

Gold's Gym Newsletter

LAKE RIDGE & LORTON, VA

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Show Up For YOU: Movement, Mindset & Metabolic Mastery

The Power of Showing Up

Show Up For YOU: Why Moving Your Body Is the Most Powerful Thing You Can Do

We see it every single day inside our Gold's Gym community. Someone walks through those doors with a bit of hesitation, a little stress, and a whole lot of "I almost didn't come today." But then something shifts. They move their body. They reconnect with their breath. They sweat. Then they sit on the same piece of equipment for 20 minutes between sets, scrolling their phone like it's a full-time job, blissfully unaware that other humans exist and might want to "work in" because apparently, gym etiquette is now a vintage concept we tell stories about. This is truly happening, but we are kind of joking with you. We accept the new way to train. Set of 12 and a 10-20 min phone scroll break. Yet... they leave better than they came in. And honestly, that's the magic. We're just glad they showed up, and we thank you for keeping all of our equipment warm. That's not just fitness. That's **medicine**. That's **transformation**. That's **power**.

The Power of Showing Up (Even for 15 Minutes!)

Let's break a myth right now: You don't need a 2-hour workout or to set a new personal record every session to make it count. Even 15 minutes of movement can boost your mood, improve your metabolism, lower your stress levels, your day.

regulate your blood sugar, get your heart pumping, improve sleep, increase focus, and remind you that you are in control of your day

You Belong Here

The Power of Community

It's a **tribe**, a **team**, a **movement**.

When you walk through those doors, you're stepping into a space where people root for each other, where high-fives and smiles are as powerful as your final rep. Where we all show up in different bodies, with different goals, but with the same courage to be here and try. We've seen friendships form on the treadmill. We've seen confidence bloom in the free weight section. We've seen people turn hard days around with a bit of sweat and a lot of heart. Belonging to something this powerful matters; you are a vital part of it.

Movement is Power – No Matter the Intensity

We love a beast-mode session, but you don't have to crush every workout. Your fitness doesn't have to look like anyone else's. You're already winning because you showed up. As your gym owners, dedicated staff, and your biggest fans, we want you to know this:

- Every square foot of this gym was built with love, intention, and a vision to create something *life-giving*. We believe in the healing power of movement, in showing up even when it's hard, and in YOU, whether it's your first class or your 500th leg day.
- We are always looking for ways to make your experience better, more welcoming, more motivating, more YOU.

So, the next time you think, "Should I go to the gym today?"

Let the answer be a **YES**. Not because you have to, but because you deserve to. Now that we've had our dose of motivation let's shift gears.

Biohacking and Optimization Begins

The World of Peptides & Functional Wellness

Yes, we're in deep and here to share what we've learned with open hearts and real curiosity. Through our experiences with hormone replacement therapies, growth hormones, and powerful healing agents like glutathione, BPC-157, SS-31, GHK-Cu, Ipamorelin, Tesamorelin, TB-500, NAD+, and Melanotan, we've seen just how impactful these tools can be when used thoughtfully and responsibly. If you've been following along in our newsletters, you know our goal is to keep you informed with the trends and meaningful education to support your wellness journey. At 65, we're diving in. And we often think, "If only we had started this journey back at 40." But even playing catch-up has brought us incredible results, and we're grateful to be right here, right now, sharing what's working, what's promising, and what's worth understanding. We want to guide you into the ever-evolving world of peptides, biohacking, and functional optimization. Let's clarify something that many of us still have a little backward: **fat loss** vs. **body recomposition**. It's time to unpack this gently and bring some clarity. Let's first start with this:

In this newsletter
you can expect:

THE POWER OF
SHOWING UP

FAT-FREE
FALL OUT

BIOHACKING AND
OPTIMIZATION

THE GLP-1
TRAP

REAL TALK,
REAL RESULTS

LET'S TALK
POOP



Fat-Free Fallout

How the "Fat-Free" Food Craze Made America Fat, Sick, and Diabetic

In one of the greatest public health backfires of the modern era, the food industry convinced Americans that fat was the enemy. Beginning in the 1980s and exploding through the '90s, shelves were flooded with products proudly labeled "fat-free," "low-fat," and "heart-healthy." The message was everywhere: if you cut out fat, you'll lose weight and live longer. That sounds great in theory, except it couldn't have been worse. The food industry ruined our brains and I, Lori, have been starving myself since I was 18 years old. You couldn't get me to eat nuts, avocados, oils on my salad, meat, or anything labeled with high fat. It wasn't me, it was the food industry, and it truly ruined my brain. Pretzels, light bread, and anything carbohydrate labeled "light" meant I could eat it. The label and the media fooled me big time. Manufacturers loaded them with sugar, refined carbohydrates, and artificial additives to make foods taste good without fat. Think fat-free cookies, fat-free yogurt, and fat-free salad dressing loaded with corn syrup, starches, gums, and synthetic flavorings. The result? A massive spike in blood sugar, insulin resistance, and inflammation. Over time, this led to an explosion in obesity, type 2 diabetes, metabolic syndrome, and chronic fatigue. Meanwhile, healthy fats like those in nuts, avocados, olive oil, and fatty fish were demonized, even though they're essential for hormone function, brain health, and long-term satiety. We were told that those fats were going to make you too fat. The Nut has been destroyed! One of the only acceptable zero-fat packaged products is FAGE 0%. That stuff is amazing and loaded with protein and zero sugar. Ironically, the "fat-free" movement made us fatter and sicker. By removing fat, we remove what helps us feel complete and stable. We replaced it with foods that spike and crash blood sugar, fuel cravings, and ultimately leave us nutritionally starved while overeating. The truth is that real, whole, minimally processed food, fat and all, keeps us lean, nourished, and thriving. It's time to stop fearing fat and start fearing the real culprit: ultra-processed, sugar-laden, fake foods wrapped in misleading labels. Jeremy and I are eating more good fats than we ever have before, and we are the leanest we have ever been.

The Real Secret to Fat Loss: It's Not Just About the Scale

We've had many inspiring conversations with members recently about their health journeys, especially those diving into powerful new tools like GLP-1 peptides (like tirzepatide and retatrutide). These can be game changers only if you pair them with the right lifestyle strategy. We know that so many of our community are on GLP-1 receptor analogs, and many are too ashamed to admit it, but that will change with time since 15 million Americans are on these amazing game-changing drugs. We have loved optimizing our health on GLP-1, and it's part of our protocol for all the gazillion benefits we have listed in the past 4 newsletters. They are not only to lose weight.

Weight Loss vs. Body Recomposition, Know the Difference

Most people think that weight loss is the ultimate goal. But here's the truth: dropping pounds doesn't always mean you're getting healthier.

Losing weight can mean losing not just fat, but also muscle, hydration, and even vital organ tissue. Yikes. Body recomposition, on the other hand, is what we really want. It's the process of losing fat while preserving (or building!) lean muscle. That's how you get stronger, leaner, more energized, and more metabolically optimized.

Avoid the Trap

The GLP-1 Trap (And How to Avoid It)

GLP-1s like tirzepatide and retatrutide (Ozempic is not included on our list because it is only one pathway, and the media has ruined it, anyway) are excellent at curbing appetite and helping you shed fat but there's a catch. Many people ramp up their dosage too fast, stop eating enough protein, skip their workouts, and lose valuable muscle instead. Ew gross. All should be upping their training. Just writing this, we can't wait to go workout. Let's be clear: the GLP-1 isn't the problem; it's the lack of smart strategy around it. Your muscle drives your metabolism, supports healthy aging, and gives your body that strong, vibrant look. Without resistance training, protein, and the right support, the body says, "Hey, we're not using this muscle anymore," and lets it go. So here is Our Pro Tip for this newsletter:

Stack Smart with Growth Hormone Peptides. If you're on (or considering) a GLP-1, we recommend pairing it with HGH-releasing peptides like Ipamorelin or Tesamorelin. (Don't go with Sermorelin, it doesn't work) These support natural growth hormone production, which helps your body protect and build muscle, even when you're in a calorie deficit.

Here's what this smart stack does:

- GLP-1s melt fat and tame cravings
- HGH peptides preserve (and promote) lean muscle
- You maintain strength, energy, and that youthful glow

This combo creates true body recomposition, not just weight loss. It's the path to being lean, strong, and metabolically powerful.

