

5 emerging health themes I've noticed



Over the last few years, I've noticed some consistent themes emerging in the health of my clients.

Recent health themes

1. Many more people are suffering from extreme fatigue. Fatigue has always been a consistent theme but it seems to be even more common now.
2. Many people are bringing in blood test results showing low white blood cell numbers. This indicates that the immune system is potentially compromised. For some this has correlated with them getting sick more often and more easily while for others it hasn't. It is a bit of a mystery and somewhat of a concern.
3. The incidence of allergy has definitely risen with allergy now amongst the fastest growing chronic conditions in Australasia. In fact, it is predicted that by 2050 the prevalence of allergic diseases will increase by 70%
4. There seems to be more autoimmune conditions and more regular and extreme flare ups of existing autoimmune conditions.
5. Anxiety, depression and mental health issues are also far more prevalent now than ever before.



General immune dysfunction

Essentially there seems to be more generalized immune dysfunction now. I believe a key driver is the heightened level of stress people are now experiencing. This comes from concerns about escalating levels of violence and unease around the world as well as cost of living pressures and the disruption to life in general in recent times.

What do we need to do

We need to consider what our bodies need and nurture ourselves physically, mentally and emotionally. We are not the invincible beings we felt we were as teenagers. Maybe we need to regularly stop, check in without selves, and reflect on our mental, physical and emotional wellbeing. That way we can assess how we are feeling, know when something feels out of balance, and take the time to nourish and care for our bodies, giving them the attention they deserve.