

12 PSYCHOSOCIAL-EMOTIONAL HEALTH STATUS

Set your compass heading for 2019 and find (or re-state) your '['Ikigai'](#) - your life purpose and meaning, your reason for being. Like any good sailor knows, without a definite compass bearing, your ship could run aground!

1 GENETIC AND EPIGENETIC BACKGROUND

Go on - overindulge for one day, but not for much longer - as you'll change your [gene expression](#).

11 PSYCHOLOGICAL AND COGNITIVE FUNCTION

Breathing and mindfulness techniques are a great antidote to holiday-induced anxiety. Take time out for a minute or so of [centering breathing](#) 3x a day. Don't knock it till you've tried it!

2 GLYCAEMIC CONTROL AND METABOLIC

Cut down on those carbs - put that extra roastie down! Go generous on [cinnamon](#) with sweet treats, and engage in an old-fashioned 'constitutional' (walk!) after your Xmas dinner to [blunt your blood sugar](#).

10 STRUCTURAL INTEGRITY STATUS

Our bodies are [built to move!](#) Load bearing exercise and strength training is easier to do at home than you think. Build and maintain muscle, oil your joints and keep healthy with short bouts of [body weight exercises](#). It's an evolutionary thang!

3 GASTROINTESTINAL SYSTEM AND MICROBIOME FUNCTION

Your gut bugs are going to be working overtime! Give them a well-earned rest by [fasting](#) for 5h between meals and [at least 12h overnight](#).

9 TOXIC BURDEN AND BIOTRANSFORMATION

When it comes to food and drink, quality trumps quantity. Source produce carefully, avoid ready-made, choose organic or buy from the farm gate. And your liver might thank you for some [milk thistle extract!](#)

4 MITOCHONDRIAL FUNCTION

Ho-ho-ho! Give your mitochondria this all-important boost with 3 friends & family-bonding [nitric oxide dump sessions](#) every day!

8 CIRCULATORY SYSTEM FUNCTION

Go anti-inflammatory and ['rainbow'](#) with your veg, load up on your [healthy fats](#) then get outdoors, [move naturally](#) and get that [lymph moving](#).

5 IMMUNE SYSTEM FUNCTION AND INFLAMMATORY STATUS

Remember that your [garlic, rosemary, sage and thyme](#), or your [ashwagandha, holy basil and ginger](#), aren't just for flavour. Be generous and go fresh where you can!

7 NEUROENDOCRINE SYSTEM FUNCTION

Keep your cool and balance your hormones these holidays by prioritising your sleep. Six to 8 hours in a [pitch black room](#) flicks the regeneration switch in your body.

6 OXIDATIVE STRESS STATUS

Don't [blacken or char](#) your meat and veg - even if blackened 'Brussels' appear oh-so 2018!



YOUR 'TERRAIN' AT CHRISTMAS