

METABOLIC RESET

Using Labs for Metabolic Reset

A Patient's Guide to Understanding and Improving Metabolism



Roadmap

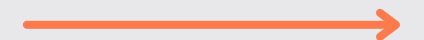
Learning Objectives

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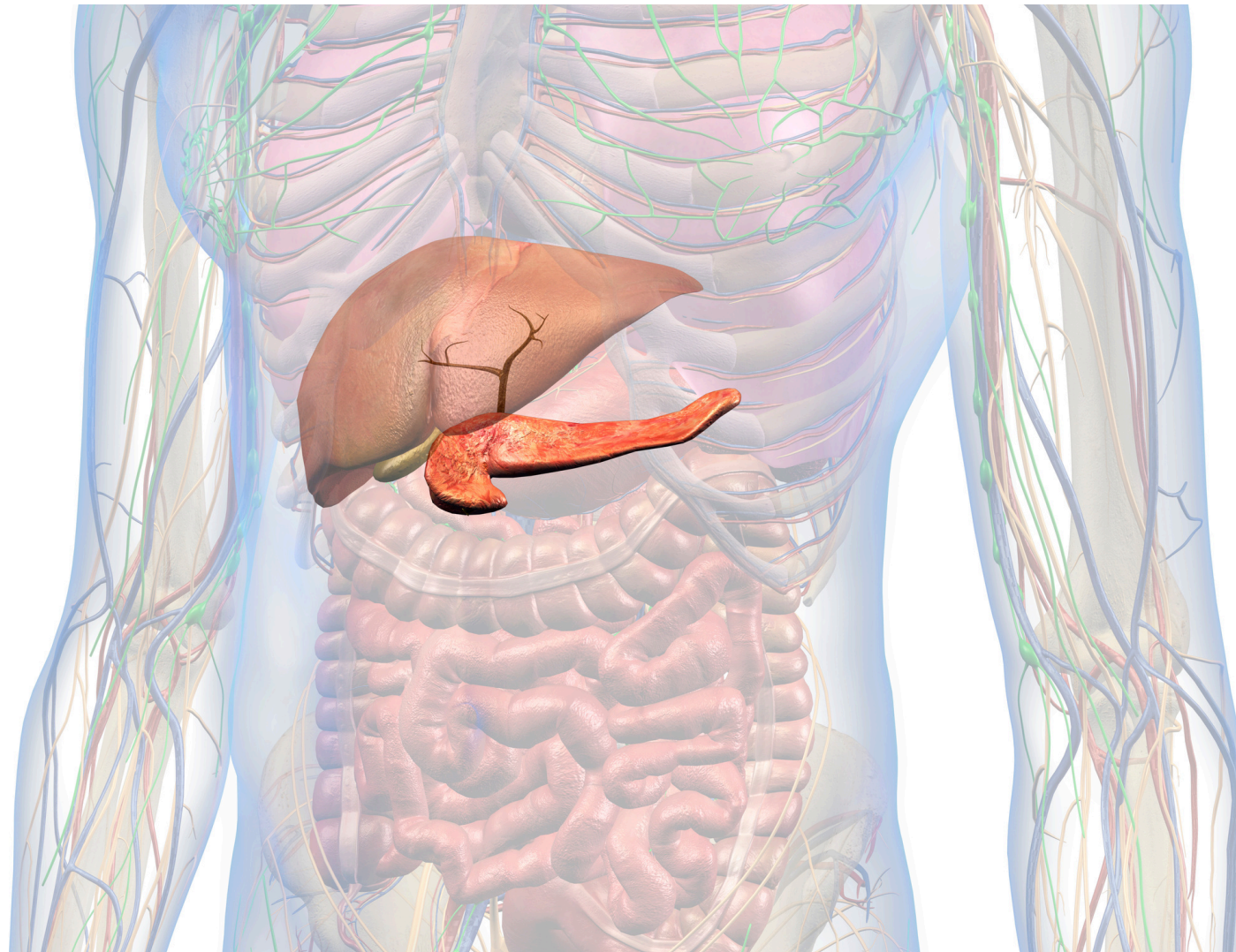


Medical Disclaimer

This course is for informational and educational purposes only and is not intended as medical advice, diagnosis, or treatment. The information provided should not be used as a substitute for professional medical guidance from a qualified healthcare provider. Always consult your physician or a licensed medical professional before making any changes to your diet, exercise, medication, or health regimen based on lab results. Never disregard professional medical advice or delay seeking it because of something you have learned in this course. If you have a medical emergency, seek immediate medical attention.



