

# Metabolic Health News

## The engine for life

Issue 2 | April 2026 | For Metabolic Health resources please visit: [healthshelf.org](https://healthshelf.org)

## Meet the Team

Modern health challenges often require looking beneath the surface. At Wincanton Health Centre, our team focuses on the root causes of illness to help patients improve their Metabolic Health. This can help them see improvements in their symptoms within days to weeks. In this week's article, four of our specialists share their favourite metabolic "quick wins" to help you take back control of your energy and mood.

**Dr Rob Taylor** (GP with a special interest in metabolic health and lifestyle medicine)

**The Passion:** "I want to fix the root cause of health problems. Focusing on metabolic health tackles the most important root of all."

**The Tip:** Focus on your environment. Ensure your environment supports the habits you want to build.

**Go to habit:** Quality sleep is my ultimate energy source.

**Dr Campbell Murdoch** (GP with a special interest in metabolic health)

**The Passion:** "Poor metabolic health drains our energy, mood, and weight. But it can be improved significantly in just weeks."

**The Tip:** View exercise as a way to make today better—to unwind or socialise—rather than seeing it as a chore.

**Go to habit:** Prioritising high-quality protein at every meal.

**Megan Perrin** (Health Coach with a special interest in Metabolic Health)

**The Passion:** "It's easy to lose your 'why.' I help people connect their health goals to what matters most, like being active for their family."

**The Tip:** Reduce "decision fatigue." Design systems that make healthy choices automatic so you don't have to think about them.

**Go to habit:** Social connection. Staying mindful and active with others buffers the stress that drains our metabolic battery.

**Dr Rebecca Hiscutt, PhD** (Dietitian with a special interest in Metabolic Health)

**The Passion:** "Metabolic health gives patients hope. No matter where you are starting, you can take a step forward and feel in control again."

**The Tip:** Always look for what you can do. If an injury stops you from walking, could you try wall press-ups or light weights? There is always a lever you can move.

**Go to habit:** A "no-fuss" meal list on my phone. Having 3–4 simple ideas (like a salmon tray-bake or an omelette) prevents decision fatigue or choosing food that makes you feel more tired at the end of a long day.



# The String Test

**Metabolic health plays a vital role in how our bodies produce energy, regulate weight, balance hormones, and protect against long-term disease.** One of the simplest screening tools to check your risk is the “string test,” an easy way to estimate visceral fat—the fat stored deep in the abdomen around vital organs.

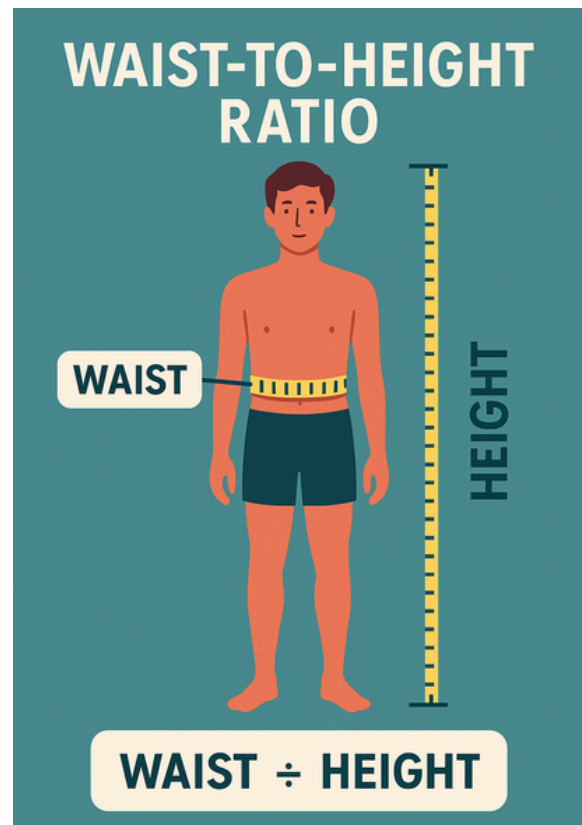
Visceral fat is not inert, it produces inflammatory compounds that may increase joint pain, anxiety and brain fog. Higher levels of visceral fat are strongly linked with insulin resistance, chronic low-grade inflammation, and disrupted hormone signalling. Over time, these changes may increase the risk of health conditions such as type 2 diabetes, heart disease, and non-alcoholic fatty liver disease.

How to check your waist-to-height ratio

You don't need a calculator or a scale—just a piece of string and your height.

1. Measure your height: Cut a piece of string that matches your height exactly.
2. Fold it: Fold that length of string exactly in half.
3. Wrap it: Wrap the folded string around your waist at its narrowest point (usually just above the belly button).

The Goal: If the folded string can comfortably wrap around your waist with the ends meeting or overlapping, your ratio is in the healthy range (under 0.5). If it doesn't meet, your waist is more than half your height, indicating increased metabolic risk.



## Why it matters

The string test is a quick, accessible way to monitor central body fat acts as a useful early indicator that lifestyle habits may need attention.

Small adjustments—such as improving nutrition, increasing activity, managing stress, and prioritising quality sleep—can have a powerful effect on metabolic health over time.

Why not try the string test today? It's a simple step that could help you better understand your health and support long-term wellbeing.

If your waist is more than half your height, visit [www.healthshelf.org](http://www.healthshelf.org) to find resources that can help guide your first steps toward reducing visceral fat and moving towards your health goals.