

On the NaturalCures Couch

With Marek Doyle

This month we're bringing you a brand new series here in the newsletter: 'On the Couch with...' sees us chat to one of our natural health experts – a different one each month – to bring you a glimpse into their lives and loves. This month we got comfy on the couch with Marek Doyle – the UK's only nutritionist-allergist-personal trainer in the UK.



You're the only nutritionist-allergist-personal trainer in the UK, but what attracted you to that particular line of work?

I was always interested in the mechanics of the human body, this amazing machine that we all own. When I was 20, I decided to quit my 'real' job and do what interested me. The first step was to become qualified, but I was stunned at the low standards of the industry-approved courses. Luckily, I found a great course run by Cain Leathem that gave me a great grounding and allowed me to get decent results right from the start, something that normally takes trainers many years to do. That being said, I knew instinctively that nutrition was the most powerful weapon available to change the lives of clients and got qualified as a nutritional therapist as soon as I could and focused most of my reading in this direction; the amount of books I got through at this stage was quite unreal. Just ask my then-girlfriend about the type of books I got through on beach holidays!

If you weren't in your current profession, what do you think would've taken your fancy instead?

Footballer, fighter pilot, prime minister? I guess it's never too late for the last one.

What's your top tip for someone who suffers from hayfever?

Understand that hayfever isn't something that just happens. There are always two things that must be going on within the body for a hayfever reaction to occur... first, you must have an underlying imbalance whereby the immune system is likely to react in an inappropriate manner. Second, you have a trigger. In reality, the trigger is not actually the key element here, which is why you get such unspectacular results when you simply try to avoid exposure to the trigger. Obviously, taking suppressive drugs does nothing to correct any underlying imbalance and sometimes makes it worse. But looking at bacterial balance and chronic infections, mineral deficiencies, Th1/Th2 balance, digestive function and stress response can be very helpful.

What's your idea of a perfect day?

Difficult question... I guess any day that you just lose yourself, and then maybe months later hear a song or catch a scent of something, and will be instantly taken back... and you think, "that was a perfect day". I've had a lot in recent years.

In your experience, which food(s) are the biggest culprits in bringing on/affecting people's susceptibility to allergies?

Well it's true to say that there are some common offenders when it comes to allergies, especially wheat and milk. However, sugar is a big, big deal. Most people don't seem to realise how much sugar they consume; it's funny how many times people tell me in consultations that "they don't have a sweet tooth" or "never really get any cravings for sugar"... turns out that leaving only an hour between one sugary treat and the next doesn't allow enough time for cravings to develop! The sugar thing is quite relevant because of the affect this has on the intestinal bacteria, which is the SINGLE biggest factor in developing allergies.

For more information about Marek, or to read his latest blog posts, head to blogs.naturalcures.com. Plus, keep your eye on the blog for the full interview with Marek.

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