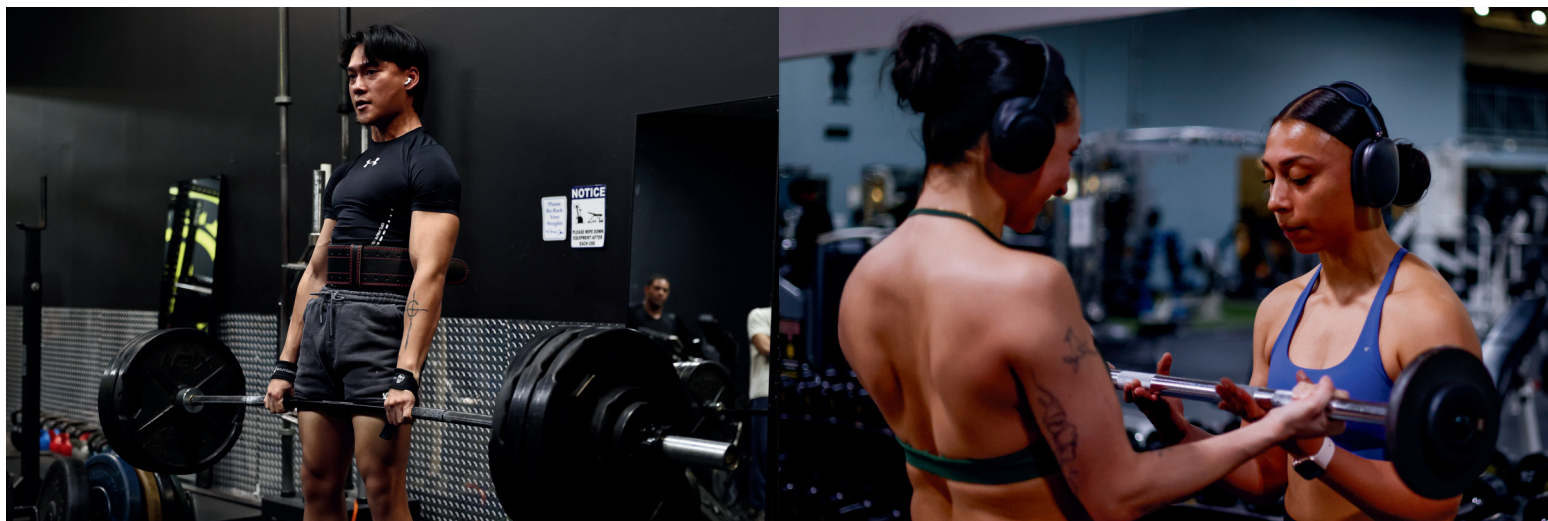


Gold's Gym Newsletter

LAKE RIDGE & LORTON, VA

EARLY SUMMER 2025



The Cicada Guide to Strength, Hormones, and High-Performance Health

The Cicada Code - Gabriella from Bug

A bold metaphor for timing, power, and presence

Ever feel like the world's too loud, and somehow you're supposed to be louder? Let us introduce the cicada. She's not subtle. She's not graceful. She's not even around that often. But when she shows up everyone notices. With eyes like rubies and a scream that can hit 100 decibels, the cicada doesn't ask for attention. She demands it. Forget birdsong; this is nature's alarm clock, set to "existential crisis." Cicadas spend most of their life underground, quietly biding their time, seventeen years of silence. Then, one steamy summer, they emerge en masse. They molt. They scream. They mate. They die. Talk about going out with a bang. But here's the weirdest part: They don't even hear each other. Male cicadas are deaf to their chorus. They scream into the void, trusting the right one will scream back. It's chaotic. It's loud. It's beautiful. And maybe it's a reminder. You don't have to be "on" all the time. Just **trust your moment**. When it's time to speak up, go all in.

