

Integrative
& Personalised
Medicine 24

25 YEARS AS A DOCTOR
100,000 consultations:

80%

of the diseases are
stress-related, characterized by
chronic inflammations



The lifestyle of the past + the tools of the future = SUSTAINABLE HEALTH



External threat: **infection**

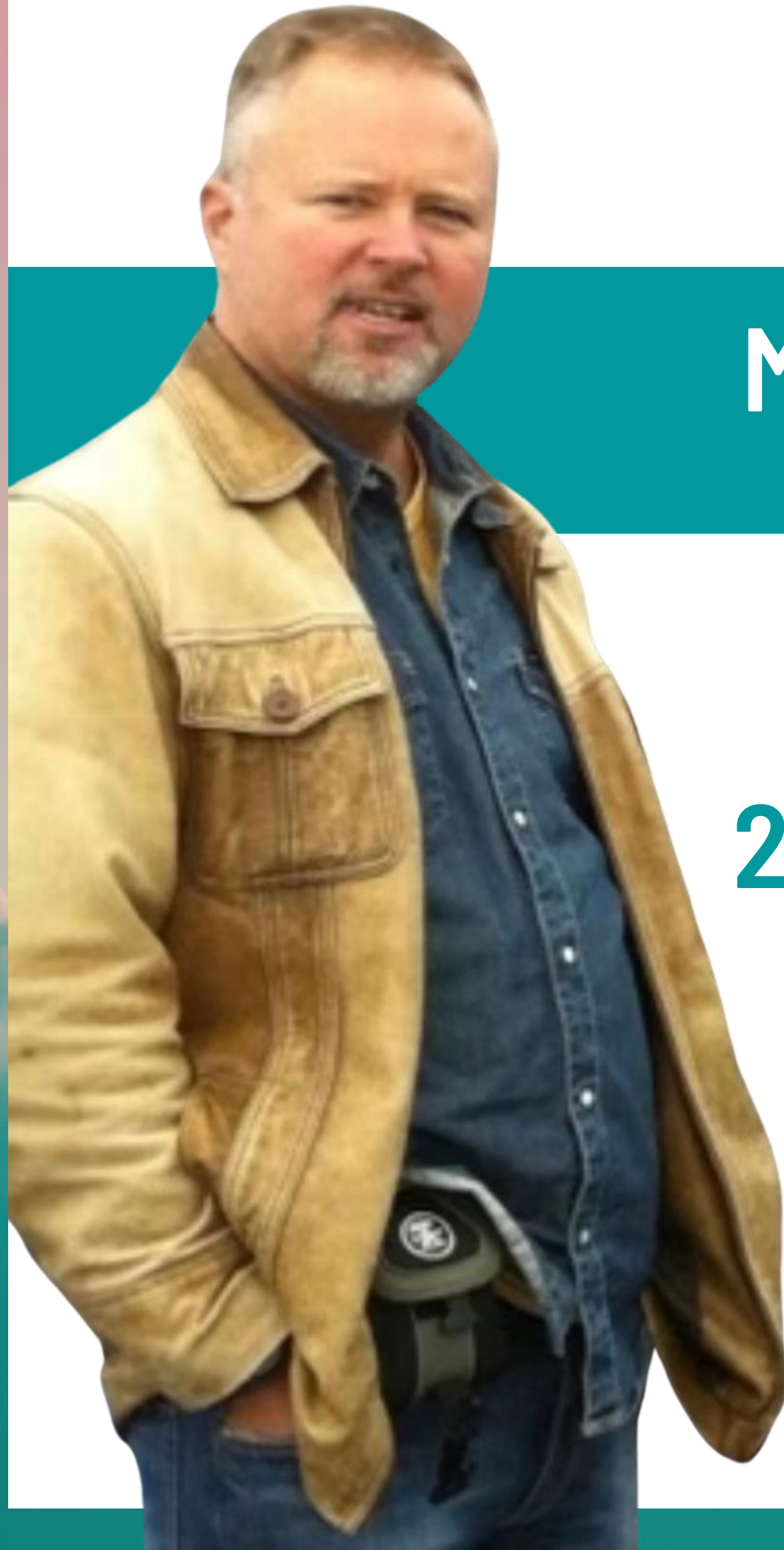


Internal threat: **inflammation**

MY HEALTH JOURNEY

2011

2023



Overskudd.no

Firstbeat



WEARABLES = STRESS MONITORS

Whoop



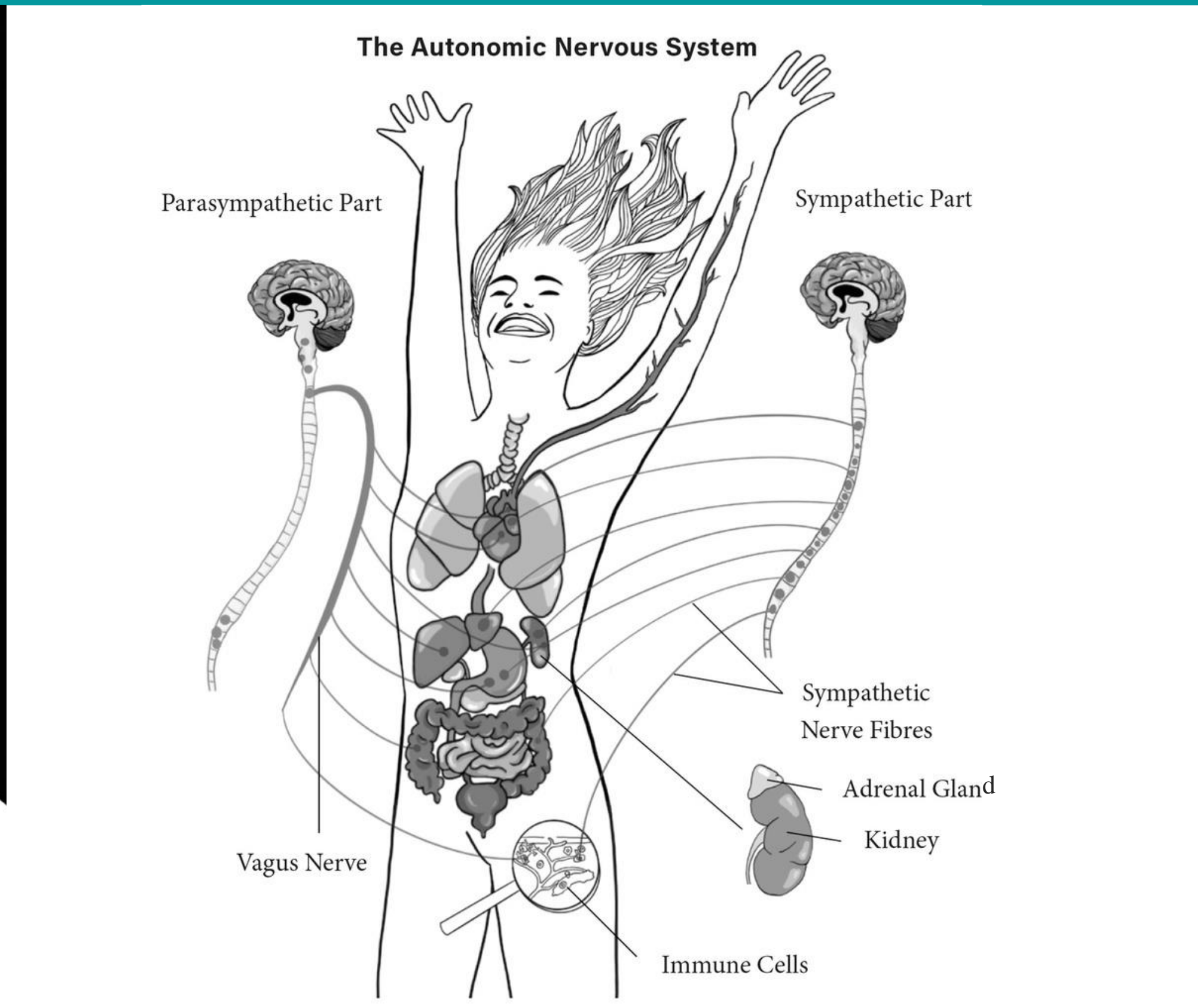
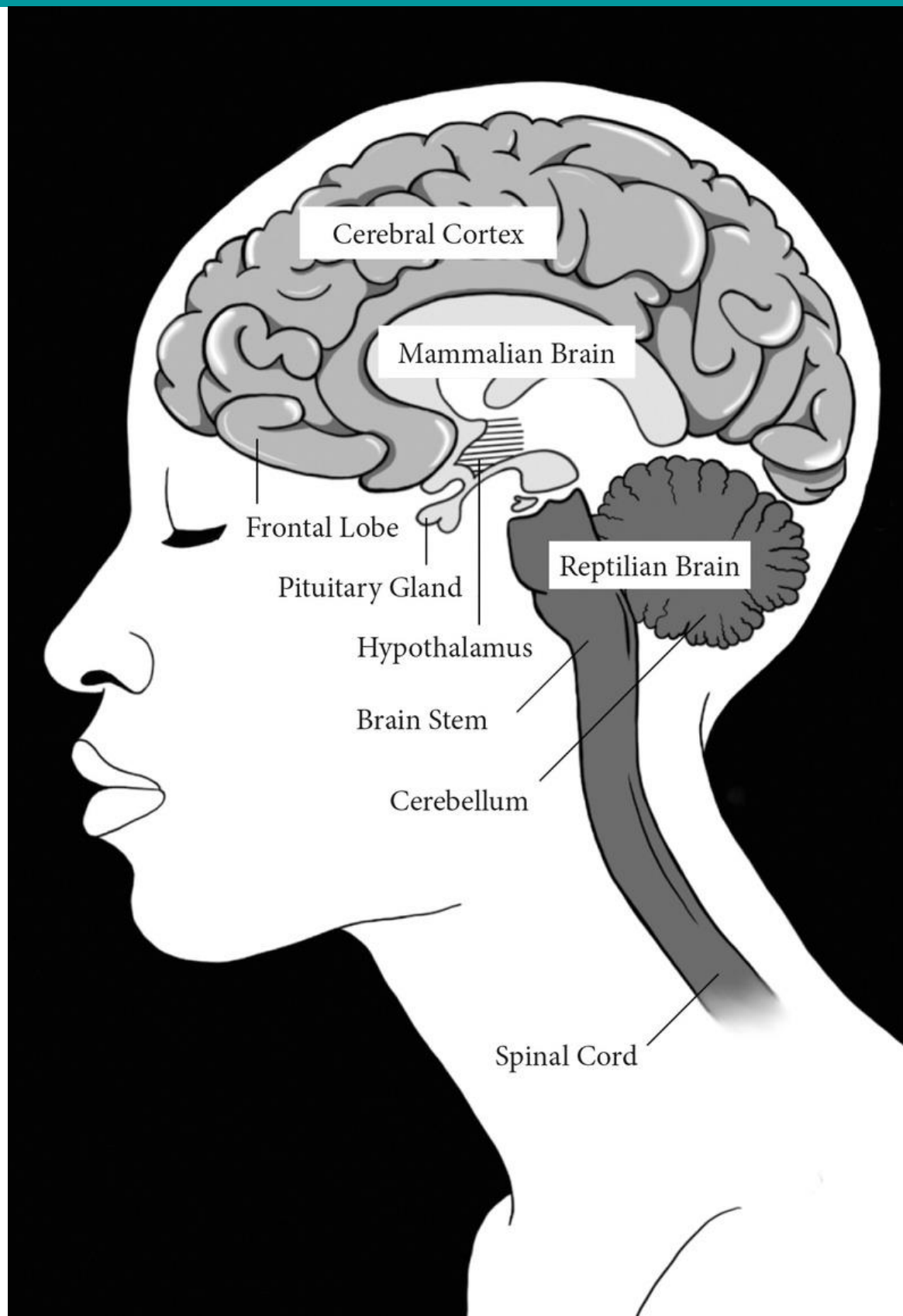
Garmin



