

Metabolic Health News

The engine for life

Issue 6 | September 2026 | For Metabolic Health resources please visit: healthshelf.org

Join us in Dulverton on the 16th 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.

Come along to:

- Learn what metabolic health is and why it matters
- Understand some of the key factors that influence our health
- Discover simple changes that can support better energy and wellbeing
- Learn practical strategies you can take away and put into practice
- Learn what the Metabolic Health 28 Day Plan is

You don't need to be unwell to benefit from improving your metabolic health. Wherever you are starting from, there are often small steps that can help you feel better and support your health for the future.

Everyone is welcome — come along, learn something new and discover what small changes could make a big difference to your health.



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.





Dulverton Town Hall

Our Womens Health Resources

You can discover our Womens Health Resources on the Wincanton Health Centre Page!

Following our fantastic Women's Health event, where we explored the important relationship between women's health and metabolic health, we've created a collection of resources to help women better understand and support their health.

These resources were created by Dr Rebecca Hiscutt PhD RD, Dietitian, and Dr Naomi Startin, GP, and include information on hormones, nutrition, metabolic health and wellbeing.

Our Women's Health resources provide practical, evidence-based guidance to help you understand your health, support your energy levels and make positive changes that can fit into everyday life. It explores areas such as nutrition, movement, sleep, stress and metabolic health, with a focus on building sustainable habits rather than quick fixes.

Women's Health	
Helpful Documents	
NAVIGATING PERI- MENOPAUSE & BEYOND - THE METABOLIC CONNECTION	+
RESET ACTION PLAN	+
SUPPORTING ENERGY AND BALANCE THROUGH THE MENSTRUAL CYCLE	+
Helpful Videos	
WOMEN'S HEALTH WITH DR NAOMI STARTIN (GP)	+
WOMEN'S HEALTH WITH DR REBECCA HISCUTT (DIETITIAN)	+

Explore our Women's Health resources:
<https://wincantonhealth.co.uk/womens-health/>

Metabolic Health Food Inspiration



Parma Ham Egg Muffins

Omlette Mix: Egg, Small amount of milk and cheese.
Line tin with parma ham.
Bake for 5-10 mins until cooked all the way through



Chicken Tomato Bake

2 chicken breasts- make a pocket down the middle of the chicken breast so you can add in tomato puree, cheese and seasonings. Cook for 20-30 mins. Add a side salad or veg.



Chopped Chickpea Salad

Finely chop lettuce, chickpeas, tomato, cucumber. You can add avacado and other salad items to your taste. For taste you can squeeze a lemon on top or a little bit of olive oil.