

Gold's Gym Newsletter

LAKE RIDGE & LORTON, VA

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Hormones, Mindset, Movement, and Modern Tools for a Stronger Future

Hormone Freedom for Women

Restoring real science to HRT and ending decades of fear-based menopause medicine.

Before we even get started with our Newsletter, here is the most amazing and noteworthy news EVER. FINALLY FOR ALL MANKIND. The following was released on November 10th, 2025. Women have been suffering since 2002 with the misinformation provided by the Women's Health Initiative, so read on and set yourself free. The U.S. Department of Health and Human Services (HHS) today announced historic action to restore gold-standard science to women's health. After more than two decades of fear and misinformation surrounding hormone replacement therapy (HRT), the U.S. Food and Drug Administration (FDA) is initiating the removal of broad "black box" warnings from HRT products for menopause. Health and Human Services Secretary Robert F. Kennedy Jr. and FDA Commissioner Marty Makary, M.D., M.P.H., announced this at a press conference at HHS, attended by more than 200 people, including the Second Lady of the United States, Usha Vance, and Secretary of Labor Lori Chavez-DeRemer. Women have used HRT products for decades to relieve menopausal symptoms. However, their use plummeted in the early 2000s when the FDA applied boxed warnings following a Women's Health Initiative study that found a statistically nonsignificant increase in the risk of breast cancer diagnosis. The average age of women in the study was 63 years, over a decade past the average age of a woman experiencing menopause, and study participants were given a hormone formulation no longer in everyday use. The FDA is initiating the removal of the boxed warnings following a comprehensive review of

the scientific literature by an expert panel in July and a public comment period. The agency is working with companies to update language in product labeling to remove references to risks of cardiovascular disease, breast cancer, and probable dementia. The FDA is not seeking to remove the boxed warning for endometrial cancer for systemic estrogen-alone products. "Today, we are standing up for every woman who has symptoms of menopause and is looking to know her options and receive potentially life-changing treatment," said Secretary Kennedy. "For more than two decades, bad science and bureaucratic inertia have resulted in women and physicians having an incomplete view of HRT. We are returning to evidence-based medicine and giving women control over their health again." "Tragically, tens of millions of women have been denied the life-changing and long-term health benefits of hormone replacement therapy because of a medical dogma rooted in a distortion of risk," said FDA Commissioner Makary. "For too long, issues of women's health have been underrecognized. Women and their physicians should make decisions based on data, not fear." As women enter menopause, their ovaries produce less estrogen and progesterone. FDA-approved HRT containing estrogen and progesterone (or estrogen alone as indicated for postmenopausal women without a uterus) can restore these declining hormones and relieve symptoms such as hot flashes, night sweats, sleep disturbances, and bone loss. "Estrogen is a key hormone for women's health. Every single part of a woman's body depends on estrogen to operate at its best, including the brain, bones, heart, and muscles," said Advanced Research Projects Agency for Health Director Alicia Jackson, Ph.D. "The removal of the black box warning, based on the best science and data, is an incredible step forward to empower millions of women to

live longer, healthier lives. "Someday, science will help us slow or reverse all the damage of aging," said Health and Human Services Deputy Secretary Jim O'Neill. "A good, safe way to address estrogen depletion already exists, and today, Secretary Kennedy and Commissioner Makary are removing a barrier to this treatment. Many more women can reduce their risk of fracture, heart disease, and immune and cognitive decline while extending their vigor." Randomized studies show that women who initiate HRT within 10 years of the onset of menopause (generally before age 60) have a reduction in all-cause mortality and fractures. Women may also reduce their risk of cardiovascular diseases by as much as 50%, Alzheimer's disease by 35%, and bone fractures by 50 to 60%. Though the starting time of HRT and the duration of use are decisions made between the prescriber and the individual patient, the FDA's labeled recommendation is to start systemic HRT within 10 years of menopause onset or before age 60. In addition to removing boxed warnings, the FDA is approving two new drugs to expand treatment options for menopausal symptoms. The first is the approval of a generic version of Premarin (conjugated estrogens), the first such approval in more than 30 years for this widely used hormone replacement therapy. The new generic product is expected to improve affordability and access while maintaining the same quality, safety, and effectiveness as the brand-name drug. The second approval is for a non-hormonal treatment for moderate to severe vasomotor symptoms, such as hot flashes, associated with menopause. This option provides relief for women who cannot or choose not to use hormone therapy. SO LET'S GO. If you choose. No more stupid menopause weight gain, cranky moods, lack of muscle building, sluggishness, tiredness, no sleep, and brain fog. REGAIN YOUR HEALTH. You deserve it.