Oura



OUR INNER, LIVING FOSSIL



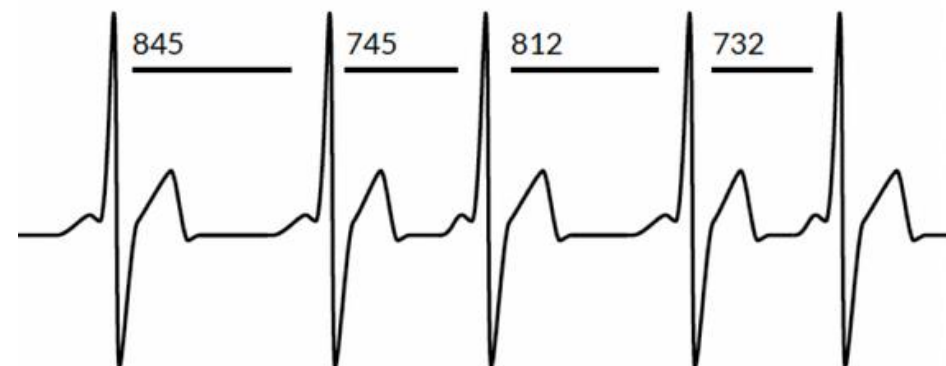
THE AUTONOMIC NERVOUS SYSTEM

Heart rate variability/HRV

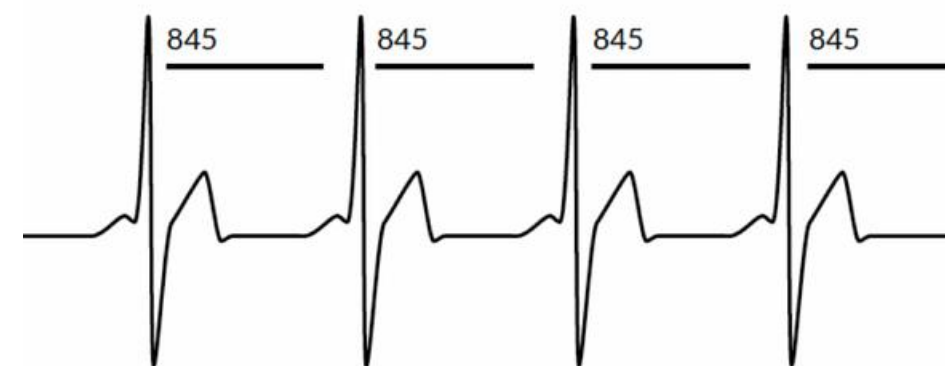
Parasympathetic mode



Sympathetic mode



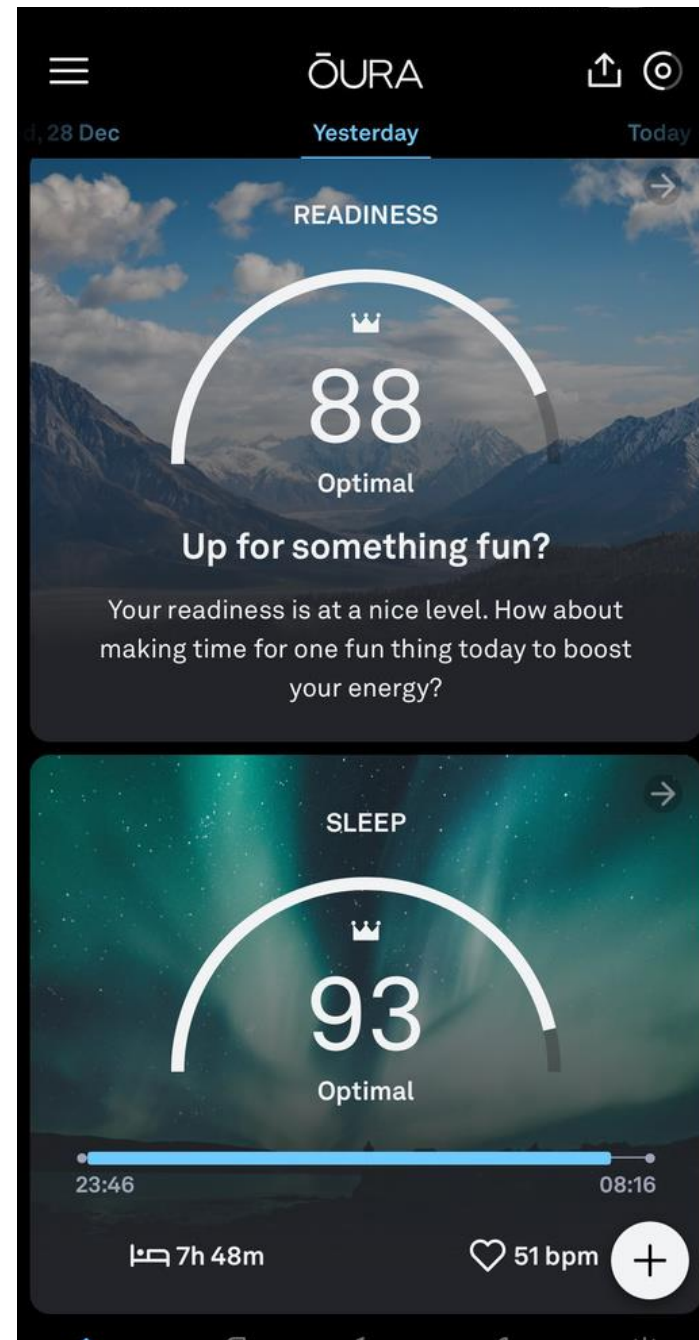
High HRV



Low HRV

PHYSIOLOGICAL SPEEDOMETERS

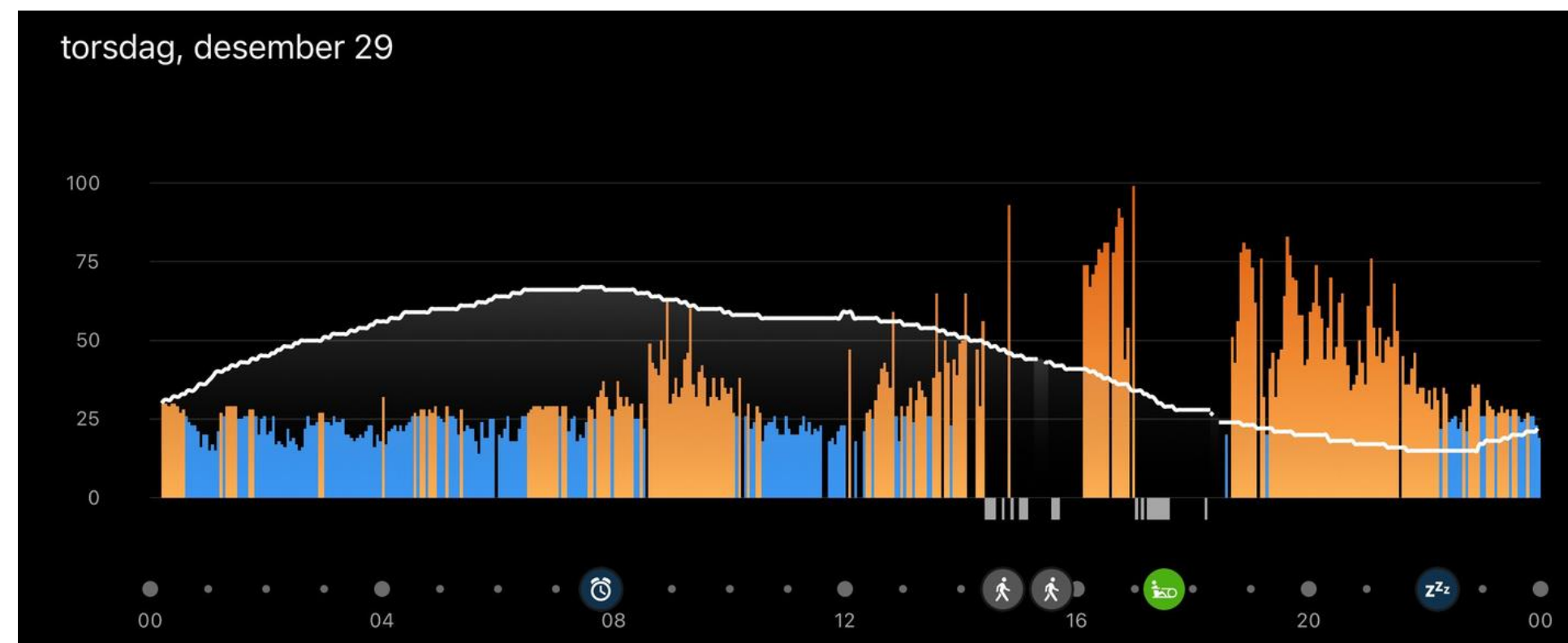
Oura



Whoop



Garmin



OBVIOUS STRESS

Job stress

Restlessness

Life crises

Disease

Time squeeze



OBVIOUS STRESS

Job stress
Life crises

Restlessness
Disease
Time squeeze

Poor sleep
Diet
Mealtime

Alcohol
Nicotine
Medication
Menstrual cycle

HIDDEN STRESS

Undiagnosed disease
Altitude
Poor fitness
Childhood trauma
Heat
Lack of sunlight
Daily activity

BETTER HRV: INSTANT REWARDS

- Better sleep, energy and concentration
- More willpower
- Less irritability, bloating, headache, pain, brain fog, tiredness and migraine
- Weight loss
- Less flu and cold infections
- Less risk of burn-out/fatigue



