

*Our*

# FUNCTIONAL MEDICINE GUIDE

*& health tips*



[www.barleycornclinic.com](http://www.barleycornclinic.com)

# About THE CLINIC

We are experienced in Functional Medicine and Advanced Lab Analysis for finding the missing pieces of your health puzzle and can develop an individualised roadmap that will help you to elevate your well-being.

We specialise in chronic fatigue related conditions (CFRC), hormone imbalances and gut health, this is built upon extensive personal and professional experience, and research.



Donna Barleycorn  
Certified Functional Medicine Practitioner (FDN-P)  
Nurse Practitioner/Prescriber  
MSc BSc hons Dip HE PGCHE FHEA NMP/RN  
[www.barleycornclinic.com](http://www.barleycornclinic.com)  
07710857652

# What is FUNCTIONAL MEDICINE?



Functional medicine (FM) is a systems biology-based approach that focuses on identifying and addressing the root cause of disease and areas of imbalance - not just symptoms.

When inflammation, blood sugar imbalance, insulin resistance, oxidative stress, hormonal problems, mitochondria dysfunction, immune deficiency, detox capacity, microbiome, pathogens, viruses and so on become out of balance, systemic upset and metabolic chaos occur.

We provide advanced lab testing and analysis- we test we don't guess, so to support our findings.

We also work with natural hormones, herbs, botanicals and supplements, through the lens of naturopathy, in collaboration with conventional medicine.

Together we can get to the root cause of your health problems and develop an individualised program that will help you to achieve optimum health.

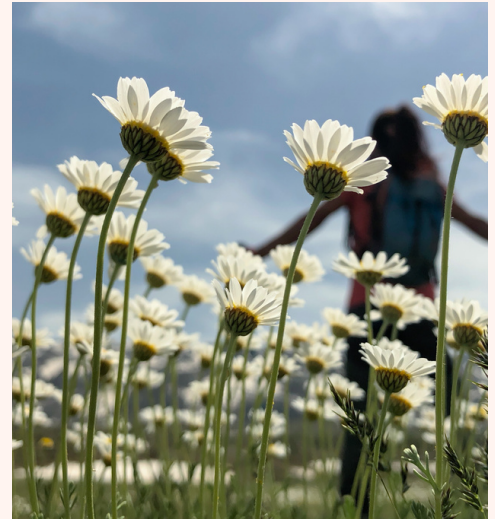
# Lab TESTS



We offer advanced lab testing, analysis and interpretation, to help you gain a clear picture of your current health status from:

- Comprehensive hormones (adrenal, sex hormones, perimenopause, menopause)
- DUTCH hormone tests
- Advanced Gut/Digestion testing
- Organic acids tests and Nutrition tests (OATS/Metabolimix)
- Functional biochemistry
- Food sensitivities
- Mineral testing and toxins
- HMTA
- SIBO testing
- DNA tests
- Vitamin and minerals tests
- Full blood panels
- Full thyroid panels
- Lyme and co-infections
- Long covid testing
- Plus many more!

# Our FUNCTIONAL HEALTH TIPS



## The 'DRESS' principles

Our foundational health principles.

"DRESS" stands for the five most critical health habits;

Diet, Rest, Exercise, Stress reduction and Supplements.

Here we work towards, optimising nutritional status, reduce inflammation, mineral balancing, hormone support, consistent restorative sleep and circadian rhythm, cellular support, mitochondrial health and nervous system regulation.

These are hands down, crucial foundation starting points to restore physiology, health and balance.

Here is a guide to some of our essential health tips!

DRESS for Health Success®

# Diet & NUTRITION



Everyone has different dietary requirements, so here we don't specify a particular diet, however, we do like the Paleo diet and the Metabolic Typing Diet.

We do advise that keto diets are unsuitable for hypothyroidism, and avoid fasting if one has adrenal dysfunction.

Our general principles for nutrition includes; sugar free, gluten free (gluten is glue in Latin), and most importantly, anti-inflammatory foods, no processed food – simply eat like a caveman and eat the rainbow in colour for anti-oxidants.

Buy and consume whole foods as much as possible – so eat real food.

That means avoiding food from bags, boxes, and cans.

These items contain added sugar, preservatives, trans fats, and artificial ingredients and provide little nutritional value.



# Diet & NUTRITION



Maintain good glycaemic control. Fluctuating blood sugar causes a great deal of stress on your body creating unpleasant symptoms, energy problems, and states of disease. Sugary foods can cause fluctuation in blood sugars which should be avoided.

The secret to steady blood sugar levels is fine-tuning the correct ratio of protein, fat, and complex carbs at each meal.

This is where the MDT diet may be particularly helpful to guide you.

We also run various food sensitivity tests, so we can investigate any intolerances to food, which can have a significant health impact and produce many wide spread symptoms.

Please contact us for a free 15 minutes discovery call.

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# Diet & NUTRITION



Focus on the following when creating a meal or eating out:

## QUALITY PROTEIN:

Protein is essential for your body, serves as an energy source and contains essential amino acids (esp. animal protein).