What is Metabolism?



- Metabolism is the process by which your body converts food into energy.
- A healthy metabolism supports weight management, energy levels, and disease prevention.
- Lab tests can help identify metabolic imbalances.



Why Use Lab Tests for Metabolic Reset?



- Detect early signs of metabolic dysfunction (e.g., insulin resistance, inflammation).
- Guide personalized nutrition, lifestyle, and medical interventions.
- Track progress and make informed health decisions.



Key Lab Tests for Metabolism

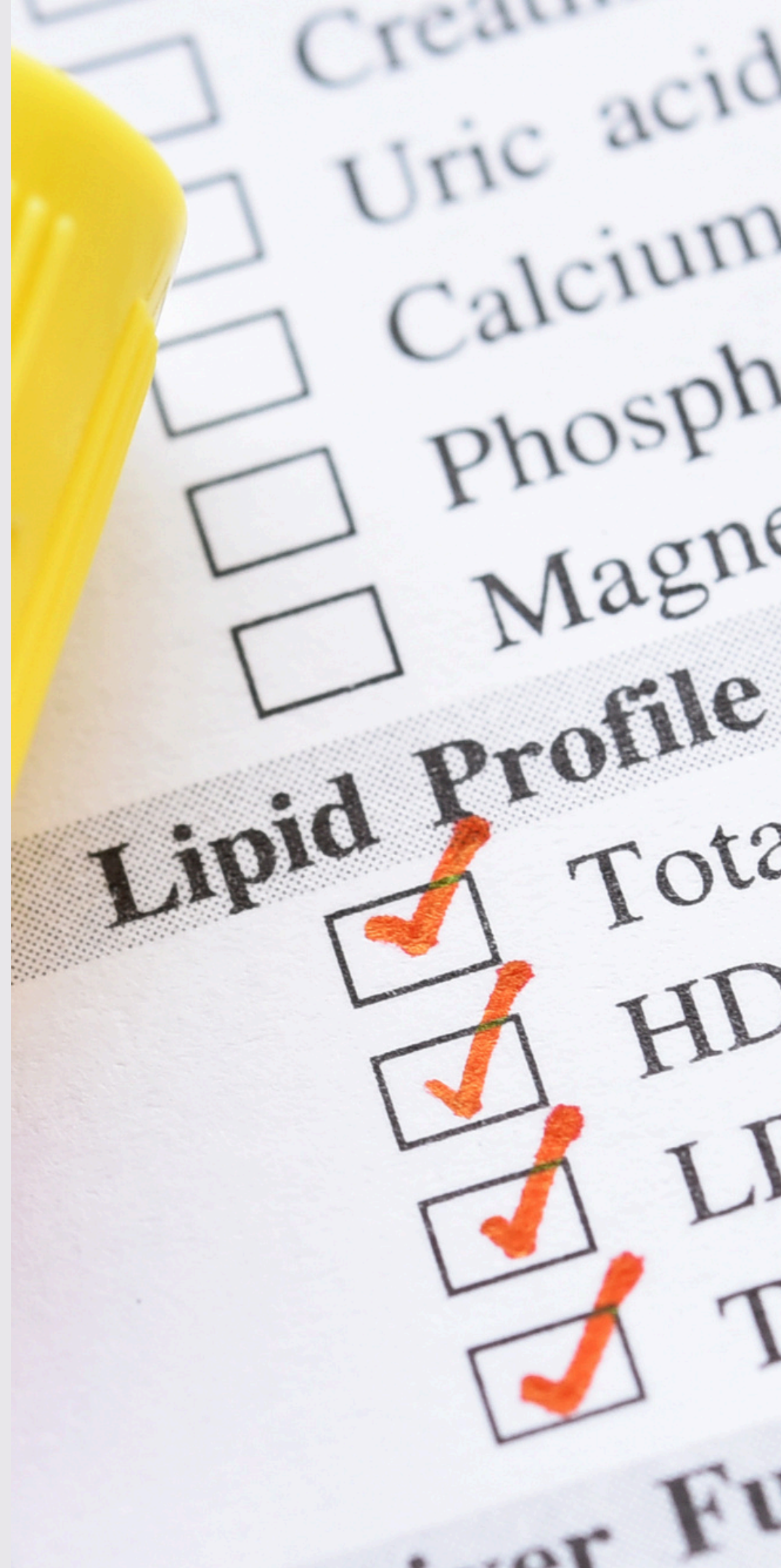


1. Blood Sugar & Insulin

- **Fasting Glucose:** Normal
<100 mg/dL
- **Hemoglobin A1c
(HbA1c):** Normal <5.7%
- **Fasting Insulin:** Ideal <10
 $\mu\text{U/mL}$