LONG TIME REWARDS



AVOID DISEASES ASSOCIATED WITH LOW HRV

Cancer

Heart disease

Dementia

Stroke

Parkinson

Hypertension

Depression

Anxiety

Prostate disease

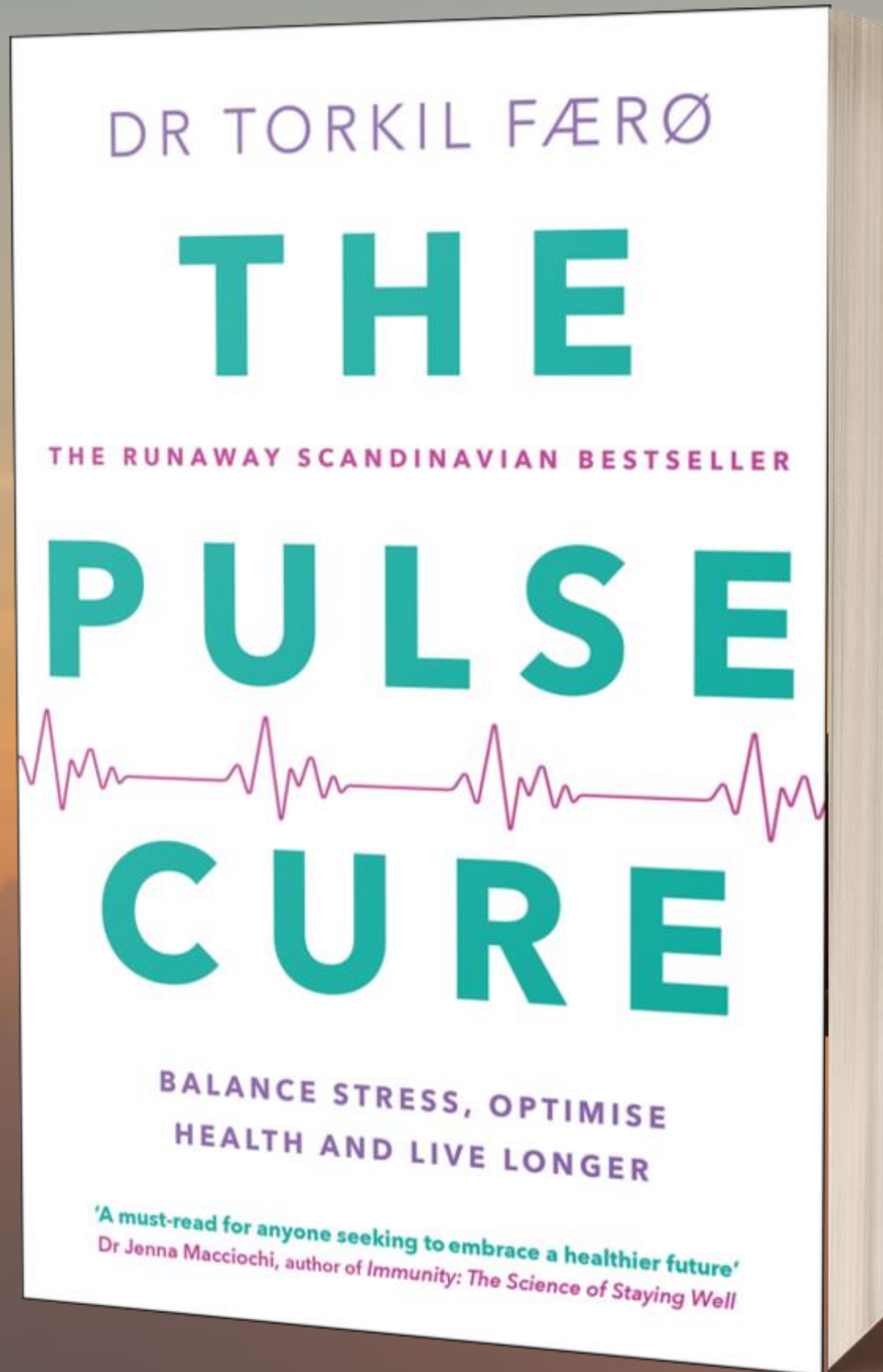
Infertility

Metabolic syndrome

Autoimmune diseases

Death from any cause

EXPEDITION STAGES

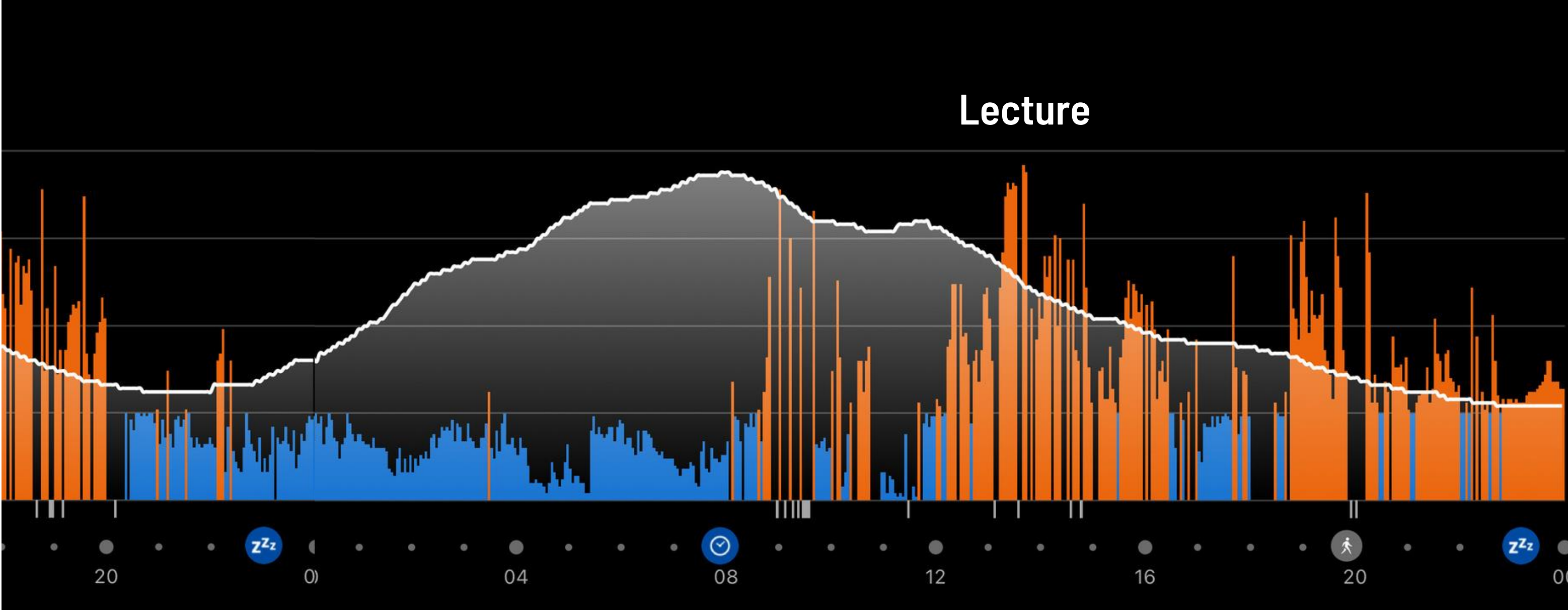


Sleep
Stress
