

Health and performance seminars

Key words: Inspire, motivate, growth, performance, success, health, productivity, focus, attention, wellness, awareness

- [Ageing and disease prevention](#)

The Science Behind a Better Life - Can 60 be the new 40?

Diving into human biology, this talk identifies the **root cause of ageing and related diseases**.

Based on Nobel Prize winning research, we explore those negative dietary choices, activity habits and environmental factors that dramatically accelerate the ageing process by means of damaging cells and our genetic make up.

The focus then, is on slowing down (and even reversing) the ageing process, with advice on the key nutrients, specific exercise methodologies and additional factors that can increase health-span, together with lifespan.

In essence, the talk will provide information and the motivation to implement subtle changes that will ultimately promote increased strength, fitness, mental acuity, memory, concentration, health, youthfulness, vitality and freedom from age-related illnesses.

- [Stress resilience](#)

Stress - taking back control

What we know:

For over 70 years, medical research has continuously shown strong associations between chronic stress and health compromise. Chronic stress has also been linked to accelerated ageing, cognitive decline, emotional instability and a wide variety of pain conditions.

The fundamental question:

This evidence-based talk highlights the current trajectory of scientific research and answers the important question, “Why has the stress response, a powerful integrator of multiple biological systems that promoted survival, adaptability and higher levels of functioning in our ancestral past, become the primary trigger in ill health and the catalyst for poor performance?”

Novel perspective:

With a deeper understanding of the biological effects of stress and the ability to consciously control and mediate many of these responses, stress can be successfully harnessed and used to increase clarity and, in turn, improve productivity and performance.

Practical application:

The talk provides practical advice that can be incorporated easily into ones daily life (including small changes to diet, exercise, environment and response to stress stimuli) that can transform a potentially toxic state into one that confers incredible benefit.

- [Health, productivity and performance topics](#)

- a. **The Microbiome and gut-brain connection**

This popular seminar focuses on what is, essentially, the core of all human functionality - **our gut and the resident bacteria that influence our biology**. The session uses scientific evidence to show how these bacterial colonies dramatically impact our health on a physical, **cognitive** and behavioral level, and that maintaining an optimum balance is essential in achieving maximum functionality throughout life.

The talk also highlights that this delicate echo system is being destroyed for the first time in human history due to indiscriminate exposure to antibiotics, changes in dietary patterns, environmental chemicals, common medications and many medical procedures. More importantly, the session gives evidence-based guidelines to promote the restoration of microbial balance for the purposes of improved digestion, immune system function, **cognitive function, physical potential** as well as overall health and stress management.

- b. **Key influences in performance and health**

A strategic model for personal development

This evidence-based talk has broad appeal in that it identifies lifestyle choices as key drivers in personal and professional success. The seminar explores nutritional practices, activity habits and certain environmental factors that promote cognitive, physical and emotional potential. The focus of the talk is to provide practical advice that is easy to incorporate into everyday life.

- c. **Environmental influences on health**

The challenges we face in the modern era

This seminar takes a hard look at the challenges we face in a rapidly changing world. The talk explores the significant impact of electromagnetic radiation (including mobile phones, base stations and wifi) and industrial chemicals on health and performance outcomes. Aimed at promoting awareness, the session also provides practical solutions to situations that are perceivably beyond our control. This seminar is an absolute 'must' for the health and performance conscious.

- [Tailored seminars](#)

Seminars and lectures can be tailored to groups and companies, based on special interests and needs. A diverse range of informative topics are available that include (but are not limited to) sleep, coffee, alcohol, gluten, regional pain disorders, management of autoimmune diseases, exercise and facilitation of physical performance. The duration of these sessions may vary, based on the subject matter and group size.

Generally, seminars run between 50-70 minutes, followed by a 10 minute Q&A. For additional information contact richard@suttonhealth.co.za