Nature's Cleanup Crew

Cicadas aren't pests, they're performance-

-boosters for your soil. Cicadas don't sting or bite, and they don't want to be inside. If you're seeing their crunchy little exoskeletons around your trees or porch, don't panic. They're great for your garden, breaking down into rich soil nutrients and aerating the earth as they mature into nymphs. Let nature do its thing.

Cicadas, culture, and the beauty of knowing when to disappear.

Cicadas aren't just a backyard phenomenon. They inhabit every continent except Antarctica, buzzing through the Amazon, rattling the hills of Appalachia, and even haunting ancient ruins in Greece. In the rainforest, their calls ripple through the trees like sonar. In the suburbs, they mark the start of summer. Across cultures, they've been symbols of resurrection, timing, and transformation. They show up, they shake the air, and then they vanish. No long goodbyes. Just presence, then absence. Next time, we'll take you into the Amazon where the bugs were louder, the lessons stranger, and everything started to fall into place.

P.S. Cicadas don't second-guess their timing. If you're ready to focus on what matters, this might help you cut through the noise:

In this newsletter
you can expect:

THE CICADA
CODE

STRENGTH IS THE
NEW CARDIO

HORMONES AREN'T
GENDERED

PEPTIDE OF
THE MONTH

GLP-1'S & BRAIN
HEALTH

READY TO
EMERGE

Strength Is the New Cardio

Women are transforming the gym and their future health

- **New flex.** Between 2011 and 2021, the use of free weights by women increased by 150%, while the use of resistance machines jumped 558%, according to Harrison Co. On Strava, strength training uploads climbed 25% in 2024, making it the fastest-growing sport among women.
- **Longevity lift.** More than aesthetics, resistance training is essential for aging well, boosting bone density, preserving muscle, and improving metabolic health. A call to arms: experts like Dr. Stacy Sims and Dr. Gabrielle Lyon are pushing strength as a cornerstone of women's healthspan.
- **Stronger together.** Still, 73% of US women and 83% of women aged 65 and above don't meet the CDC strength guidelines, creating a significant opportunity for services, coaching, and products tailored to female lifters.
- **Looking ahead:** Strength is the new cardio, and women are leading the charge and transforming gyms, supplements, and the future of healthy aging.

Hormones Aren't Gendered

Let's bust the biggest myth in fitness and medicine.

- Here's a little pop quiz: Which hormone is crucial for strong bones, sharp minds, healthy hearts, and a vibrant libido? If you answered "estrogen for women and testosterone for men," you're right... But you're also completely wrong. Wait, what?! Here's a paradox that

might shake up everything you've believed about hormones: Hormones aren't gendered. Let's smash the biggest myth first: Estrogen is NOT exclusively female. Testosterone is NOT exclusively male. Men naturally produce estrogen. Women naturally produce testosterone. The difference between genders isn't in hormone type but in hormone levels. When these levels fall out of their ideal ranges, either too high or, more commonly, too low, we're suddenly riding a slippery slope towards chronic disease, premature aging, and just plain feeling like garbage. It's time we fix that.

What Estrogen Really Does: for Men

Men, let's talk estrogen: Estrogen, particularly estradiol, is critical for:

- **Bone Strength:** Without estrogen, your bones turn to chalk. Men who block estrogen via aromatase inhibitors (AIs are drugs that lower estrogen levels by stopping the body from turning testosterone into estrogen) significantly lower bone density and higher fracture risks.
- **Heart Health & Metabolism:** Estrogen plays a crucial role in maintaining healthy cholesterol levels, insulin sensitivity, and metabolic function. Blocking estrogen long-term sets you on a fast track to diabetes and cardiovascular disease. If you are on an AI blocker... **GET OFF.**
- **Brain Function:** Estrogen supports cognitive clarity, memory, and mood regulation.
- **Libido & Sexual Performance:** Blocking estrogen can crash libido and impair sexual performance.

Yet, men everywhere, especially in fitness communities, are still popping AIs like candy. They've been misled into believing estrogen is their enemy.

