

Gold's Gym Newsletter

LAKE RIDGE & LORTON, VA

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Bio-Solvers: Modern Tools for Reclaiming Your Health and Vitality

The Absurd Reality

Let's start with a crazy statistic.

Only 1 in 25,000 men over 35 have a visible six-pack. That's just 40 out of 1 million. In a city like Austin, Texas, that means only 40 men with abs. Now, picture New York City with 8.5 million people, and only 340 men would have abs.

Wake Up the Right Way: Rethinking Your Morning Ritual

Still sipping alkaline water first thing? You're doing it backwards. Your body wakes up in an acidic state for a reason: it's designed to ignite metabolism and brain function. You need an acidic trigger, not a neutralizer. Start your day with lemon juice, Apple Cider Vinegar, or fruit-acid-rich coffee. They metabolize into alkaline compounds after they perform their function.

What exactly is Insulin Resistance, and why does it keep showing up everywhere?

Think of insulin as a key and your cells as locked doors. After you eat, your body produces insulin to "unlock" the doors, allowing sugar from your food (glucose) to enter your cells and be used for energy. However, when you become insulin resistant, it's as if the locks on your doors are rusty.

The keys (insulin) don't work as well anymore. So your body keeps making more and more insulin to try to force the doors open. This causes sugar to accumulate in your blood instead of being utilized for energy. Fun Example: Imagine you're at the gym trying to check in with your keycard. First of all, your key card works perfectly. But over time, the sensor gets worn down. Suddenly, you have to swipe 10 times before you get the ding. Annoying, right? (This is not at our gym, of course) That's insulin resistance in action. Your body keeps swiping, but the door doesn't open smoothly.

Why is it important?

Because insulin resistance is the first step toward serious issues like type 2 diabetes, weight gain, constant fatigue, and even heart disease, the good news is you can absolutely reverse it with exercise, smart nutrition, and healthy habits. If your glucose (sugar) levels are high (above 100 for a fasting glucose test) or your A1c is high (above 5.7), you may be insulin resistant.

Fasting: The Ancient Practice Your Body Loves

Fasting isn't just a trend; it's one of the oldest, most natural health practices we

know. Our ancestors didn't have 24/7 drive-thrus or snack cabinets, so their bodies were built to thrive during periods of fasting.

When you fast (meaning you go without food for a certain number of hours):

- Your body cleans house: It clears out damaged cells and proteins (a process called autophagy. Think of it like spring cleaning for your body).
- Insulin gets a break: Your body becomes more sensitive to insulin, lowering blood sugar and helping fight insulin resistance.
- You burn fat for fuel: Once your stored sugar (glycogen) runs low, your body taps into fat, which can support weight management.
- Your brain loves it: Many people notice sharper focus, more energy, and even an improved mood during fasts.

Think of fasting as giving your digestive system a rest day, just as you wouldn't train the same muscle every single day without recovery; your body sometimes needs a break from constant eating.

But... fasting isn't one-size-fits-all.

- Some people do great with 16 hours of fasting and an 8-hour eating window (aka "intermittent fasting").
- Others may prefer skipping just one

- meal.
- It's not about starving yourself; it's about giving your body space to reset and heal.



Why it matters:

Fasting has been shown to reduce inflammation, improve metabolic health, support weight loss, and even promote longevity. It's a powerful tool to help your body receive nourishment more efficiently when you do eat.

Takeaway:

Insulin resistance is like your body's locks getting rusty. Fasting is one of the best tools to clean up those locks, sharpen your key, and keep your energy systems running at full power. Combined with strength training, balanced nutrition, and movement, fasting can be a game-changer for long-term health and vitality.

Breaking Free from the Diet Cycle

For so many of us, dieting has been a lifelong battle. We try the latest trend, suppress our cravings, lose a quick 5 pounds, then celebrate, only to slip, and before we know it, the weight comes back. It's a vicious cycle: restrict, lose, splurge, gain, repeat. I used to wake up on Monday morning and say, 'Okay, I'm starting today,' but then I would fail, or it would only last two days. How about this one on Sunday morning: I'm never drinking again because I feel like S___T. How about waking up at 2 pm because the aldehyde from the alcohol kicks in and you wake up with a headache, or are unable to fall asleep again. How about thinking that you do not have alcohol use disorder because you only have two glasses of wine, scotch, or bourbon a night, and you are functioning just fine, but actually

totally ruining your EVERYTHING. You know all this. What would it feel like to join in on "just stopping"? Alcohol sales are down 43%. People are just done. As we age, we begin to notice that the same "tricks" we used in our 30s and 40s no longer seem to work. The belly looks softer, the arms feel flabbier, and the results come slower. Frustration builds, and it's easy to feel like our best days are behind us. Women LOVE to blame it all on menopause and not do anything about it. The statement is: "I just hate this menopause thing." But here's the truth: they're not. We live in an incredible time where tools, science, and lifestyle strategies are available to help us take back control of our bodies and our health. We no longer have to endure food noise or live in cycles of deprivation.