Movement
Active rest
Diet
Alcohol
Menstrual cycle

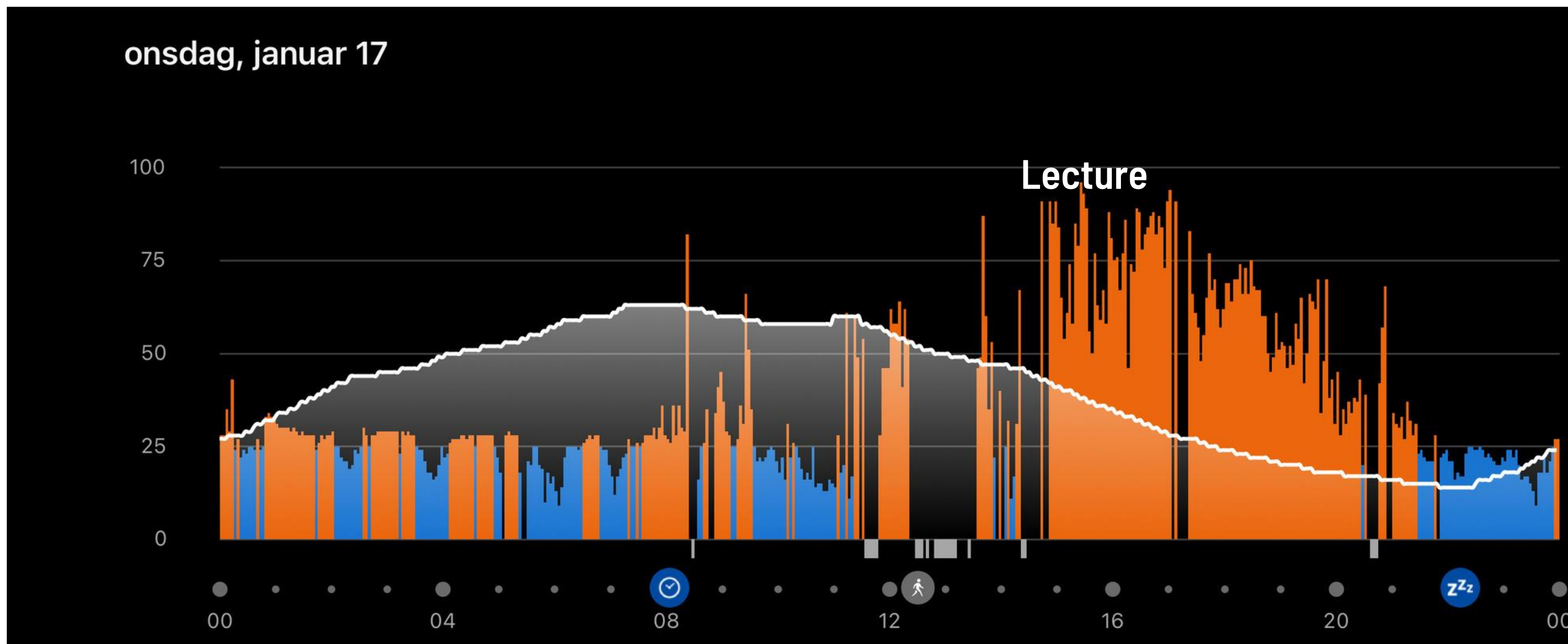
SLEEP



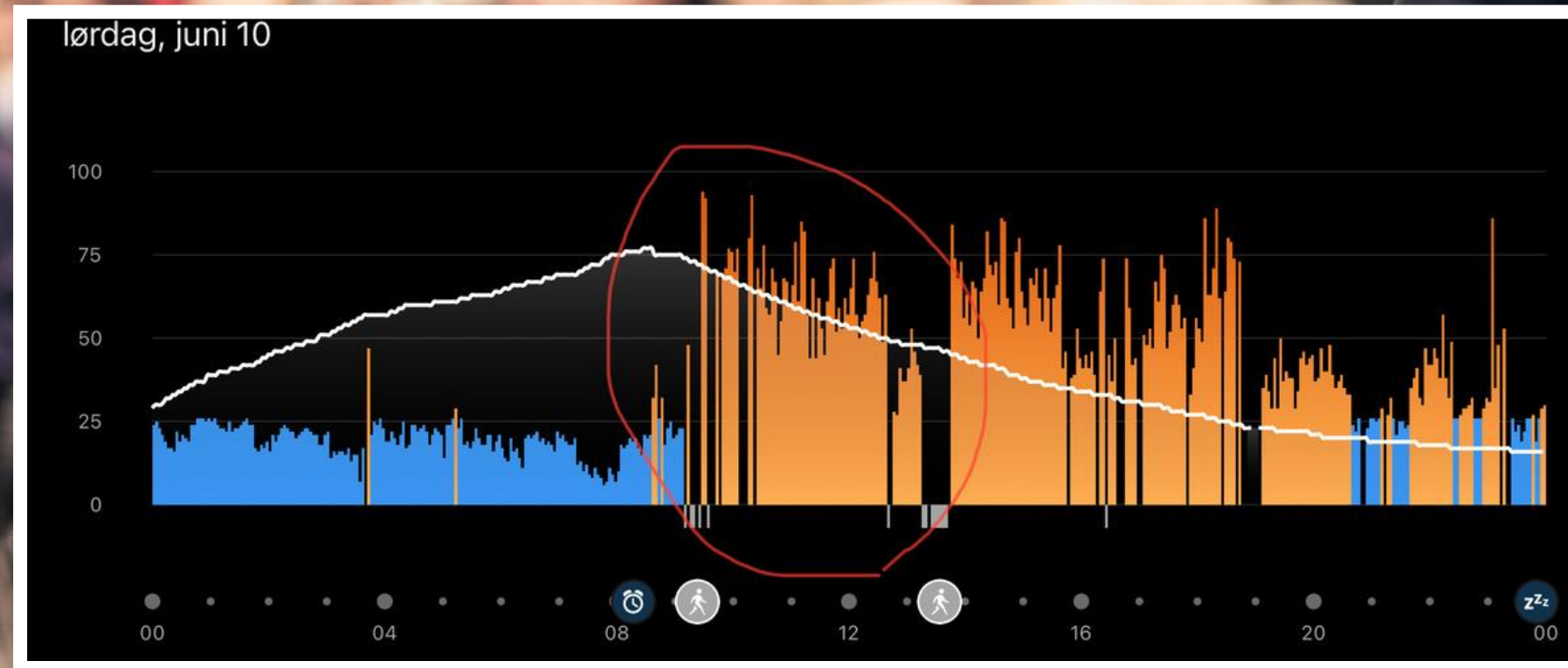
GOOD RECOVERY



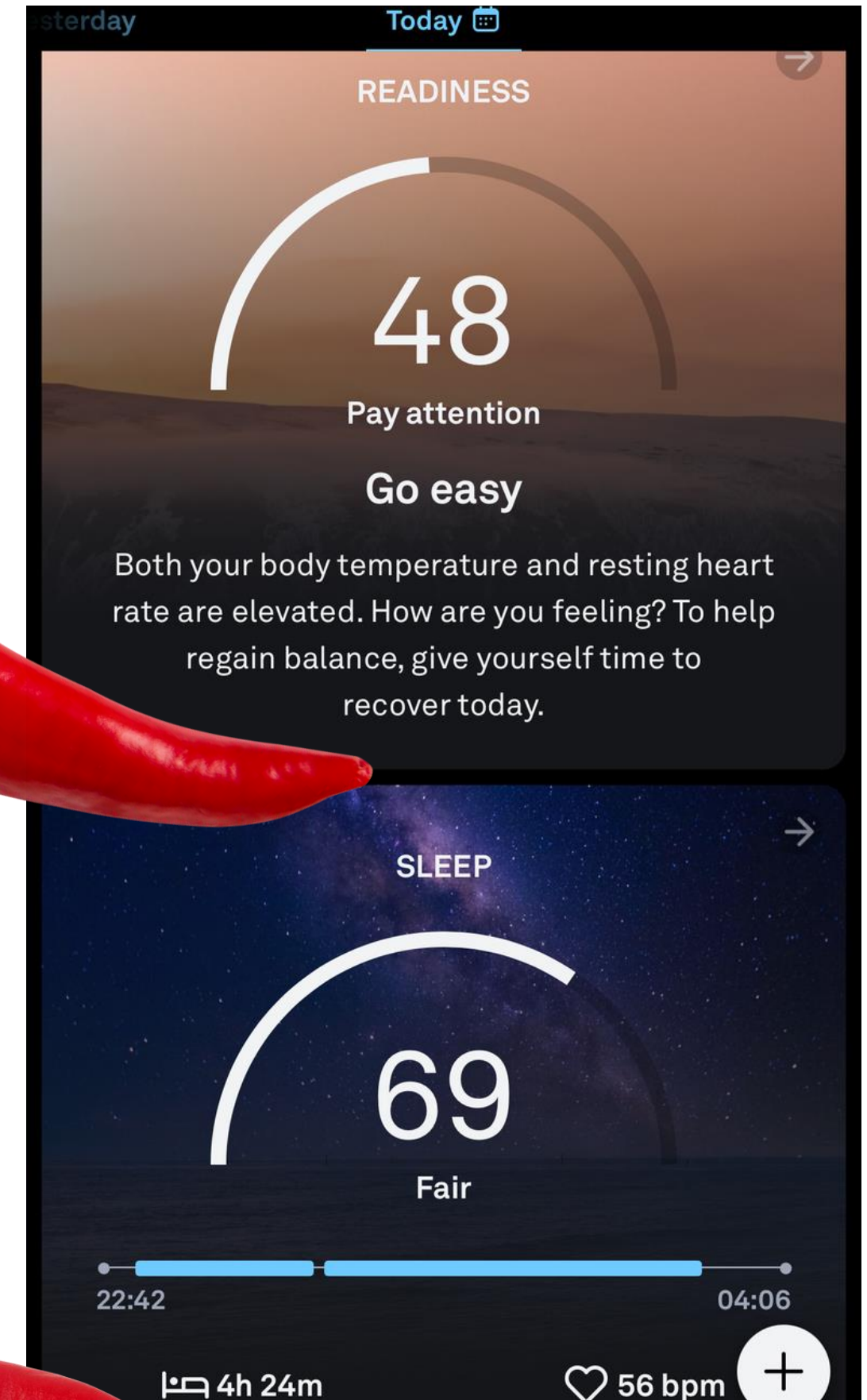
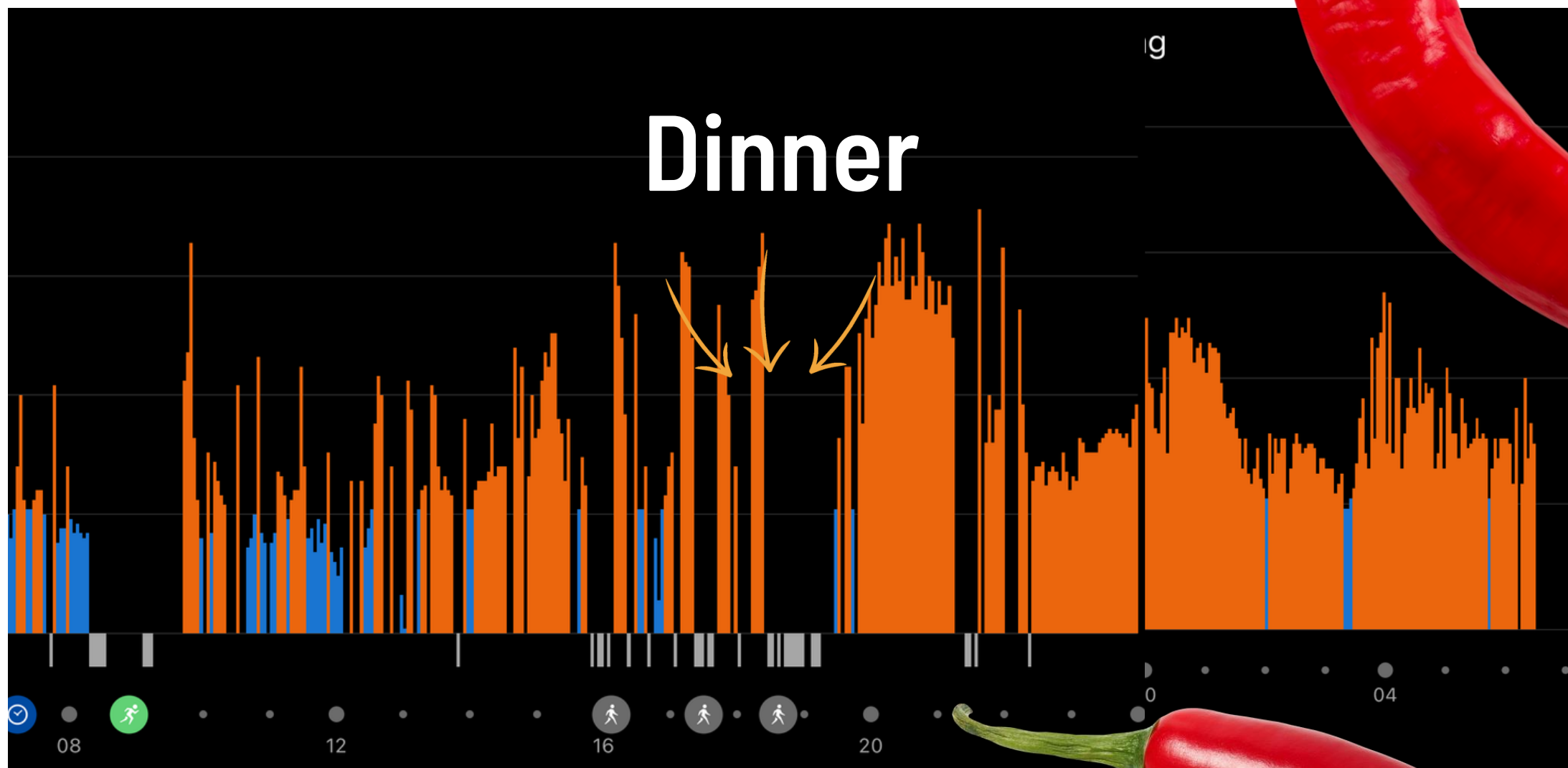
BAD RECOVERY



STRESS



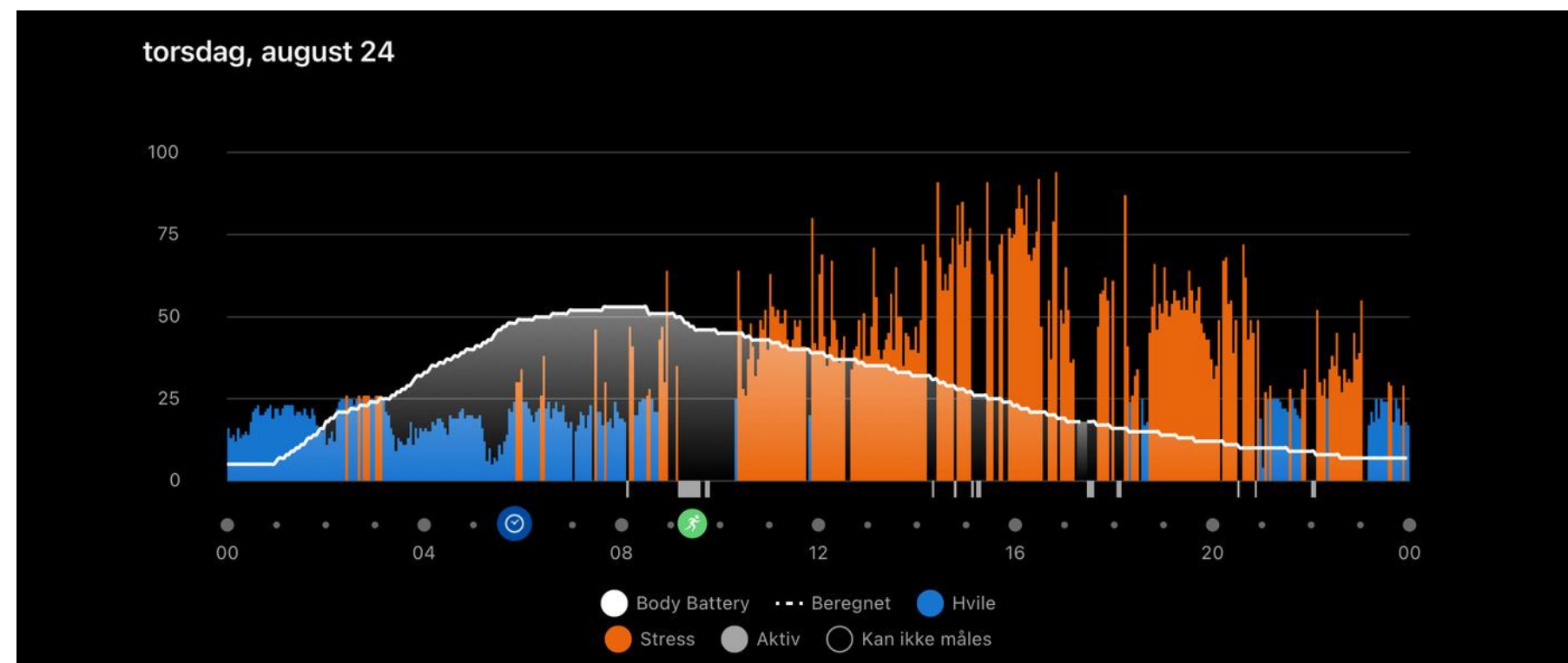
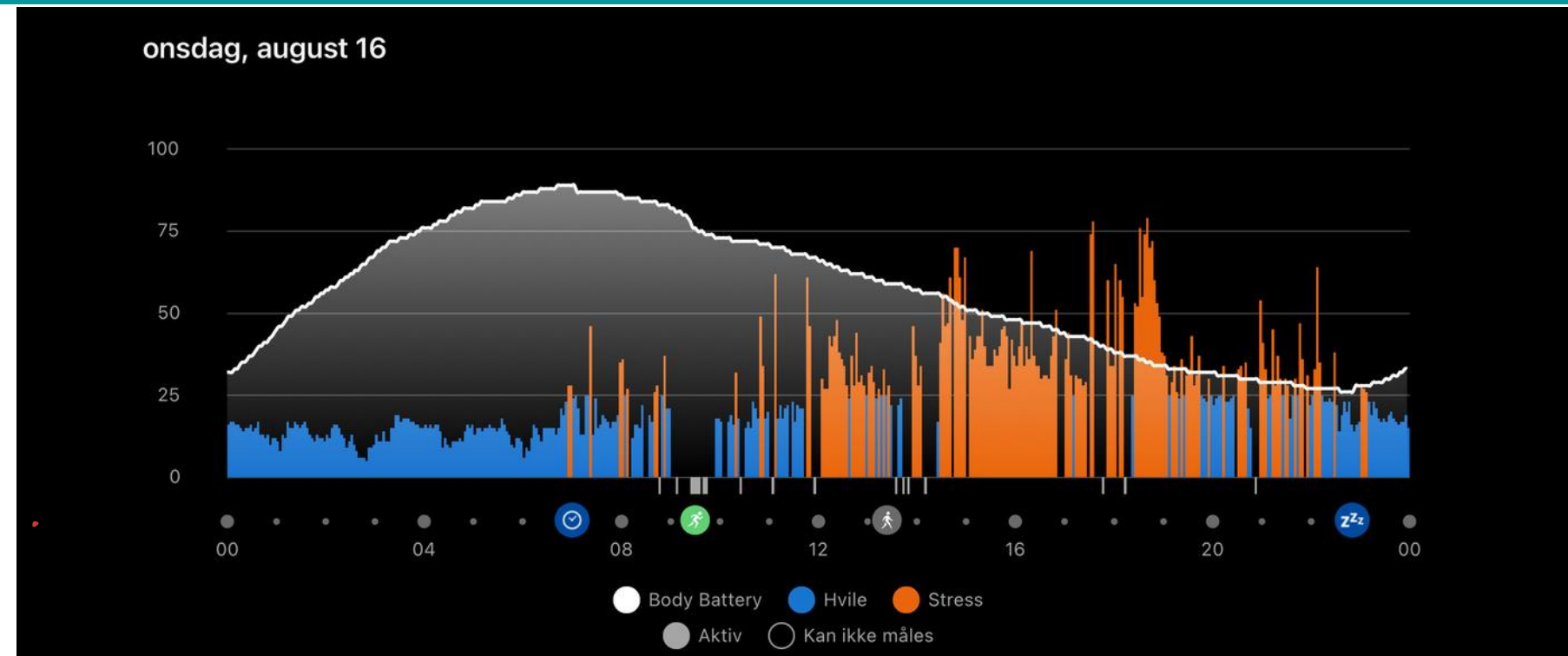
CHILI STRESS!



