

Metabolic Health News

The engine for life

Issue 5 | August 2026 | For Metabolic Health resources please visit: healthshelf.org

Why Metabolic Health Matters More Than Ever

Metabolic health is the body's ability to efficiently use and store energy while keeping blood sugar, blood pressure and other key systems in balance. It influences how you feel every day and plays an important role in reducing your risk of developing many long-term health conditions, making it one of the most valuable aspects of health to improve.

Poor metabolic health is increasingly common and is linked to fatigue, increased waist size, type 2 diabetes, heart disease, high blood pressure and many other long-term health conditions. The encouraging news is that even small lifestyle changes can begin to improve metabolic health within days, with many people noticing better energy, improved mood and healthier habits within a few weeks.

The foundations of good metabolic health are surprisingly simple: eating real food high protein, moving to feel better, getting enough quality sleep, managing stress and reducing ultra-processed foods where possible. While these habits may sound familiar, making gradual, consistent changes is often far more effective than following restrictive diets or quick-fix solutions.

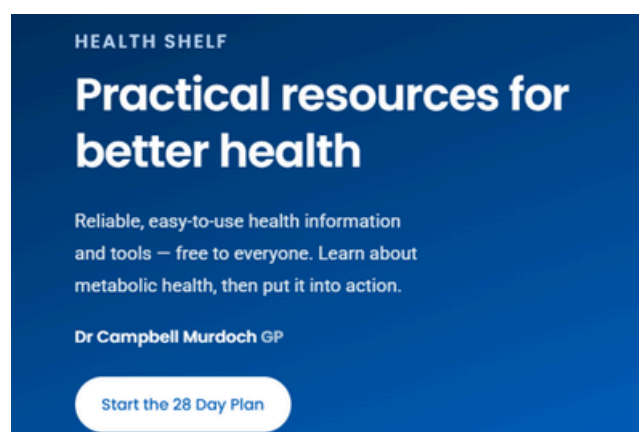
One practical resource available to anyone is the Metabolic Health 28 Day Plan from healthshelf.org, created by UK GP Dr Campbell Murdoch. Originally developed for NHS patients, the free programme explains the science behind metabolic health before guiding participants through a structured 28-day journey. People can choose a Rapid Results Plan with ten daily actions or create a personalised plan tailored to their own lifestyle and preferences. The programme focuses on five key foundations of health: nutrition, movement, sleep, environment and mindset.

Twenty-eight days is long enough to establish healthier routines while remaining achievable for most people. By taking one small step at a time, these positive changes can become lasting habits that support better health well beyond the first month.

Improving metabolic health isn't about perfection—it's about making realistic choices that fit your lifestyle. Small, sustainable changes made consistently can have a meaningful impact on your energy, wellbeing and long-term health.

Disclaimer: The information in this article is intended for general educational purposes only and should not replace personalised medical advice. Before making any significant changes to your diet, exercise routine or lifestyle, or if you have an existing medical condition or take prescribed medication, please speak with your GP or other qualified healthcare professional.

By Megan Perrin- Health Coach



HEALTH SHELF

Practical resources for better health

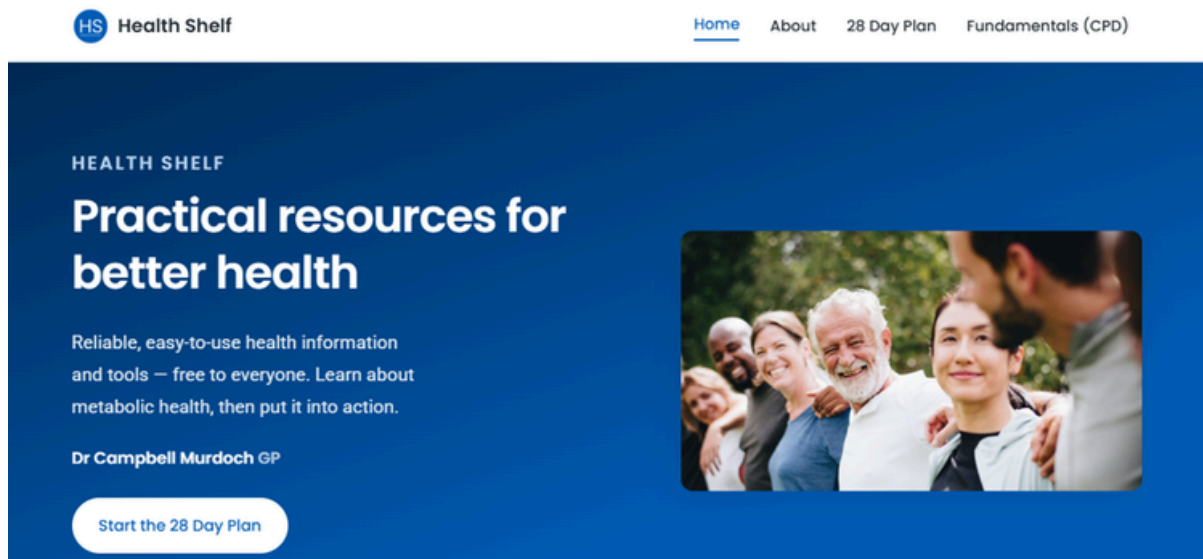
Reliable, easy-to-use health information and tools — free to everyone. Learn about metabolic health, then put it into action.

Dr Campbell Murdoch GP

Start the 28 Day Plan

Our Metabolic Health Resources

You can find Metabolic Health resources and information on Healthshelf.org



Dont forget to join us at Dulverton in September!

Discover the Power of Metabolic Health.

Free Community Talk at Dulverton Town Hall!

Are you feeling tired, struggling with your weight, concerned about your blood pressure, or simply looking for ways to improve your health and wellbeing?

Join us for our first Metabolic Health Talk at Dulverton Town Hall and discover how small, achievable changes can have a powerful impact on your health. This event is open to everyone in the community, including patients from Lister House Surgery and Exmoor Medical Centre, as well as anyone interested in learning more about improving their health.

What You'll Learn

- What metabolic health is and why it matters
- How metabolic health affects your energy, weight, sleep, mood, and long-term health
- Simple ways to measure and monitor your metabolic health
- Practical steps you can start straight away to improve your wellbeing

METABOLIC HEALTH

Do you want to feel well, have more energy, a better mood and a slimmer waist?
Learn what metabolic health is, how to measure it, and how to improve it. Then put your 28 Day Plan into action.

GP with a special interest in Metabolic Health

Dr Campbell Murdoch

Dietitian with a special interest in Metabolic Health

Dr Rebecca Hiscutt PhD

**Dulverton Town Hall
TA22 9EX
Wednesday 16th September
Opens at 6pm
Talk starts at 6:30pm**

Everyone is welcome!
This event is on behalf of Symphony Exmoor and Lister House Health Centre.