Our Story: Optimizing at 66

We're both 66 years old, and we've done it all. Diets, programs, workouts, supplements. We know what it feels like to fight the cycle. But today? Eating is fun. Working out is a blast. Sleep is deep and restorative. Our energy explodes every morning, and we jump out of bed. So, what changed? We combined a few modern approaches with consistent training and smart nutrition:

- HRT (Hormone Replacement Therapy) to rebalance what naturally declines with age.
- GLP-3 therapy to quiet food noise and help reset the body's response to hunger, in addition to getting rid of inflammation and restoring brain fog, in addition to a million other benefits like doing away with insulin resistance and visceral fat.
- Precursors to growth hormone to support repair, recovery, and vitality.
- A lot of food, but the right food, fueling muscle while keeping inflammation low.
- Strength training and fun cardio, making movement a joy rather than a chore.
- Yoga and Meditation as a ritual

The Results

- Visceral fat? Gone.
- Brain fog? Gone.
- Muscles? Tight and strong.
- Body fat? 9–10% on the InBody and 17% on the DEXA scan.
- Bone density? Huge with zero

- osteoporosis, zero osteopenia.
- Pain? None, no joint pain, no back pain, no muscle pain, no belly fat, which is so painful to look at.
- Muscle mass? Abundant, powerful, youthful.
- Flexibility over the top
- Libido....HIGH
- Not over-reacting but processing with calm

It's proof that everything works, until it doesn't. And when it doesn't, it's time to explore the modern tools that can help us thrive. We will work with you, and we even have a network of doctors if you prefer to have a doctor based on your own needs and values. We can consult with you and go over your bloodwork. We even have an easy way for you to obtain and get your bloodwork done. We know that it just can't all happen in the gym, but it's a great place to be and to thrive. If you have access to the proper aids and protocols, why not utilize them? Here's the Message: You don't have to live stuck in the diet cycle anymore. You don't have to resign yourself to "getting older" and watching your body slow down. There are ways to thrive, optimize, and feel better at 40, 50, 66, and beyond than you did at 36, and you may not even be on your best game at 35 based on your environment, toxins, pesticides, and high fructose corn syrup that is in everything that wasn't even a thing until the 1970s. We're not selling you anything. We're just here to share what's possible because we've lived it. We call ourselves informants and bio-solvers; here to help you crush it and thrive above and beyond what you thought was possible. If you'd like to discuss it, please don't hesitate to ask.



No charge, no strings. We're here to guide, inspire, and remind you that your body is capable of far more than you've been told. It's basically part of your membership. Reach out: jeremy@lowellmgmnt.com, lori@lowellmgmnt.com

Why Are We Afraid of Peptides?

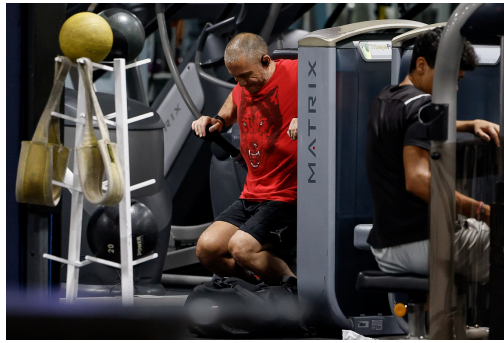
Peptides are one of the most exciting frontiers in health, performance, and longevity. And yet, they remain a mystery to most people. Only about 3% of the population has even heard of them, and less than 1% actually uses them. Why is that?

Fear of the Unknown

Most of us grew up learning about vitamins, protein, and a few basic supplements. Peptides, on the other hand, sound like "science fiction." Because they're new to the mainstream conversation, people naturally hesitate. Fear often stems from a lack of understanding, and peptides haven't yet been incorporated into everyday education.

Association with "Performance Enhancing Drugs"

For years, anything that sounded like "injections" or "growth hormone" was lumped into the category of steroids or banned substances. This stigma created a cultural wall, even though peptides are entirely different, safer, and highly targeted.



Lack of Awareness in Conventional Medicine

Traditional healthcare has been slow to catch up. Most doctors receive little to no training on peptides, which means they often don't discuss them with patients. And if your doctor doesn't mention them, you assume they aren't safe or essential. Dr's got no more than 11 hours of nutrition at the most in medical school.

Regulatory Complexity

Because peptides sit at the intersection of natural biology and advanced science, regulations have been complicated. Some are FDA-approved for specific uses, others are in research, and others are prescribed "off-label" by progressive clinicians. This complexity has made them less accessible, but that is quickly changing.

Why Only 1% Use Them

The small percentage of the population using peptides today consists mainly of

biohackers, elite athletes, or individuals under the care of advanced longevity clinics. These individuals are at the forefront. We are the early adopters. But just like cell phones, the internet, and fitness trackers, what starts in 1% eventually becomes the norm for everyone.