Mindset Shift: It's NOT All About the Scale

We can't stress this enough: stop obsessing over scale weight. What matters is your body composition and how much of your body is fat vs. muscle. If your weight goes down but your muscle mass stays the same (or increases), YES, that's a success! If your weight goes down but your muscle mass plummets, you sell your body short. That's why we recommend using the InBody scans available at the gym. If you haven't already, do it and get your baseline.

Our Current Optimization Stack:

Base:

- **Retatrutide** – 0.5mg, 3–4x per week (GLP-1/GIP/Glucagon receptor agonist for metabolic support)

Pair With One of the Following Growth Hormone Secretagogues:

- **Ipamorelin** – 200–300mcg daily, taken at bedtime (5 days on, 2 days off)
 - It stimulates growth hormones with minimal cortisol or prolactin side effects.
- **Tesamorelin** – 1–2mg daily, fasted at bedtime (5 days on, 2 days off)
 - FDA-approved for reducing visceral fat and improving cognitive function.
- **Tesamorelin + Ipamorelin Blend** – Combines the benefits of both peptides for dual action.
 - Enhanced GH pulse with metabolic and cognitive support.
- **Human Growth Hormone (HGH)** – Prescribed as appropriate, often used in men and sometimes in women.



Suggested Duration and Lifestyle Pairing:

- Follow the protocol for 8–12 weeks
- Prioritize strength training, adequate hydration, daily movement, and a high-protein diet
- Sleep improvement is often one of the earliest and most noticeable benefits—many users report enhanced recovery and deep sleep within the first week

This protocol is not one-size-fits-all. Our goal is to support your journey with research-backed education and options that help you feel and function at your best. Contact us for more resources or to explore personalized peptide or hormone support; we're here to help.

Real Talk, Real Results

**Lori's Transformation: Strength, Skin, and Aging Gracefully**

Here's a snapshot of Lori, taken by Jeremy, in the posing room at our Lorton location (which is such a great space if you haven't checked it out yet, we highly recommend it!). We share this not to boast, but to be transparent about our journey and what's possible with consistent effort, the right tools, and a whole lot of patience. Lori feels fully optimized at this stage, which didn't happen overnight. It's been a process of learning, adjusting, training, and staying committed to what works. We've heard the skepticism around GLP-1 medications, especially regarding muscle loss and metabolic health. And yes, if you're not training, especially with weights, there is a risk of muscle wasting. However, proper strength training, solid nutrition, and recovery can significantly minimize that risk. And let's talk about something most of us don't say out loud: aging. For women especially, skin tone, elasticity, and texture changes can be hard to navigate. It's real. Sagging, crepey skin is a natural part of aging, and while genetics play a role, building muscle is still one of the best ways to support a strong, healthy physique and even soften the appearance of aging skin. If you've experienced significant weight loss and are now dealing with loose skin, we want to say this gently and clearly: sometimes surgery is the only real option to remove excess skin. You may feel amazing in clothes (and you should), but if the skin remains loose, no topical cream will fix that—and we say that with love, not judgment. Don't waste your money on that, get your bloodwork done instead. We're here to educate and support, not sell magic fixes. You deserve honesty and encouragement as you work toward your goals. You're not alone in this journey; we're right here with you.

Want to Talk About It?

We're not just gym owners; we're in this with you. We live and breathe this stuff and are always happy to chat one-on-one about making these strategies work for your body and goals. We can give you resources and recommendations on how to get started and

educated. Jeremy@lowellmgmnt.com and lori@lowellmgmnt.com. Most importantly, we are giving you a lot of information. Take the information and do your research.

Blood Work = Power

Have You Had Your Hormones Tested Yet?

Blood work???? Get it done. Here are a couple of sites to get your bloodwork booked.

- Quickly go up the street to Quest/Labcorp
 - <https://www.privatemd.com/>
- You can book through functionhealth.com or Cleveland Clinic. The cost is \$499.00 per year, but that gives you your full panel of about 103 markers and then, 3-6 months later, a repeat of the 60 normal markers for no additional cost unless you add on some tests if you want. Here is a link for that:
 - <https://my.functionhealth.com/signup?code=LLOWELL10&saasquatch=LLOWELL10>