You'll want to consume things like:

Grass-fed beef, pasture-raised chicken and eggs, organic turkey, some beans/legumes, some nuts/seeds, goat or sheep milk yogurt, and/or quality protein powders.

Aim for .75-1 gram of (mostly animal) protein per ideal pound of body weight per day.



# Diet & NUTRITION



## HEALTHY FATS:

We need fat to produce hormones, for brain health, mood support, and to maintain a healthy weight. But not too much fat in perimenopause or adrenal dysfunction - ketogenic is not advised here.

Incorporate things like:

Avocado, olives, capers, wild salmon, anchovies, sardines, and flax seeds (these should be ground and refrigerated).

Avoid canola, vegetable or seed oils and swap for healthier alternatives like: coconut oil, avocado oil, grass-fed butter, ghee or extra virgin olive oil. Aim for 1-2 tbsp per main meal.

# Diet & NUTRITION



## COMPLEX CARBS:

Carbs are sugars that break down in the body to create glucose, our main source of energy. Carbs can spike your sugar levels, but not all are bad for you.

If you go too low carb, it can cause insomnia, constipation, hair loss, and more.

Minimize simple carbs (bread, pasta, pizza, bagels, cake, cookies) and swap for complex carbs like:

squash, sweet potatoes, peas, beets, beans, carrots, yams, quinoa, raspberries, blueberries, blackberries, apples, pomegranates, and tomatoes. Aim for 1/4-1/2 cup per meal.

It's vital your macronutrients are correct for your metabolic type.

# Rest & SLEEP



Here are some basic top tips to improve your sleep:

Keep your sleeping space dark. When light hits the eyes, it drops the production of melatonin and serotonin this process hinders sleep quality.

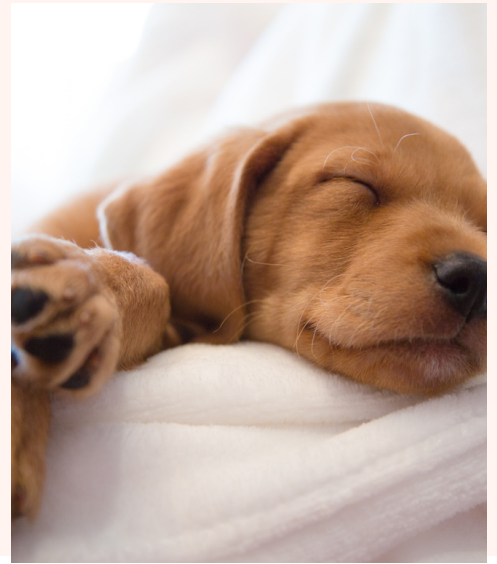
Avoid television, phones or computer activity before bed, ideally two hours before bed, electronic devices before bed are stimulating to the brain.

Reduce EMF particularly in the bedroom

Get to bed as early as possible. Our systems, particularly the adrenals, do a majority of the recharging or recovering between the hours of 10 pm and 2 am.

Other organs detox while you are asleep contributing to overall health.

# Rest & SLEEP



Starchy carb heavy snacks or meals during the late hours of the day can dramatically inhibit quality sleep.

The high carb snack will raise blood sugar, which will trigger an insulin response, you may wake up and not be able to fall back to sleep with ease.

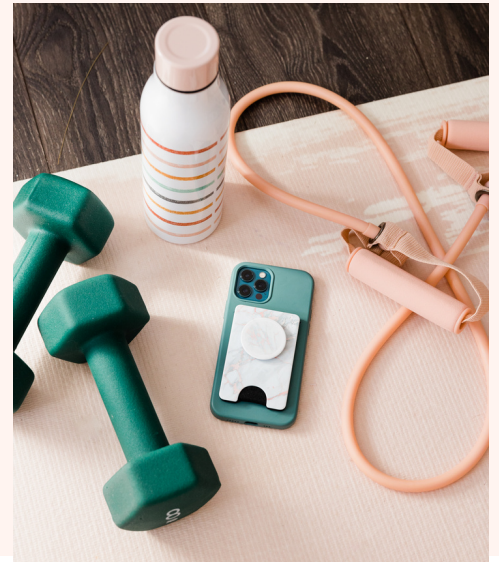
A good healthy snack before bed is a banana.

Bananas contain tryptophan, a type of protein that the body converts into serotonin, which is known to induce relaxation, improve mood levels and generally helps us to feel happier.

Keep the temperature in the room cool.

If possible, elevate the head end of the bed (with bricks or hard books), this helps the brains lymphatic system, and aids the detox process at night.

# *Exercise* MOVEMENT



We don't advocate types of exercise per se because each individual is different, moreover this depends on age and health condition.

But generally keep moving, try not to remain sedentary for majority of the day.

For example, if someone has CFS, or is the exhaustive phrase of HPA dysfunction, we would advise against any high impact exercise, as this will worsen all the hormones and fatigue.

Pacing here is essential and bespoke to the individual health condition.

# Exercise MOVEMENT



Equally, perimenopause and menopause may need a different approach to exercise, again this is bespoke.

