilds teaching qualification.

“Reoccurring chest infections were putting a real dampener on my training, with over six infections in one year that usually lasted 2 to 3 weeks, with one bout lasting two months during some of my busiest cycling events. Conventional medical routes had me on antibiotics, steroid inhalers and rest; this was not a prescription that fitted in with the demands of my sport.

The keys changes made which had the most impact on my sports performance were a change in breathing patterns, when tested my ET_{CO2} levels were quite low, the knock-on effect of how oxygen is taken up in the muscles was fairly significant. Easy to follow breathing exercises brought my CO₂ levels back to normal, thus increasing O₂ utilisation and I was able to extend my maximal effort outputs for longer.

All I was hoping for from my consultation with Gerry was to avoid regular chest infections, which I have not had since my consultation and have not missed a single day of training. What I wasn't expecting to have was increased energy levels, a more balanced eating routine which fitted so easily into my training regime and least of all an in-depth understanding of the physiological impact my poor habits were having on my internal organs especially those responsible for energy production in the body.”

Ms. Peta McSharry – sponsored masters cyclist, London

“Gerry embodies what science tells us about the very best clinicians...he is professional, he is empathetic, he is patient, he is experienced, he is knowledgeable and up to date, he is conscientious and persistent, he takes your input seriously and works with you...he is forthright and honest. He holds my highest recommendation for the very best practice that you can completely trust and know you have seen the very best.”

Dr. Robert Kissner PhD

“Everyone was blown away by your lecture! It was truly a masterclass performance and opened our eyes into comprehending blood tests, using nutritional knowledge, understanding the biochemistry of breathing and its relationship to lifestyle and good health and many other aspects.

Hopefully, you join us again as a delegate or speaker in the future and your appetite for lecturing in the UK has been somewhat rekindled.”

Mr Bob Gupta DO, Organiser of eVENT

What impacts our Health & Well-being

The behaviour we choose can have positive and negative impacts on how we feel, both physically and emotionally.

The key is to become aware of what our behaviour actually is and then, if we want to, know how to change it.

The things that Gerry will focus on in his corporate presentations will be the key things that people will find easy to grasp and understand:

How our brains work

Gerry will give a brief introduction into how our brains work and how they are affected on both conscious and subconscious levels by the choices we make in our lifestyle.

Breathing

Capnography and Heart Rate Variability

Breath and life are obviously intertwined, as are breath and thought. It is by means of breath that we remain physically alive. We are born with the inherent knowledge to breathe correctly through our diaphragm. However, our own unique breathing patterns are influenced by many life events, especially during childhood. Our emotions influence our breathing patterns and just as importantly, our breathing affects our emotions.

Gerry estimates that 70% of patients that consult him do not breathe properly, at first this may seem strange, as breathing is a subconscious activity. Unless we have an obvious breathing problem (asthma, lung disease etc.) we do not usually notice our breathing. You may notice, in other people or indeed yourselves, that we may sigh a lot, find it difficult to catch our breath or talk very fast, which are all signs of not breathing properly, we call this Breathing Pattern Disorder (BPD).

Gerry discusses the science of breathing; he has assessed in excess of 3 ½ thousand patients exploring their breathing behaviour. How and why optimised breathing is so important to health and well-being. Using capnometry (a non-invasive way of measuring breathing behaviour), and heart rate variability monitoring, an excellent way of measuring how balanced the autonomic nervous system is (which is about 90% of our brain and nervous system response and controls the many things that go on within our bodies and minds), he can demonstrate this in real time on a willing volunteer from the audience.

Nutrition

Gerry is the UK lecturer for Metabolic Balance UK and so teaches clinicians how to support their patients through this unique nutritional program, developed by an endocrinologist from Germany.

He uses up to date nutritional science, and for appropriate patients, an individualised approach to nutrition, based on the patient's blood parameters. Several years ago, Gerry wrote his first iBook and the presentation will be on some of the nutritional advice contained in this iBook, which aims to help people improve their metabolism.

“Bounce back to Health & Well-being” Corporate Presentation

Below is an outline of Gerry's presentation to your employees, for one hour, however this can be tailored to the individual needs of each Company and what you feel your employees would benefit from. Gerry passionately believes that if individuals are given tools to help with anxiety, for example, then this will substantially support and improve their well-being and thus their productivity.

Gerry will present a PowerPoint presentation combining pictures and text, with him explaining the important things for improving our well-being.

Gerry will demonstrate on a willing volunteer from the audience, their individual breathing behaviour and autonomic nervous system response via capnometry and Heart Rate Variability (HRV) monitoring. These will be followed by some biofeedback exercises to show them how to improve their breathing behaviour, these can also be followed by the audience as the exercises will be projected onto a screen.

Q&A, Gerry is happy to take a variety of questions from the audience on the topics he has discussed and is very experienced at targeting his answers to the individual concerned.

Ideally, Gerry would prefer to give his presentation and demonstration face-to-face at the Company's Headquarters, however he is happy to also do so by Zoom, but please note that he obviously won't be able to demonstrate on one of the audience participants if the session is done remotely and the dynamics will be different.

Depending on supply, we also aim to treat all participants to samples of Gerry's new functional drinks, GERRY'S Daytime, a functional drink to uplift you during the day and GERRY'S Night-Time, a functional drink to calm you down in the evening, providing a healthy commercial solution to the problems of daytime fatigue and the inability to relax/unwind.

If you would like to discuss our proposal further please call us on +44 (0) 20 7631 1414 or email info@thehealthequation.co.uk for further information.

Or go to the link for further information

<https://www.thehealthequation.co.uk/corporate-well-being-presentations-bounce-back-to-well-being/>

You might also like to view on of his blogs on the impact of COVID 19 on employees

<https://www.thehealthequation.co.uk/fiftysomething-burnout-are-you-on-the-brink/>