

As I left your office today, I reflected on this past year, my health journey and how much you have aided me along the way. To that end, I enclosed a quick baseline assessment and progress report that go along with our data analysis. When I stopped to think about it...you have helped me come a long way in short period....and all done naturally. Something other docs said would be impossible to do. I greatly appreciate your systemic thinking, comprehensive knowledge and engaging bedside manner. Not only do I feel great....I feel empowered over my health.

You have my sincere gratitude. Many thanks!

B.B.

#### Quick Synopsis

I started this journey over a year ago 5/6/2015 at which point in time my Resting Expenditure Energy was captured using a KORR system as

- 1123 cal/day (10% below normal)
- Weighing in at 135 lbm and Body fat 25.8%

From a physical and performance perspective:

- My thyroid, adrenal and sex hormones were totally out of balance
  - Which led to many issues including cervical bleeding, low libido, constant fatigue, sleepless nights (3 hrs/night) and afternoon sugar crashes
- My Immune System Seemed Broken with
  - Constant sinus infections: Treated twice w antibiotics in previous 2 years
  - Strep throat: 6 months prior to my visit
  - Bronchitis: Treated for 3 months the prior year
  - Flu : Strain A and Strain B the previous 2 years
- I had Serious Unexplained Systemic Issues: Including
  - Nerve Eye Palsy and Double Vision that required Surgery
- My energy and performance was at an all time low
  - Felt Constantly hungry although I was getting adequate calories
  - My muscles ached and cramped after workouts
  - Barely able to jog a quarter mile at any pace.

As I left your Office Today the results were as follows:

- 1325 cal/day (9% above normal) An 18% improvement!
- Weighing in at 123.5 lbm (better than I thought it would be) 11.5 lbms reduction
  - % Body fat TBD

From a Physical and Performance Perspective:

- Hormones and Issues all Better!
- My Immunity Seems Strong
  - O Sinus infections:
  - No strep throat
  - No Bronchitus or even a cold!
  - No Flu
- No Unexplained Systemic Issues:
  - Vision and eyes healthy
- Energy and performance above most people my age and in some cases younger!
  - Energized on waking, without hunger or sugar cravings
  - Able to do 2 hour workouts daily
    - Run 4- 6miles 3x per week w my dog
    - Cardio, resistance and flex training 2 hrs/ day
      - Weights, TRX, yoga, pilates, cardio interval training, ZUMBA, dance
  - Muscles feel worked but recover quickly after workouts completed