Welcome to our 9th Newsletter, and Happy Holidays to all of you amazing members.



Healing is Health

Letting go of the “sick identity” and seeing your body as a constant act of repair.

My good friend made a statement that really stuck with me: “You can’t spell healthy without the word heal”. He continued, stating: It’s almost as if the word itself carries the reminder that you can’t have one without the other. We tend to think of healing as a temporary condition, something we do until we’re “well again,” but health is an ongoing dialogue between the body, the mind, and the forces that keep you alive. The body is never finished with the process of healing; it regenerates, recycles, and recalibrates every single moment. What most people call “sickness” is often just the body reorganizing itself toward balance. Health is simply the continuation of the healing process. When you understand this, the shame around illness begins to dissolve. You realize your body is merely a vehicle for experiencing the contrast of life, guiding your personal growth. Many people never heal because they turn their illness into their identity. They say my anxiety, my gut issues, my low thyroid, this menopause, as if those conditions were possessions instead of experiences. The more tightly you cling to the identity of being unwell, the harder it becomes to move beyond it. You cannot heal while protecting your sickness or life changes. The ego wants to preserve its story, the story of being the one who suffers, the one who is trying to get better, the one who has been wronged or misunderstood, and it’s a great excuse to refrain from really helping yourself and healing or getting better. But the moment you identify as “healthy,” your body begins to reorganize around that identity too. Your cells respond to perception; they listen to the emotional frequency broadcast into your biology. Healing starts with the death of the identity that says, “I am broken.” You cannot heal and hold on at the same time. The first step is surrender. If you look closer at biology, you’ll see that life itself is healing. Cells are destroyed and replaced by the billions each day. Mitochondria (the powerhouse of your cell) recycle through mitophagy (the process your cells use to clean out damaged or weak mitochondria). Proteins unfold and refold. Even your bones are remodeled every decade. The exact process unfolds psychologically and spiritually as old versions of you fall away and higher forms of awareness take shape. Peptides, hormones, hydration, sleep,

and sunlight amplifies what the body is already built to do. When people say they want to “get back” to health, they miss the truth: health was never lost; it was buried beneath inflammation, memory, and identity. Every step toward healing is the body remembering that it was perfect from the start. Without pain, we don’t understand health. Without illness, we lack appreciation for vitality. Life teaches through contrast. The muscle must tear to grow. The heart must break to open. The cell must stress to adapt. We want healing without hurting, but biology doesn’t work that way. Inflammation is a signal. Pain is information. Fatigue is feedback. Every symptom is a plea asking you to listen more closely. The paradox of healing is that the discomfort we resist is the exact doorway we must walk through. Modern medicine often suppresses these signals by numbing, medicating, and distracting from them, but in doing so, it suppresses the intelligence trying to bring us back into alignment. So rather than asking, “How do I make this pain go away?” begin asking, “What is this pain trying to teach me?”

To heal is to participate in the natural order of life consciously. Healing is health in motion. It’s the living proof that your biology and consciousness are still working together. The body heals, the mind resists, and the spirit remembers. Every peptide you take, every habit you shift, every slow breath is a reminder that healing is not separate from who you are; it is who you are. Life is a constant act of re-creation, and you are its witness, its sculptor, and its clay. When you realize that, you stop chasing health like a finish line and start living it as a practice. You stop trying to escape the cycles of healing and begin honoring them as the rhythm of being alive. To heal is to be healthy. Healing is evidence of health. The truth is that life itself is always healing, and if you are healing, you are healthy.