Key Lab Tests for Metabolism



2. Lipid Panel (Cholesterol & Triglycerides)

- **LDL ("Bad" Cholesterol):** <100 mg/dL
- **HDL ("Good" Cholesterol):** >40 mg/dL (men), >50 mg/dL (women)
- **Triglycerides:** <150 mg/dL



Key Lab Tests for Metabolism



3. Inflammation Markers

- **C-Reactive Protein (CRP):** Ideal <1 mg/L
- **Homocysteine:** Ideal <10 $\mu\text{mol/L}$



Key Lab Tests for Metabolism



4. Thyroid Function

- **TSH (Thyroid Stimulating Hormone):**
Normal 0.5–4.5 mIU/L
- **Free T3 & Free T4:**
Ensure proper thyroid activity



Key Lab Tests for Metabolism



5. Vitamin & Mineral Status

- **Vitamin D (25-OH D3):**
Optimal 40–60 ng/mL
- **Magnesium, B12, Iron Levels:** Essential for energy metabolism



How to Get Your Labs Done?



- **Doctor's Order:** Request tests during your check-up.
- **At-Home Test Kits:** Some labs offer self-testing.
- **Direct-to-Consumer Labs:** Available without a prescription.



How to Interpret Results?



- Compare with optimal ranges (not just “normal” values).
- Identify red flags (high insulin, inflammation, poor lipid profile).
- Discuss with a doctor or nutritionist for personalized action steps.



What to Do After Lab Results?



- If labs show imbalance:
 - Adjust **diet** (reduce sugar, increase fiber, eat healthy fats).
 - Improve **exercise** (resistance training, walking after meals).
 - Optimize **sleep & stress** (crucial for metabolism).
 - Consider **supplements** (if deficiencies are found).
- Retest in 3–6 months to track improvements.



Case Study – Before & After a Metabolic Reset



Patient Profile

- **Name:** Sarah (fictional name)
- **Age:** 45
- **Gender:** Female
- **Primary Concern:** Struggling with weight gain, fatigue, and brain fog
- **Lifestyle:** Sedentary job, high-stress levels, poor sleep habits
- **Diet:** High in processed carbs, low in protein and fiber



Case Study – Before & After a Metabolic Reset



Initial Lab Results (Before Metabolic Reset)

Test	Result	Optimal Range	Concern
Fasting Glucose	110 mg/dL	<100 mg/dL	Borderline high
Hemoglobin A1c	6.0%	<5.7%	Pre-diabetic
Fasting Insulin	18 µU/mL	<10 µU/mL	Insulin resistance
Triglycerides	180 mg/dL	<150 mg/dL	Elevated
HDL Cholesterol	38 mg/dL	>50 mg/dL	Low
C-Reactive Protein (CRP)	4.5 mg/L	<1 mg/L	High inflammation
Vitamin D	22 ng/mL	40-60 ng/mL	Deficient



Case Study – Before & After a Metabolic Reset



Intervention Plan

- **Diet Changes:**
 - Reduced processed carbs and sugar
 - Increased protein, fiber, and healthy fats
 - Added omega-3-rich foods and leafy greens
- **Exercise:**
 - Daily 30-minute walks
 - Strength training 3 times per week
- **Lifestyle Adjustments:**
 - Improved sleep schedule (8 hours per night)
 - Stress management (meditation, deep breathing)
- **Supplements:**
 - Vitamin D3, magnesium, and omega-3s