MOVEMENT



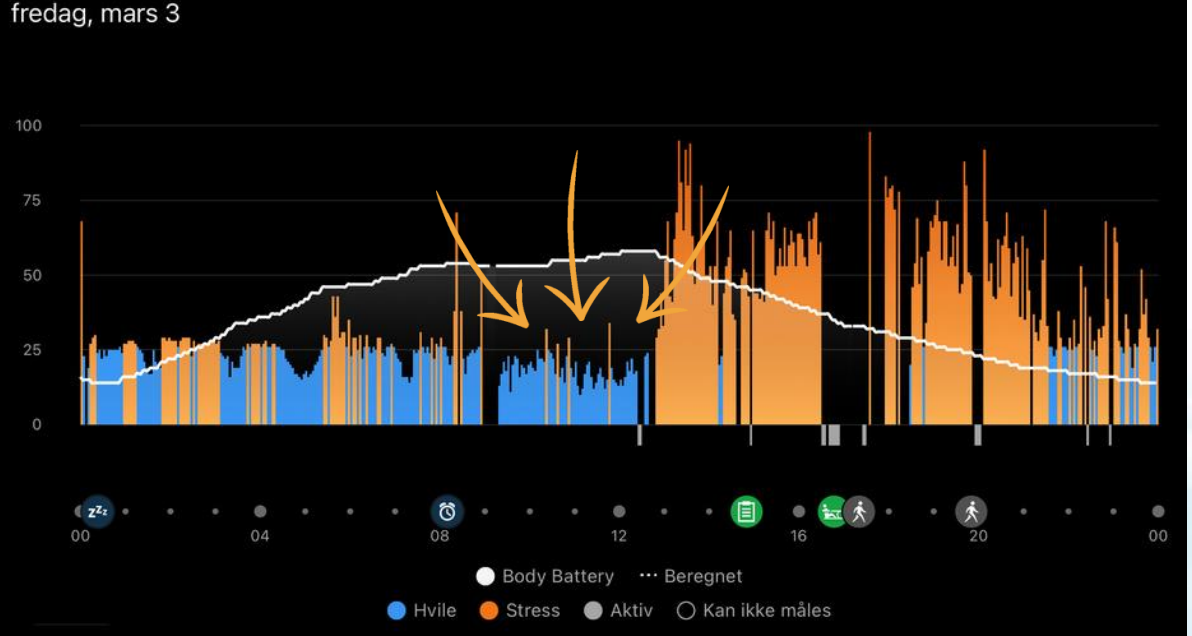
HIGH/LOW TRAINING ABILITY



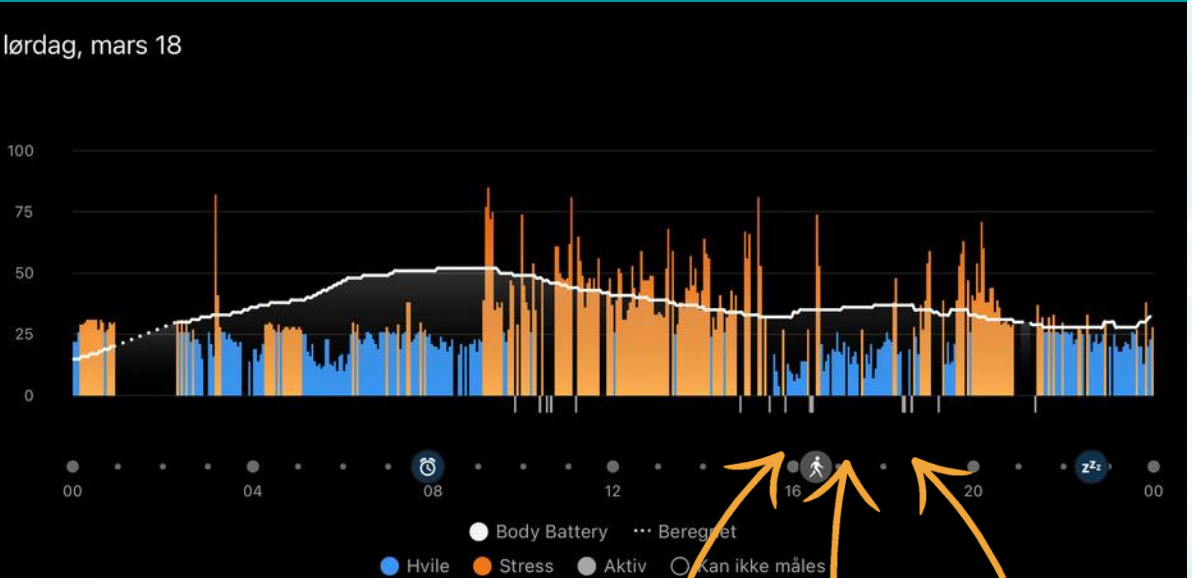
ACTIVE REST



COLD SHOWER, 2 MIN



COLD PLUNGE + SAUNA

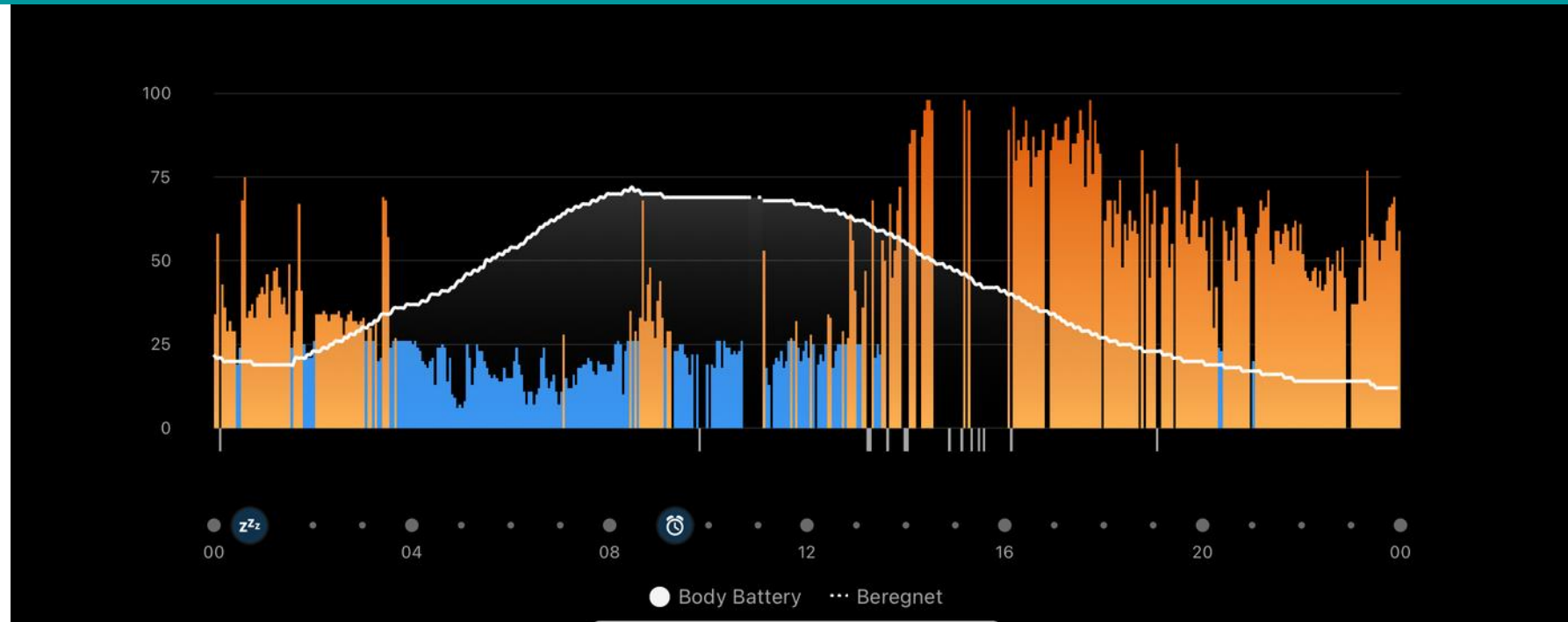




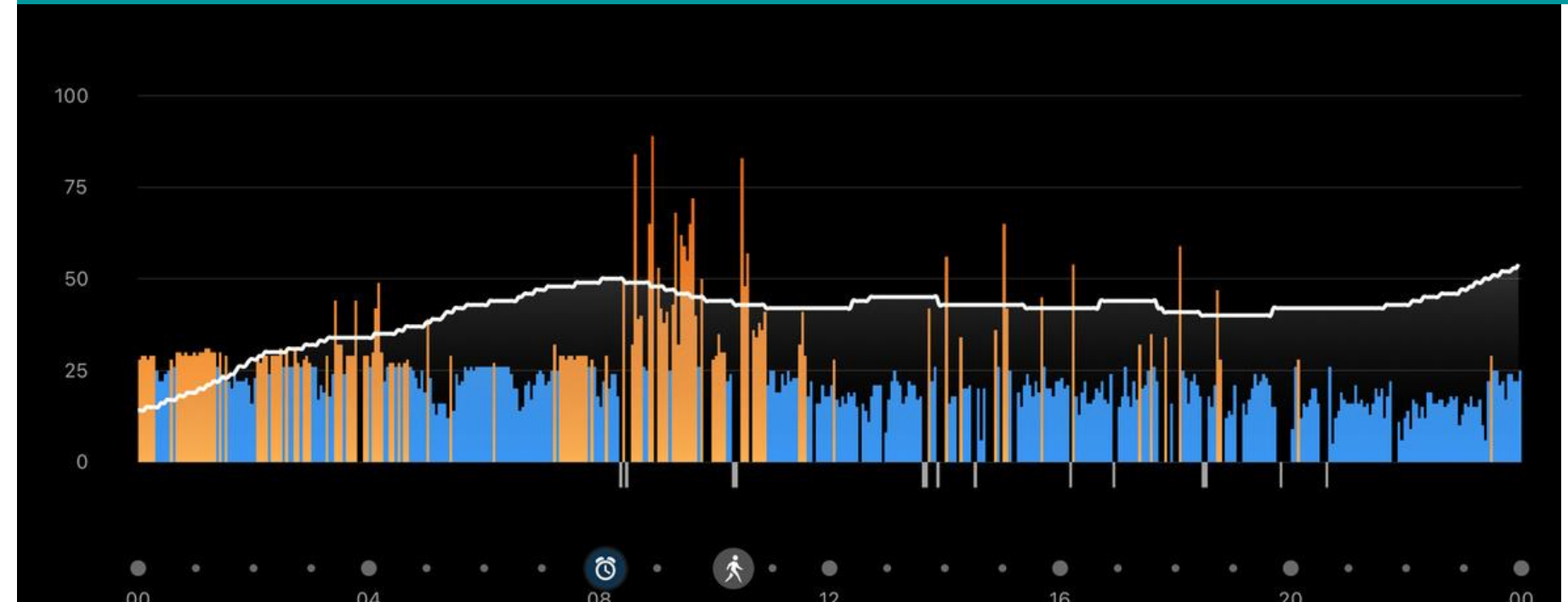
DIET



CHRISTMAS DAY

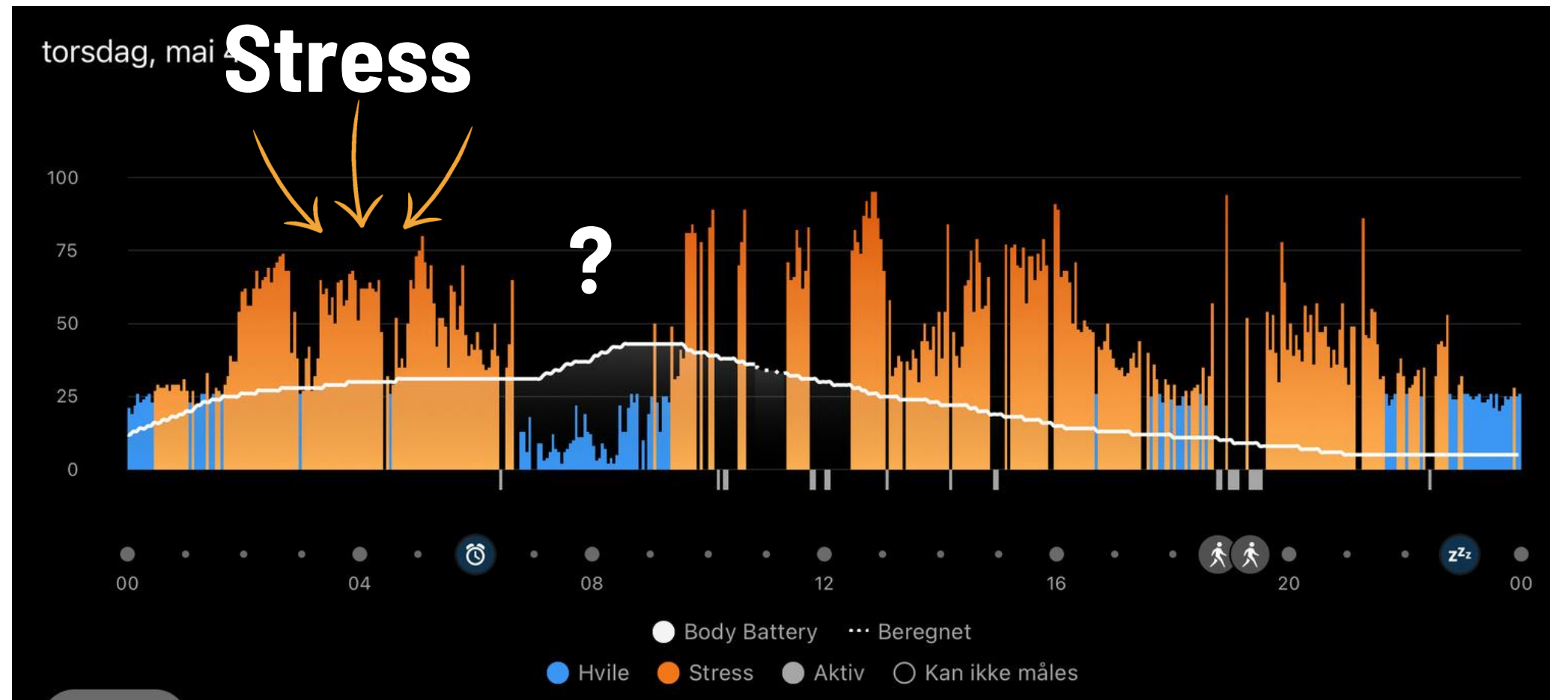
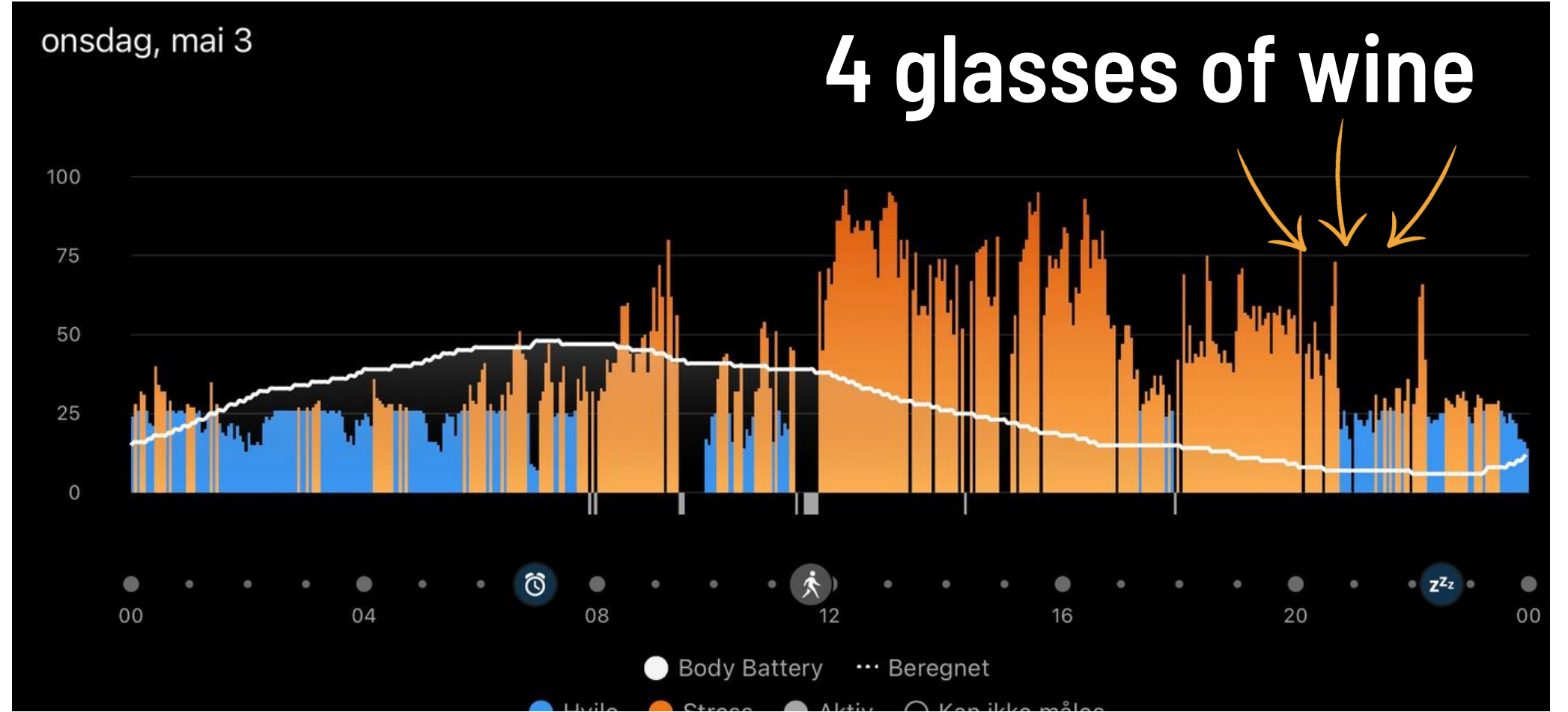