The Absolute Future of Medicine and Longevity

Here's why peptides are the future:

- They're natural: Peptides are short chains of amino acids, which are the same building blocks your body already uses every single day.
- They're targeted: Unlike drugs that affect the entire system, peptides work at the cellular level with precision, repairing, signaling, and optimizing exactly where they're needed.
- They're versatile: From healing injuries (BPC-157), to improving metabolism (GLP-3s, MOTS-c), to regenerating skin, to boosting cognition, there's a peptide for nearly every aspect of human health.
- They're about thriving, not just surviving: For decades, medicine has been about treating disease. Peptides are about prevention, performance, and optimization. They don't just fix what's broken, they help you become the strongest, sharpest, healthiest version of yourself.

Final Thought

Many are afraid of peptides only because they don't yet understand them. The truth is: peptides are not the future of medicine; they are the now of medicine. Over the next decade, peptides will move from the



fringe into the mainstream, just as protein powders, creatine, or even yoga once did. Only 1% of the population may be using them today, but over time, they will transform the way we age, heal, and live. The future of longevity is being written in peptides. You can just jump on the bandwagon and educate yourself.

Supplement of the month - Choline – The Unsung Hero of Nutrition

Choline is an essential nutrient, which means your body can make a little of it, but not nearly enough. You must get it from your diet or supplementation.

So why is choline important?

1. Brain Function and Memory
 - Choline is the raw material your brain uses to make acetylcholine, a neurotransmitter critical for learning, memory, and focus.
 - Without enough choline, brain fog creeps in, memory lapses increase, and focus becomes a struggle.
2. Liver Health
 - Choline helps the liver remove fat. Without it, fat can accumulate, leading to fatty liver disease and a sluggish metabolism.
3. Cell Membranes
 - Every single cell in your body is wrapped in a protective layer called a membrane, and choline is a building block of those membranes. Without it, cells can't function at their best.
4. Nervous System and Muscle Control
 - Acetylcholine is also what your body uses to tell muscles to contract. If you're working out hard or living a vibrant life, choline is essential.

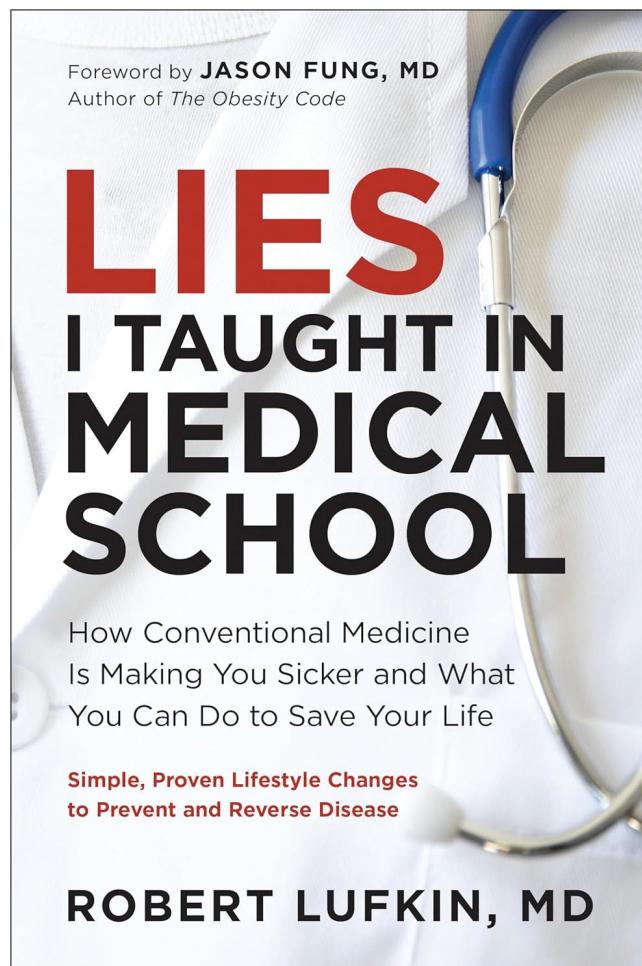
Takeaway on Choline:

Most people don't get enough of it because the richest sources are egg yolks, liver, and other organ meats, as well as certain types of fish, foods that many people avoid. Supplementation can help fill the gap, and from a biosolving perspective, it's like fueling your brain, muscles, and metabolism with premium fuel instead of low-grade.

fuel. The best choline to take is Phosphatidylcholine 500-800 mg per day.

BOOK OF THE MONTH

Want to change your perspective completely??? Here's one for you that's a game-changer. Read *Lies I Taught In Medical School* by Dr. Robert Lufkin. Download the audio and listen during your cardio workout; it's wild.



Yours in Health, Lori and Jeremy

Lori & Jeremy Lowell