Case Study – Before & After a Metabolic Reset

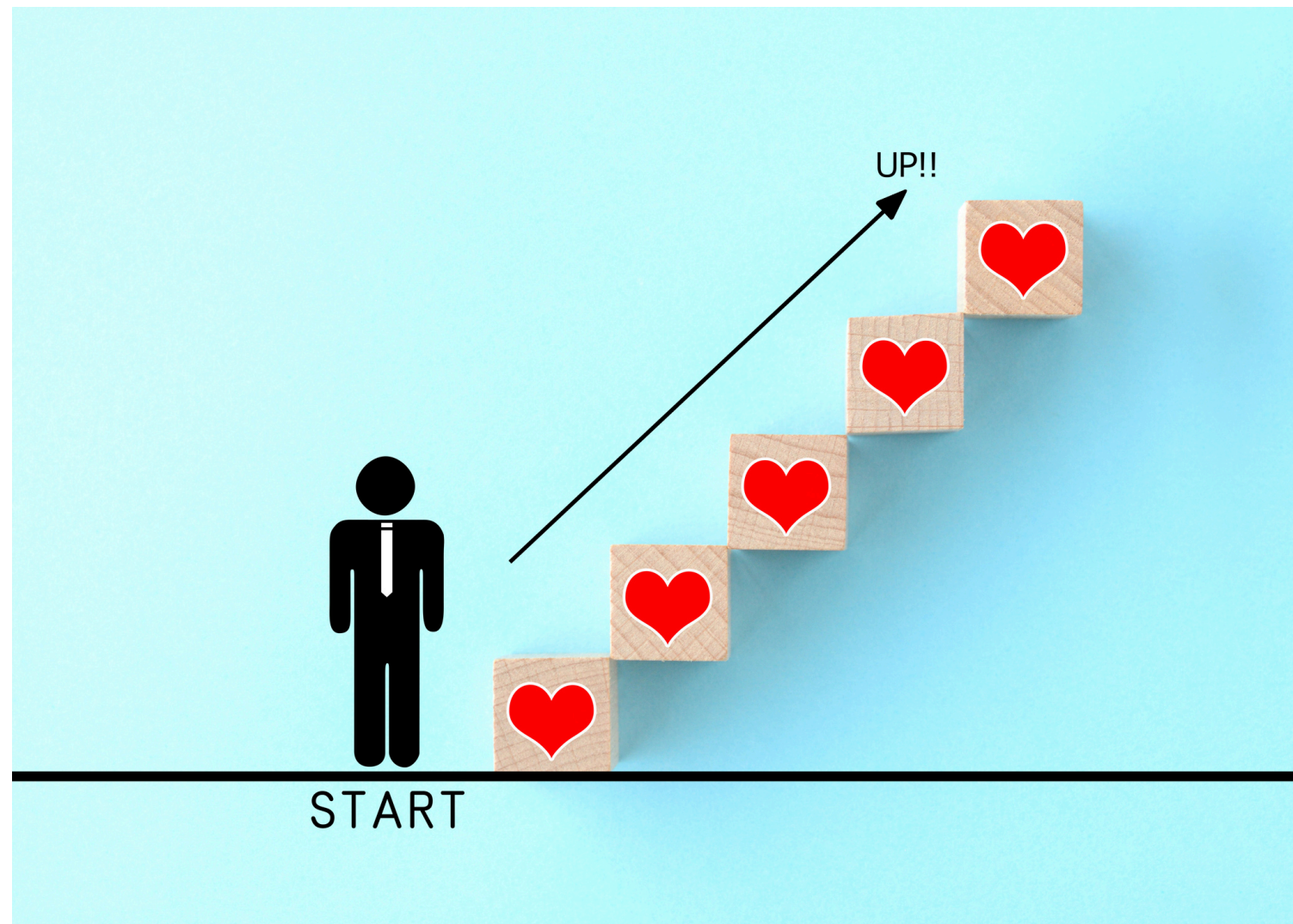


Follow-Up Lab Results (After 3 Months)

Test	Result	Optimal Range	Improvement
Fasting Glucose	95 mg/dL	<100 mg/dL	Normalized
Hemoglobin A1c	5.5%	<5.7%	Normalized
Fasting Insulin	8 µU/mL	<10 µU/mL	Improved insulin sensitivity
Triglycerides	120 mg/dL	<150 mg/dL	Reduced
HDL Cholesterol	50 mg/dL	>50 mg/dL	Increased
C-Reactive Protein (CRP)	1.2 mg/L	<1 mg/L	Decreased inflammation
Vitamin D	45 ng/mL	40-60 ng/mL	Optimal



Case Study – Before & After a Metabolic Reset



Outcome & Key Takeaways

- Sarah experienced increased energy, better sleep, and reduced cravings.
- Weight loss of 12 pounds without extreme dieting.
- Lab markers significantly improved, reducing the risk of metabolic disease.
- Small, sustainable changes led to long-term health improvements.

This case study illustrates how lab testing can guide a metabolic reset and track progress effectively.



Key Takeaways

- Lab tests provide insight into metabolism.
- Focus on optimal, not just "normal," lab values.
- Small changes in diet, activity, and lifestyle can reset metabolism.
- Retest periodically to track progress.



Questions & Next Steps



- Talk to your doctor about getting labs done.
- Make a plan based on results.
- Follow up regularly to maintain metabolic health.



Metabolic Reset

Thank You

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