FASTING DAY



LIQUID STRESS



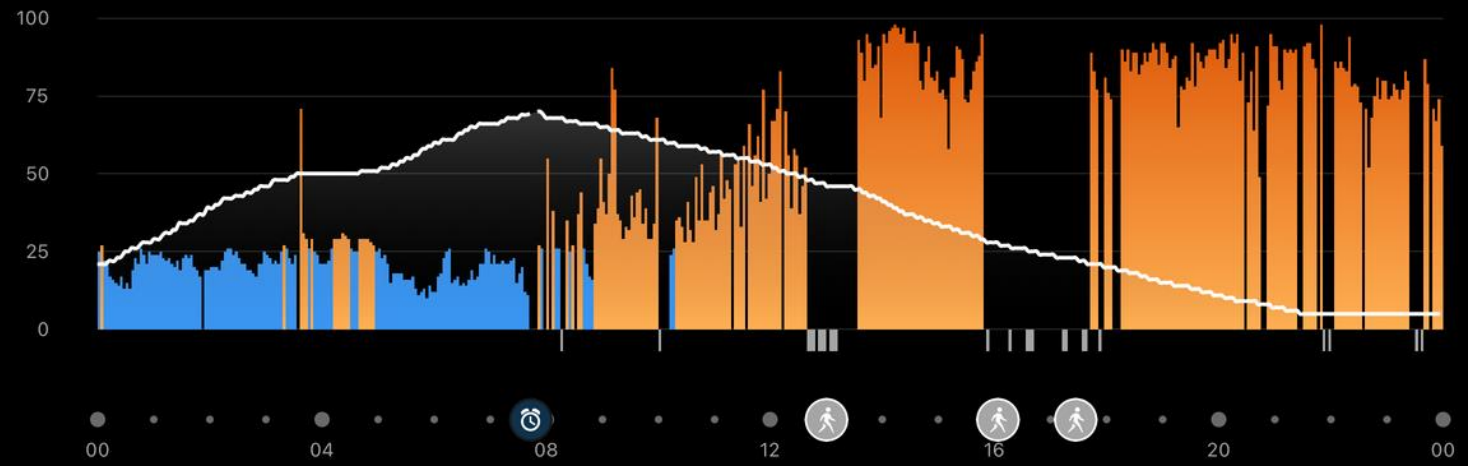


DISEASE



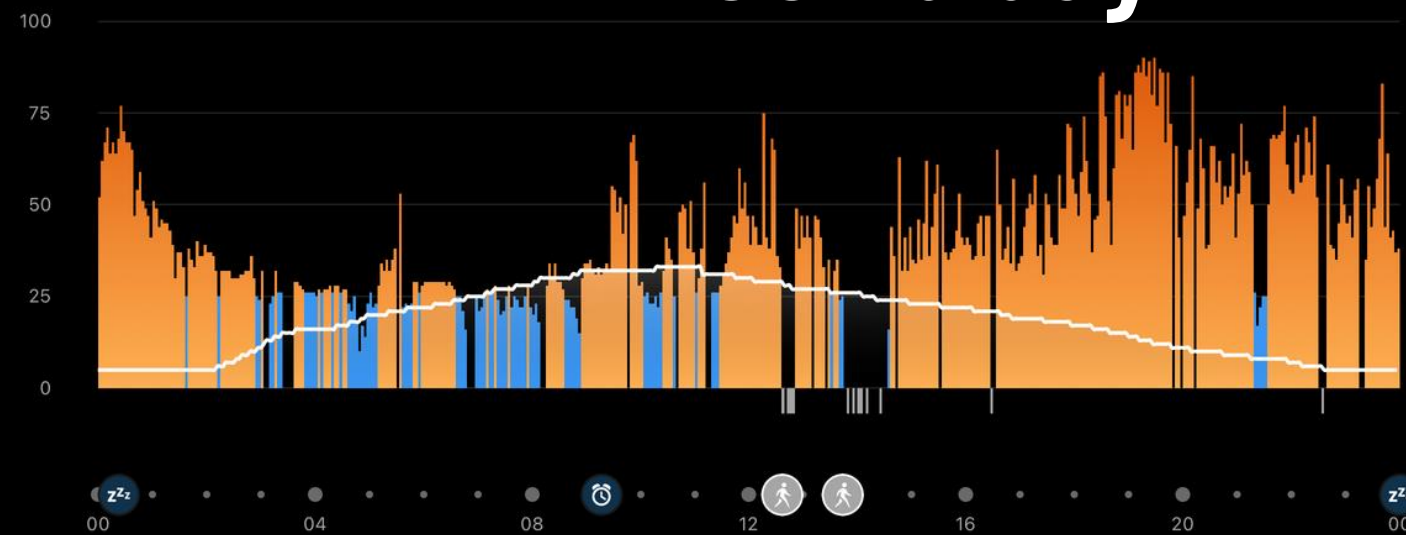
tirsdag 11. jan. 2022

Covid day 1



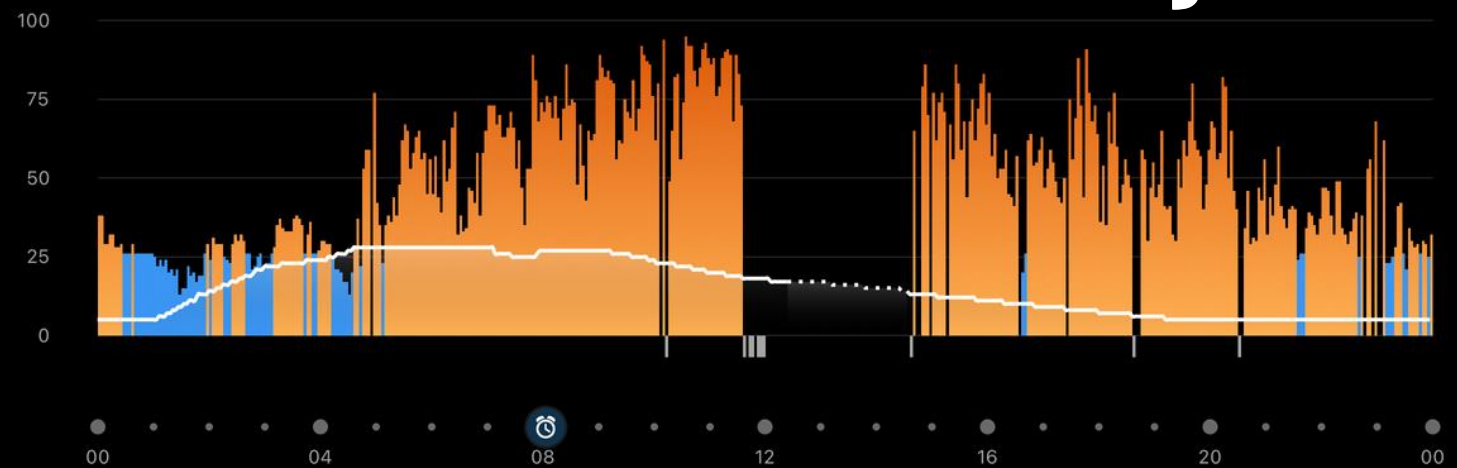
onsdag 12. jan. 2022

Covid day 2