Let's Talk Poop

Too Much Protein Messing with Your Poop? Here's How to Smooth Things Out

We all know protein is the golden child of muscle building, weight loss, and staying full—but what if your high-protein diet is backing you up in more ways than one? Yep, too much protein, especially from animal sources and low-fiber meals, can slow your digestion and leave you feeling bloated, heavy, and let's say... not very regular. A healthy poop should be long, smooth, and easy to pass. Think of it as the gold standard of gut health. When your meals are packed with protein but low in fiber and hydration, your digestive system struggles to keep things moving. Everyone is talking about high-protein diets. (1 gram of protein to your desired weight, if you want to weigh 155g, you should eat 155g of protein minimum daily). That's where **Magnesium Glycinate** comes in as a total game changer. Not only is it gentle on the stomach and great for relaxation, but it also helps regulate muscle contractions in the colon, which means smoother, more consistent bowel movements without the cramping or urgency that come from harsher laxatives. You can get it anywhere. So, if your protein-packed routine has your plumbing a bit clogged, don't panic; balance it out. Add in more hydration and fiber (think veggies!) and consider a nighttime dose of **Magnesium Glycinate** to get things flowing. Trust us; your gut (and your mood) will thank you. You are a total game-changer. Happy pooping, and don't give up until your Poop is in good shape!!!

So let us leave you with this:

The heart attack at **50**
began at **20**.

The Alzheimer's at **70**
started at **40**.

The loss of independence
at **80** began at **30**.

The aging you want
tomorrow begins with the
choices you make **today**.

Dr. Bob Rako

Read the Labels: Emulsifiers & Cancer Risk

And then there's this — something you really need to know.
Stop eating foods that are loaded with cancer-causing agents.

We're talking about **emulsifiers**, chemicals added to many packaged and processed foods to improve texture, shelf life, and "mouthfeel." These additives may make food smoother and more convenient, but they also come at a high cost: your health.

Recent studies have revealed that **emulsifiers may significantly increase cancer risk**.

We're not talking fringe science, we're talking peer-reviewed, published human data showing:

- **15% higher risk of overall cancer**
- **24% higher risk of breast cancer**
- **46% higher risk of prostate cancer**

Let that sink in.

These emulsifiers like **carboxymethylcellulose (CMC), polysorbate-80 (P80), carrageenan, mono- and diglycerides, and soy lecithin** interfere with your gut lining, increase inflammation, and may disrupt your microbiome. In animal studies, they've been shown to promote chronic low-grade inflammation and metabolic dysfunction, both of which are major contributors to cancer development. And now, with this latest human data, the risk is very real.

Where Are Emulsifiers Hiding?

You'll find them in:

- "Healthy" granola bars
- Creamy salad dressings
- Protein shakes and powders
- Flavored yogurts
- Coffee creamers
- Processed meats
- Non-dairy milks
- Ice cream
- Baked goods
- Frozen meals
- Sauces and soups
- Packaged snacks that stay "soft" for weeks

Even some protein bars that look clean sneak them in under names you may not recognize.

Why This Matters So Much

Emulsifiers don't just change the way food feels in your mouth, they change how your gut and immune system function. They:

- Disrupt the gut barrier (aka "leaky gut")
- Trigger immune overactivation
- Feed inflammatory pathways
- Promote insulin resistance
- Alter gut microbiota, leading to dysbiosis

That's a setup for chronic illness: not just cancer, but also autoimmune conditions, obesity, anxiety, and more.



What To Do Now

We're not saying you can never have a treat, but you must be informed.

Here's how to protect yourself and your family:

- Read ingredient lists, not just nutrition labels, look for words like "mono- and diglycerides," "P80," "cellulose gum," "lecithin," "carrageenan," "gellan gum."
- Choose whole foods as much as possible, if it has 10+ ingredients and comes in a wrapper, chances are it's ultra-processed.
- Use tools like the Yuka or EWG apps to scan food items and spot hidden additives.
- Don't be fooled by "organic" or "low-fat" labels. emulsifiers sneak into "health" products too.

This isn't about fear. It's about awareness. Small daily choices compound over time. Cut the emulsifiers. Eat real food. Protect your cells. Give your body the environment it needs to thrive. You deserve better than chemical-laced convenience food.

You deserve to live strong, healthy, and free from hidden risks.

See you in the gym, and as always, we welcome your communication. Write to Lori if you have something good to say, and write to Jeremy if you want to complain about something Lori@lowellmgmnt.com, Jeremy@lowellmgmnt.com

In service and gratitude,

Lori & Jeremy Lowell

Lori and Jeremy Lowell