Women Need Testosterone, Too

The silent epidemic hurting women's bodies and brains. Ladies, if your testosterone is low, here's what you'll experience:

- **Zero Libido & Intimacy Issues:** Low desire, low enjoyment, low vitality.
- **Muscle Loss & Increased Fat:** Stubborn fat and declining tone.
- **Mood & Cognitive Decline:** Brain fog, depression, anxiety.
- **Bone Health:** Increased osteoporosis risk.

Yet most doctors rarely prescribe testosterone to women. This oversight leaves millions of women



suffering unnecessarily, trapped in bodies that don't feel or function as they should.

Hormone Deficiency Masquerades as Aging

Chronic diseases often start with hormonal neglect, and aging badly is usually hormone deficiency in disguise:

- Osteoporosis in men often traces back to suppressed estrogen.
- Heart disease and diabetes in men spike when estrogen levels plummet.
- Sexual dysfunction, anxiety, and depression in men are often linked to blocked estrogen.



Correcting these deficiencies actively reduces your risk of chronic disease and enhances your quality of life.

Why We're Still Getting It Wrong

There are cultural and medical blind spots keeping people sick

Why do these myths persist?

- Outdated Medical Knowledge
- Bodybuilding Culture
- Fear & Misunderstanding
- Millions suffer silently, aging prematurely due to preventable hormone imbalances.
- Let's change the conversation around hormones from fear to science, from shame to strength.

PEPTIDE of the Month: Tesofensine

The brain-boosting, fat-burning multitasker

Tesofensine targets three neurotransmitters:

Dopamine: Curbs food cravings

Serotonin: Increases satiety

Noradrenaline: Elevates metabolism

Clinical studies show:

- 10% body weight reduction
- Fewer cravings
- Shrinking waistlines
- Enhanced productivity & mental clarity
- All without the side effects typically seen in fat-loss compounds.

GLP-1s & Brain Health

More than fat loss, this is neuro-longevity science

GLP-1s like **semaglutide**, **tirzepatide**, and **retatrutide** aren't just for fat loss. They're revolutionizing brain health and longevity:

- **Better Brain Metabolism**
- **Reduced Neuroinflammation**
- **Enhanced Neurogenesis & Synaptic Health**
- **Clearing Toxic Proteins**
- **Improved Cerebral Blood Flow**

Clinical research shows:

- 42% lower dementia risk
- 18% slower cognitive decline
- 50% less brain shrinkage

Retatrutide is the front-runner for cognitive enhancement and metabolic performance.

Shift Your Lens

You're not behind, you're early to the most powerful health tools in history

Social media might convince you you're falling



behind. But consider this: One hundred years ago, life expectancy was 53. Today, it's 78+. You live in the most advanced era in the history of health.

Peptides, HRT, and AI-powered healthcare, you have access.

Are you maximizing it?

Peptides like:

- BPC-157 & TB-500 for recovery
- Retatrutide & MOTS-c for fat loss & longevity
- BAM15 & SLU-PP-332 for body recomposition

Hormones like:

- Testosterone (men & women)
- Estradiol, Progesterone
- Desiccated Thyroid

You have the tools.

You have the timing.

And you have us.

Ready to Emerge?

Start with bloodwork. Start with a conversation. Start now.

So what's the first step, you ask?

Get your bloodwork done, which includes hormone levels and A1c. Where can you get your bloodwork done? Go here:

👉 <https://privatemdmlabs.com/goldsgym>

Then..... **Let's talk.** This could be your moment to emerge. Schedule a wellness consultation with us by contacting lori@lowellmgmnt.com. We will book your appointment by phone or

Zoom. There is **no fee** for this consultation. There is a fee to get your bloodwork done, but it is very reasonably priced.



Let's discuss and make some decisions about your fitness and wellness moving forward.

Let's build a life of vitality together.

Lori & Jeremy Lowell

Lori & Jeremy Lowell
Gold's Gym Owners