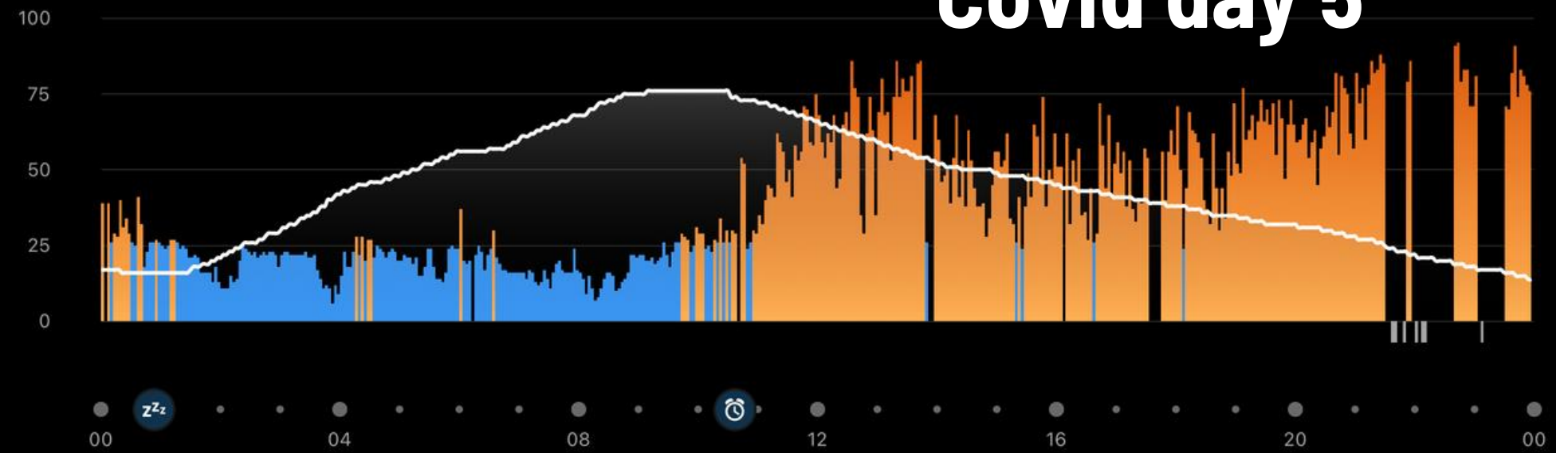
torsdag 13. jan. 2022

Covid day 3



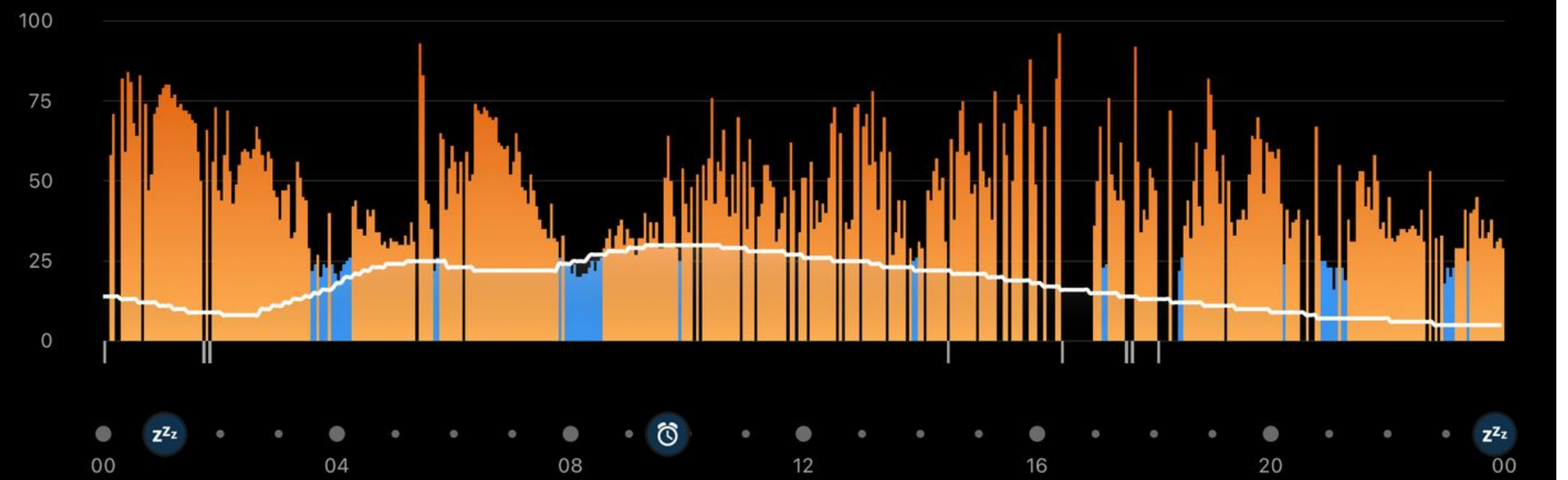
lørdag 15. jan. 2022

Covid day 5

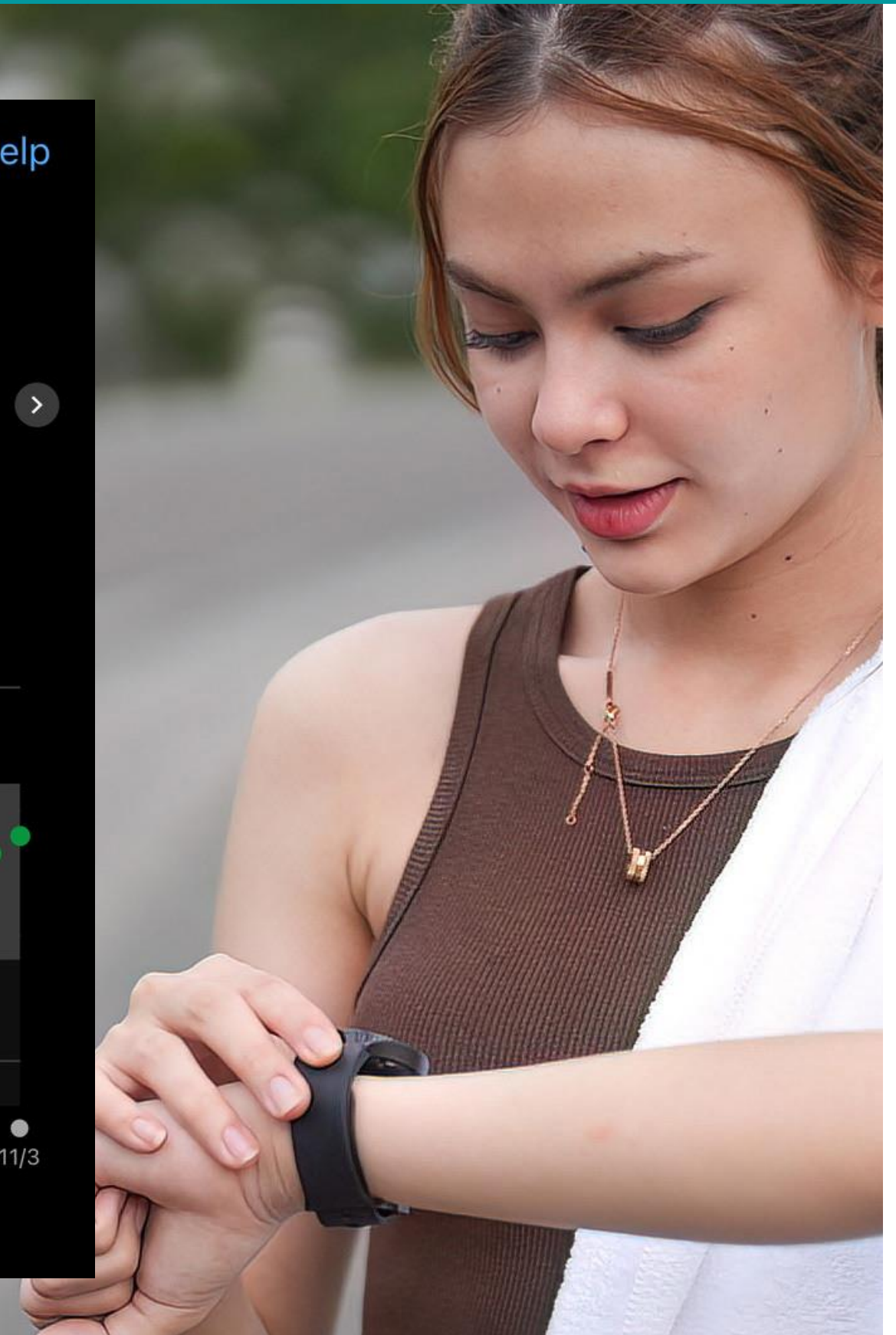
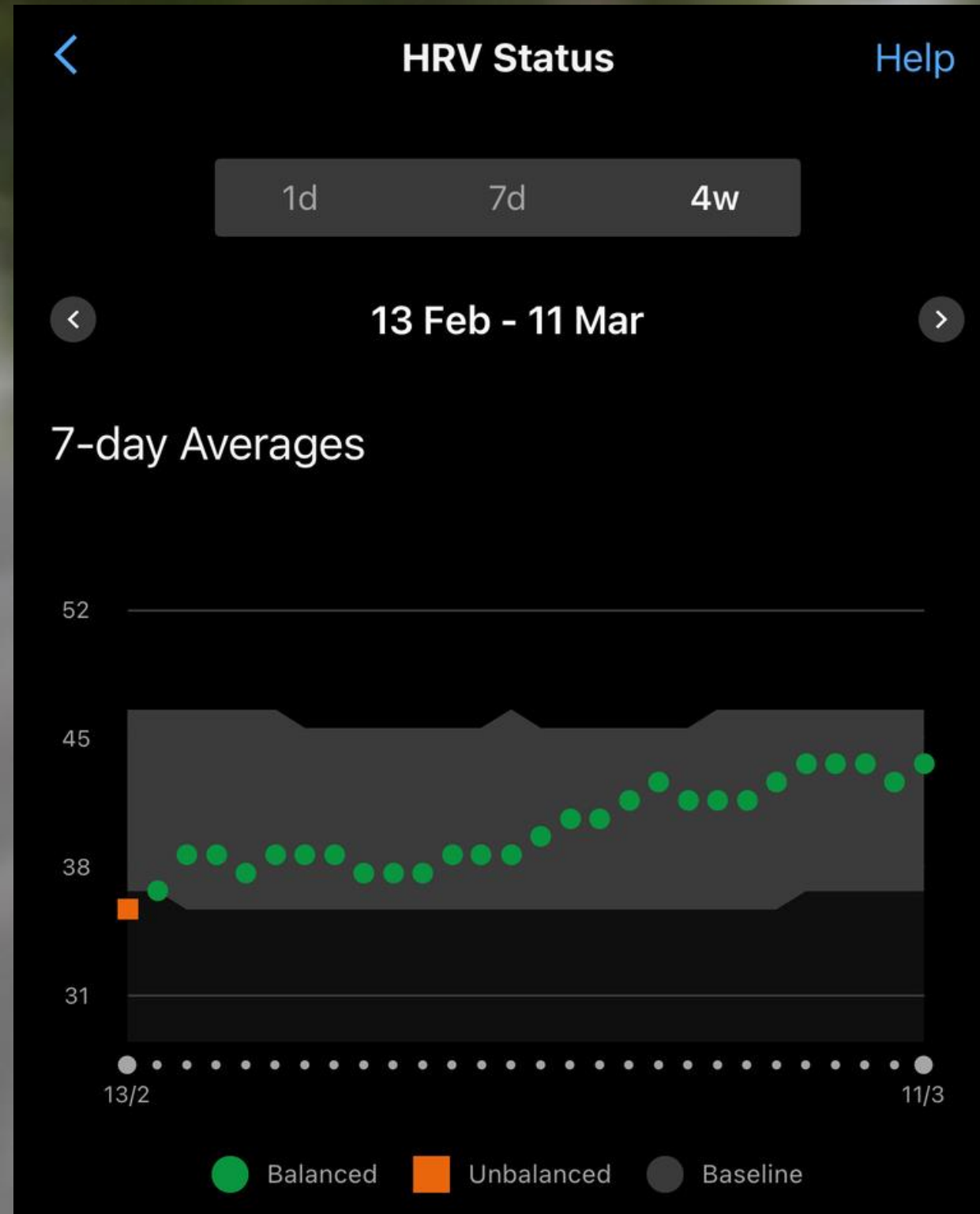
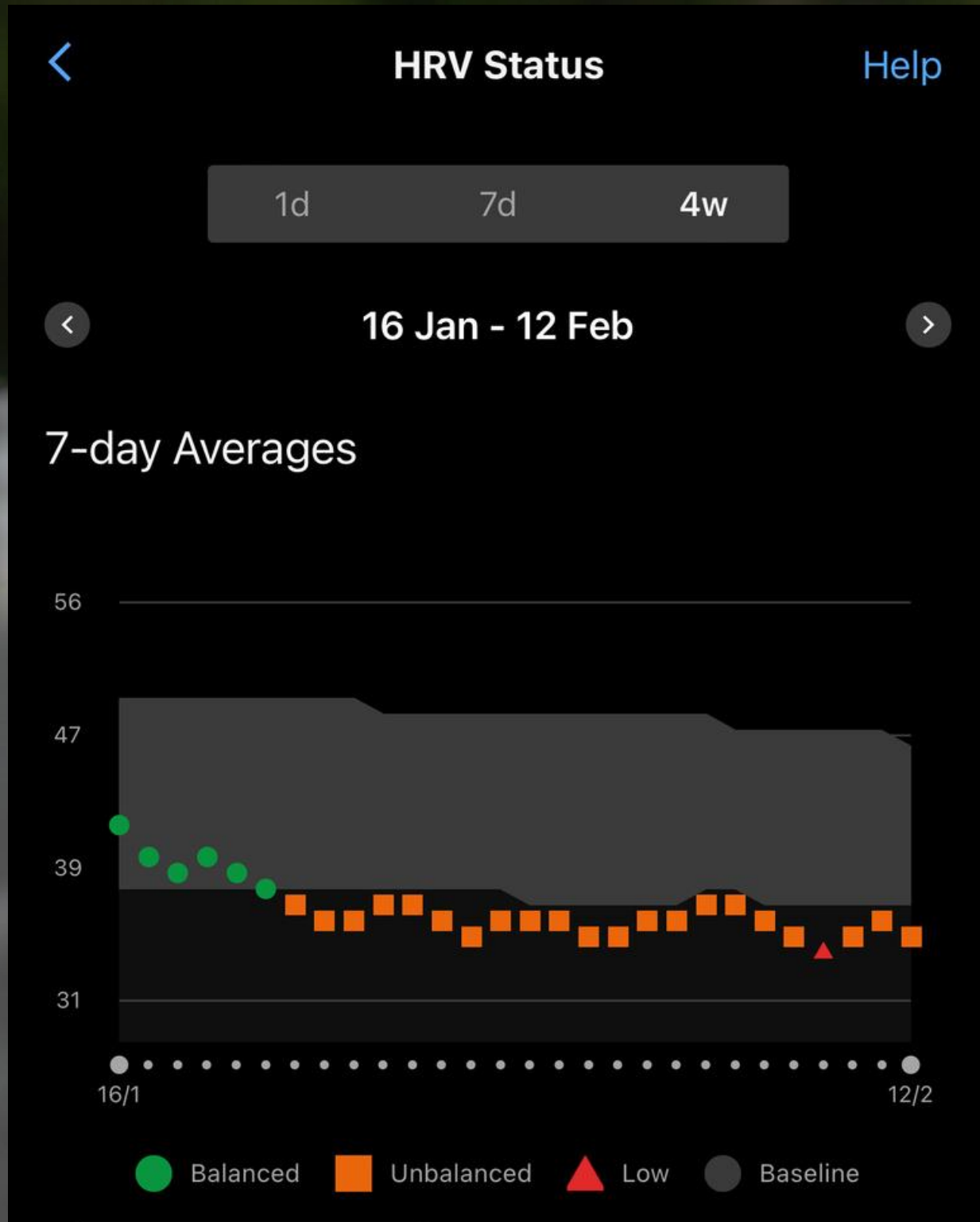