For example, in peri/menopause its advised:

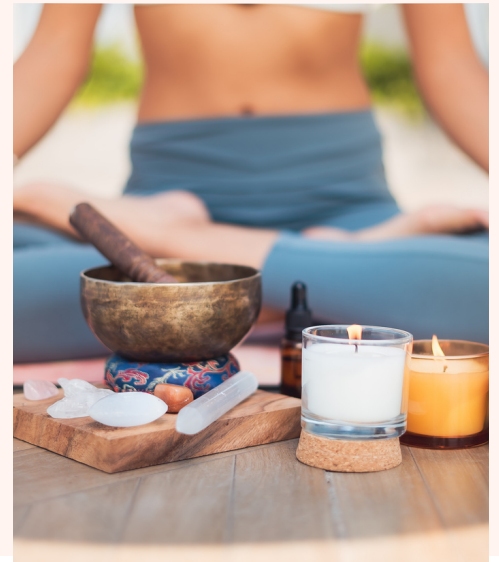
- 10,000 steps a day
- Strength training to balance cortisol, testosterone, oestrogen - (but this depends if there is adrenal dysfunction)
- Pause on HIT, orange theory, cross fit
- Encourage yoga and conditioning

Blasting the adrenals with hard core training will just deplete cortisol and sex hormones more making you feel worse.

This is why we test and don't guess.



# Stress REDUCTION



Definition of stress is when demands outweigh capacity and is a lack of energy reserves - it is not a sign of weakness - its physiology.

Stress can come in many factors - internal and external; emotional, physical, psychological, trauma, environmental, pathogens, poor diet, bacterial infections/pathogens, and so on (some of us have it all), so it really depends on the individual causes. But we are not designed for chronic stress.

Stress drives the bus of most dysfunction and chronic disease, and is the number one health issue in general practice.

Stress ultimately causes widespread metabolic cellular dysfunction (hormone dysfunction, dysbiosis, gut issues, immune, inflammation issues and auto immune conditions this cycle then repeats itself) = chronic disease and metabolic chaos.

# *Stress* REDUCTION



Put a frog in boiling water it jumps out- put it luke warm water and turn up the heat, it will slowly boil as it won't realise. (Don't try that at home!) but this analogy is our chronic stressful lives - we don't realise until we pop an illness.

You will know what's more appropriate for you to reduce stress i.e. mediation, yoga, walking, tai chi and so on.

Vagal nerve work, can include; nature, ice baths, singing, music - essentially anything that calms you!

We also support adrenal gland imbalances, if they exist by recommending various hormonal, glandular and herbal support, while attempting to identify and eliminate all external and internal hidden stressors - which are key.

# Toxins & CHEMICALS



Please be aware most household and personal products are chemicals and are therefore endocrine disruptors – so will mess up your hormones.

What are you using in the house or on your body?

Ideally, use non toxic substances which are equally better for the environment.

Swap your products – the easiest ways to get rid of toxins is to avoid them. Use safer brands to avoid parabens, phthalates, and fragrance.

# Toxins & CHEMICALS



Swap your deodorant, shampoo, lotion, and makeup.

Ditch fragrant room sprays, plug-ins, and scented candles.

And eventually, swap your laundry detergent and cleaning products.

For cleaning use non toxic brands, or lemon and bicarbonate soda, or white vinegar - it works so much better and cheaper too.

Is your working environment toxic, or do you live in a mouldy property?

It's essential to clear these external stressors on the body which can cause overload and dysfunction.

# *Toxins &* LIVER HEALTH



Your liver produces bile to help you digest food, filters your blood, metabolizes medications, and detoxifies toxins and hormones.

Did you know toxins like to hang out in adipose tissue (fat)? This is why some women have difficulty losing weight.

Try these:

- Drink filtered water
- Epsom salt baths
- Sweat/Saunas
- Deep tissue massages - to rid toxins and get the circulation of hormones going

Essentially, you must also poop regularly to rid your body of toxins and excess old hormones.

Consume plenty of fiber like organic leafy greens, broccoli, cabbage, cauliflower and berries.

# *About* SUPPLEMENTS *& support*



We recommend minimal nutraceutical supplements even for the short term, simply because our food does not offer the essential nutrients and minerals that's required at the cellular level nowadays.

We may suggest some core supplements including - minerals, co-factors, fatty acids, microbiome and hormone support.

We also work with natural hormones, herbs, botanicals, glandulars, and herbal anti-microbials; in collaboration with conventional medicine.

We offer discounts on supplements, and only use quality products.

Bespoke recommendations of quality supplements, and most importantly, why these are appropriate for you according to your results, (if you choose to test with us), will be shared.



Please  
CONTACT US



Barleycorn Clinic

Please see our website for more information on functional medicine and lab test analysis, plus our new hormone, gut, wellness and food intolerance packages.

If you think we can help please contact us for a free 15 minutes discovery call.

Please join our social media outlets for more health educational tips.

DO YOU NEED  
MORE HELP?

SCHEDULE A CALL

[@barleycornclinic](https://www.instagram.com/barleycornclinic)

[dobarleycorn@hotmail.com](mailto:dobarleycorn@hotmail.com)

07710857652

[www.barleycornclinic.com](http://www.barleycornclinic.com)