



# Simon Gault's Health Hacks

**Simon Says... Health hacks from the man who knows a thing or two about complete health transformation.**

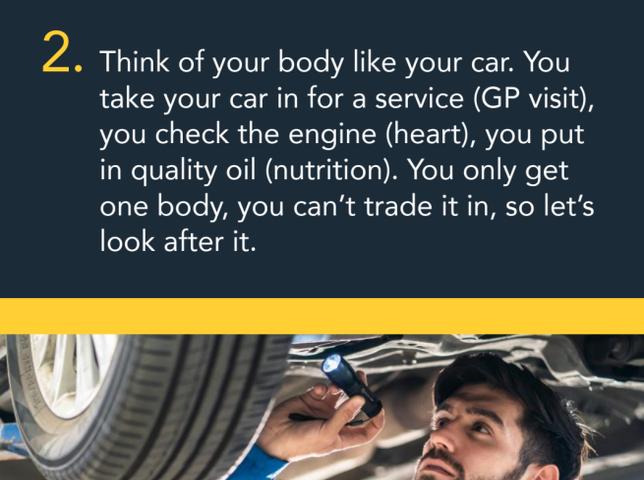
**S**imon Gault is one of the leading lights in New Zealand's culinary scene.

He is a chef and restaurateur that has worked both in New Zealand and internationally. In addition to his success as a chef, Simon now fronts the successful science-based health solution 4 Wheels of Health, a practical set of lifestyle guidelines on sleep, gut health, nutrition, and exercise.

According to Simon, "I have lost a considerable amount of weight, not by eating twigs and berries. The result was enough to turn my type two diabetes around. That, understandably, has made a huge difference to my life and future. If that is not enough, I can say without hesitation, the transformation process was enjoyable. Life is not about unrealistic goals that are achievable only by inflicting unpleasant remedies."

**For Men's Health, here are Simon's 9 health hacks:**

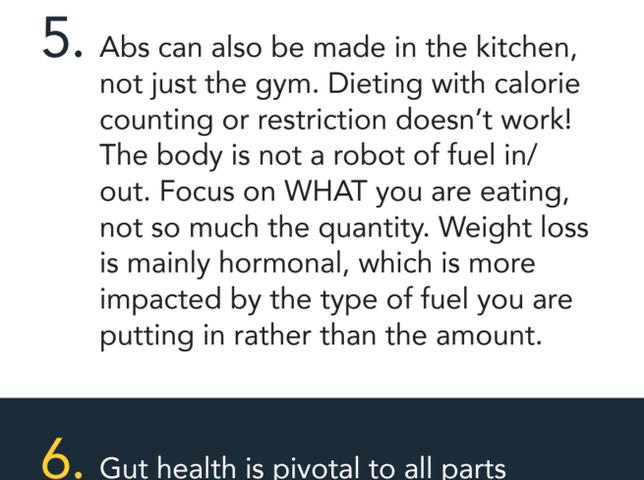
- 1. SLEEP.** Poor sleep will make you overweight. It affects your memory, your emotions and many of your body's biological functions. If you have poor sleep, you are more likely to develop heart disease, stroke, or dementia.



Many of us don't get enough sleep. You need 7-8 hours a night and if you achieve this you get more energy and less risk of depression. Plus you will be more creative and live longer!

Try to limit blue light in the evening as it disrupts your body clock causing poor sleep. Don't use your phone in the evening and cover your bedside clock. Make your bedroom suitable for sleep by keeping it cool, dark, and quiet.

- 2.** Think of your body like your car. You take your car in for a service (GP visit), you check the engine (heart), you put in quality oil (nutrition). You only get one body, you can't trade it in, so let's look after it.



- 3.** Now imagine driving that car with only 3 wheels, how far would you get before you damage it? The 4 Wheels of Health are Sleep, Timed Eating, Gut Health, and Nutrition. All are important components to amazing health. Without just one, it makes for a rough ride, even if everything else is on point.

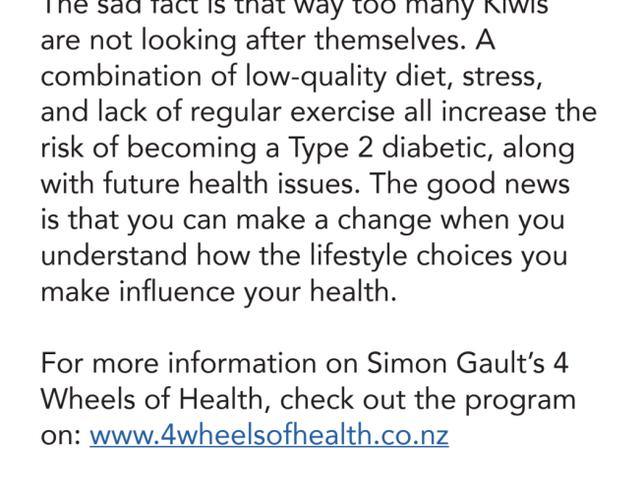
- 4.** Fill the gas tank with the right fuel. Rather than grabbing what is fast and easy, choose food that is not processed or full of hidden sugar.



Food can also be your medicine. For example, a curry with turmeric, garlic, and ginger gives health benefits as these spices support the immune system and reduce inflammation.

- 5.** Abs can also be made in the kitchen, not just the gym. Dieting with calorie counting or restriction doesn't work! The body is not a robot of fuel in/out. Focus on WHAT you are eating, not so much the quantity. Weight loss is mainly hormonal, which is more impacted by the type of fuel you are putting in rather than the amount.

- 6.** Gut health is pivotal to all parts of your health. Doing some simple things like adding in probiotic foods (sauerkraut, kimchi, tempeh) even just once a week works wonders. As does incorporating overnight oats (resistant starch) into your diet now and then. Love your bacteria and they will love you back!



- 7.** When you eat a high sugar processed food diet, it acts like Napalm to your gut bacteria. 85% of serotonin (a natural mood regulator) is made in your gut. Like you fertilize your garden or lawn, food is your gut bacteria's fertilizer.



- 8.** Sleep is often affected by stress. Try sharing your problems before bed as it will result in a better night's sleep and release Oxytocin — your built-in mechanism to naturally fight stress. Try meditation, box breathing exercises or chamomile tea. Even adaptogenic herbs like ashwagandha or holy basil can do some good for your stress hormone levels.

- 9.** Embrace the diet of Mediterranean countries (30% less cancer, 50-70% less heart disease). A diet high in vegetables, good protein, olive oil, fish. On average in NZ, we have 200mls/year/person of olive oil vs 25 litres a year in Mediterranean countries.



The sad fact is that way too many Kiwis are not looking after themselves. A combination of low-quality diet, stress, and lack of regular exercise all increase the risk of becoming a Type 2 diabetic, along with future health issues. The good news is that you can make a change when you understand how the lifestyle choices you make influence your health.

For more information on Simon Gault's 4 Wheels of Health, check out the program on: [www.4wheelsofhealth.co.nz](http://www.4wheelsofhealth.co.nz)