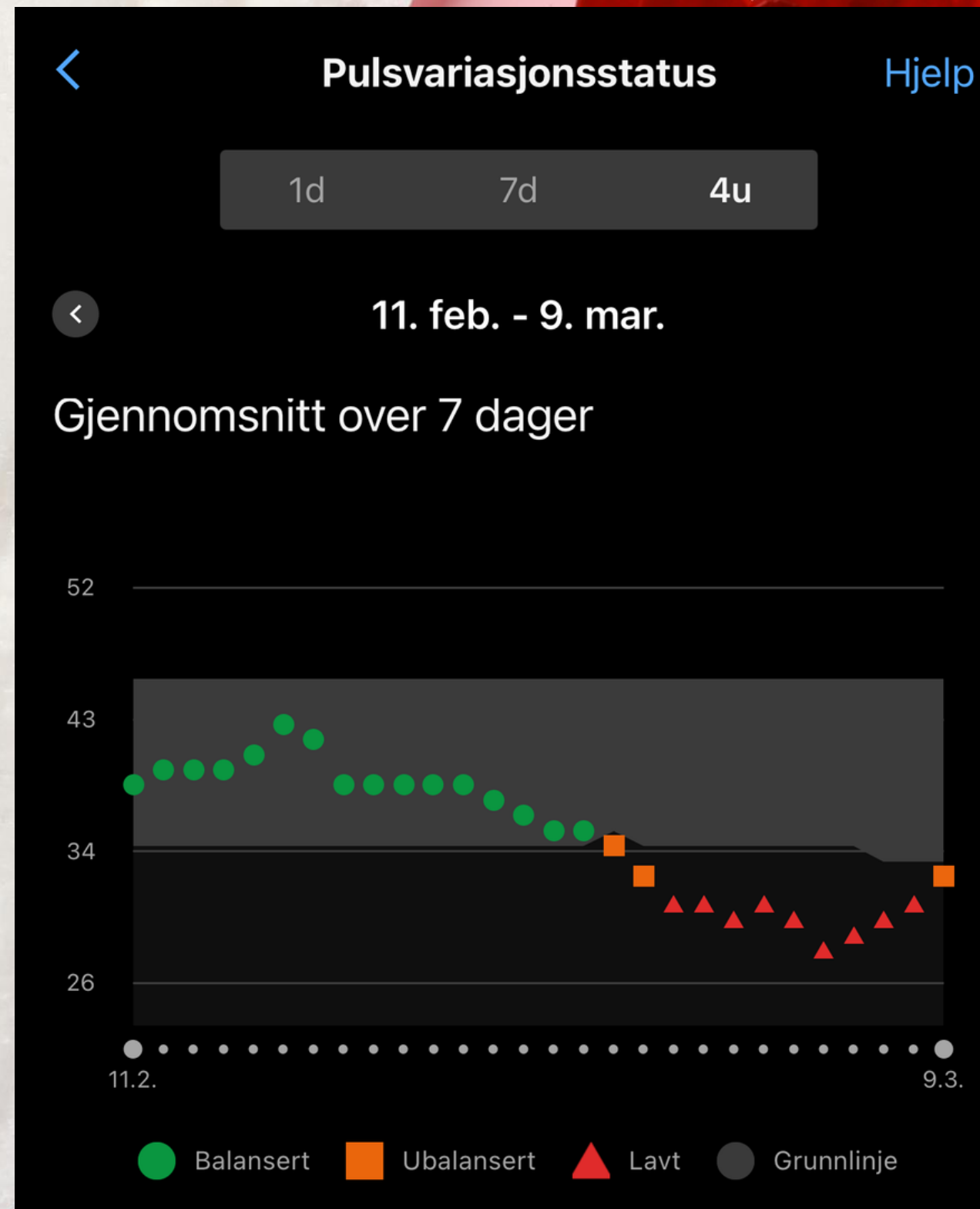
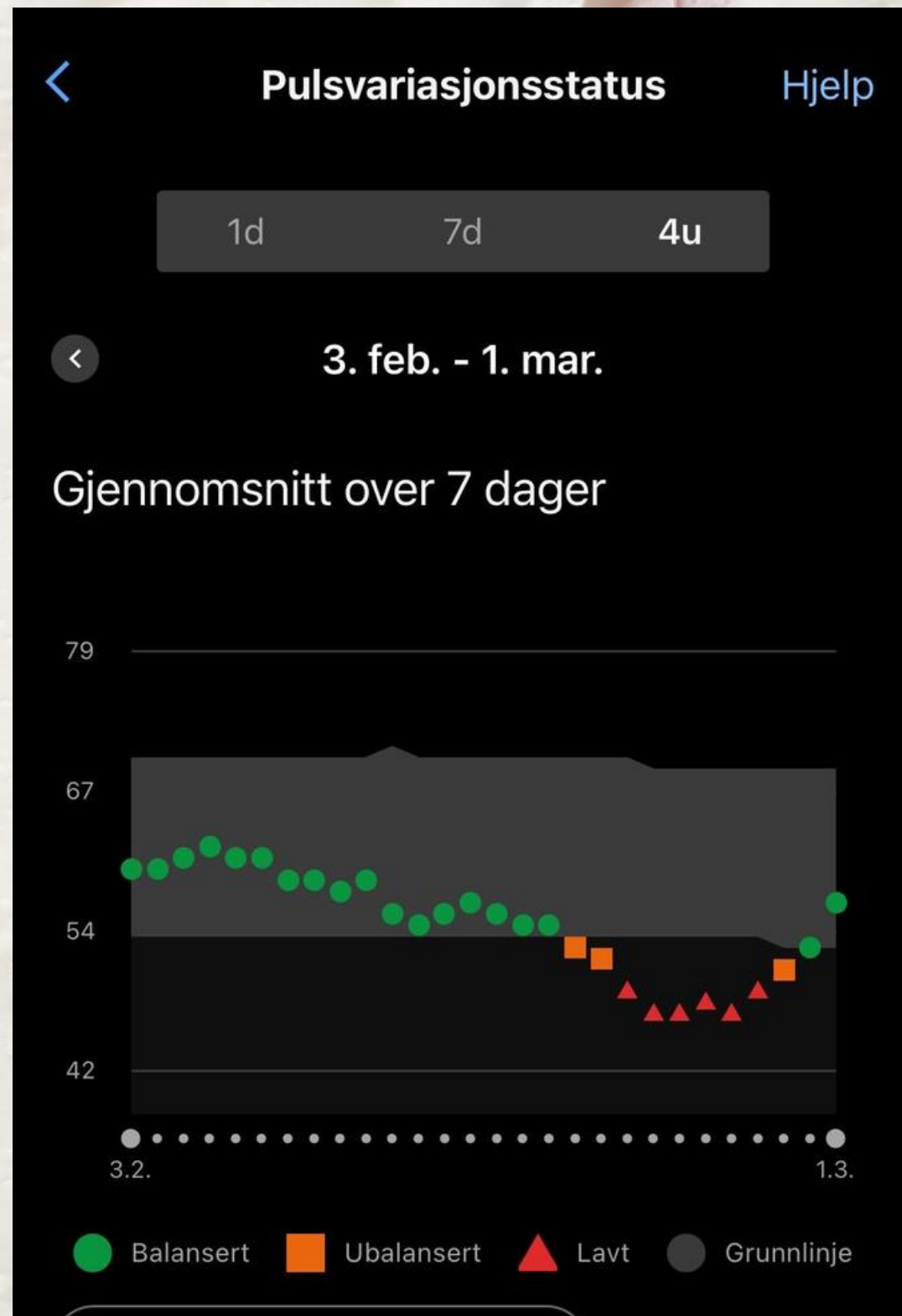
søndag 16. jan. 2022

Covid day 6

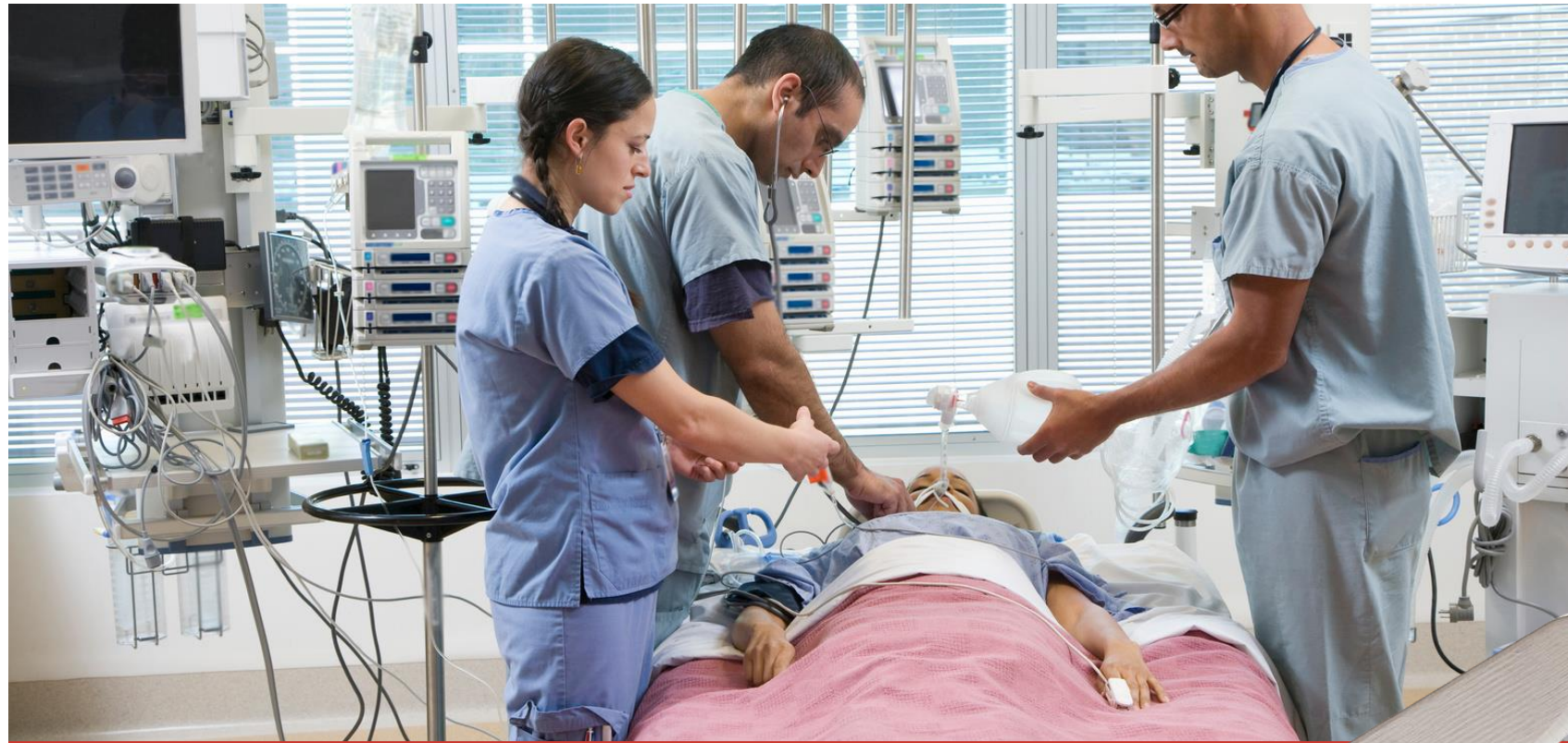


HRV OVER TIME





HRV=BIOMARKER OF PREVENTATIVE HEALTH



Expensive

In your doctor's hands



Free or cheaper

In your hands





Therese, 42:

The best part of monitoring is the feeling of having a hearing aid connected to my body.

And now that I can listen to the body's signals, I can take better care of myself.



 thepulsesecure.com



DR TORKIL FÆRØ

THE

THE RUNAWAY SCANDINAVIAN BESTSELLER

PULSE



CURE

BALANCE STRESS, OPTIMISE
HEALTH AND LIVE LONGER

'A must-read for anyone seeking to embrace a healthier future'
Dr Jenna Macciochi, author of *Immunity: The Science of Staying Well*