Mental Real Estate and the Lifelong Diet That Lives in Our Minds

Escaping lifelong diet thinking with movement, mindfulness, and modern peptide tools.

Most people have been dieting for as long as they can remember. Even when they’re not officially on a plan, their minds run endless calculations of calories, guilt, shoulds, and should-nots. I know I, Lori, had been dieting until I was 64 years old. I started thinking about it at around age 12. My mother used to tell me to suck in my belly. Maybe that was a good thing. She was the best person ever, so not overthinking this and zero childhood trauma. I love food. It’s a fact: dieting was my way of staying lean, and it worked for the most part, but I went about it all wrong. Especially being a dancer. Talk about terrible eating habits. I starved myself so many times. The mind negotiates with every meal and every craving, creating a lifelong tug-of-war that drains enormous mental real estate. It exhausts the spirit and diverts energy from the things that create growth, joy, and vitality. I remembered another lecture I attended about the word ‘diet’. the speaker said, “*The first three letters of the word diet spell die*,” a stark reminder of how traditional diet culture feels. Dieting often drains joy, shrinks the spirit, and disconnects us

from the natural pleasure of nourishing the body and moving with freedom. Instead of living in expansion, we live in restriction. We begin to believe that struggle is everyday, and peace with food is reserved for someone else. And when we don’t get a result, well, it just becomes harder and harder. This is why so many people feel they never get ahead, because their mental energy is depleted before the day begins. Their inner world is crowded with cravings, guilt, pressure, and the feeling of constantly starting over. It isn’t easy to build a powerful life when the mind is in survival mode. But when people reclaim mental real estate, something remarkable happens. They discover that health is not about punishment; it is about space. It’s about clearing noise so the mind and spirit can expand. Movement, peptides, and mindfulness become powerful allies in this process. Workouts shift energy and build a living relationship with the body.

Mindfulness slows the mind and calms the nervous system, creating space for intentional responses rather than reflexive reactions. The mind becomes a peaceful landscape instead of a battlefield. Modern science offers supportive tools that many people never knew existed. One such tool is Retatrutide, a GLP-3 that quiets the food noise ruling so many lives. It supports fullness, stabilizes blood sugar, and reduces the constant pull of cravings. For people committed to fitness, longevity, and strength, this can be transformative, not as a shortcut, but as a way to free the brain from the diet prison that never worked. This is how I freed my mental real estate. I started peptides and now I’m living my best life. I’m not afraid of food anymore. It doesn’t take up my mental real estate. I am more productive now than I have ever been. Maybe I’m a little late to the party, but I’m going for it. There is nothing that will keep me from my freedom of food, muscle, health, excellent sleep, and simply feeling good all the time, and I’m not bragging because I decided to really do the work, and it’s paid off. I just needed to remind my body of what to do, and damn if HRT (hormone replacement therapy) and peptides didn’t show me the way. These are reminders of what the body has forgotten. It’s real. Right now, Tirzepatide, or *Mounjaro* (The GLP-2 that is not as great as Retatrutide), has surpassed all drugs and is now the number one selling drug in the world. And, it’s not even a drug. That peptide is naturally produced in your body, but its production slows down as we age. You cannot ignore how profound this is.



It is not cheating, something to be ashamed of, or bad for you chemically, but rather an aid and a wise choice. Not to mention how powerful it is at lowering inflammation markers and glucose levels, and at improving cognitive health. When the food noise quiets, people can finally hear intuition, see goals clearly, and live in their bodies with presence and gratitude. Health no longer feels like punishment but a possibility. With the integration of peptides, fitness, and mindful self-connection, the mind becomes spacious again. Life grows lighter. Joy returns. Purpose becomes clearer. And the old diet mentality loses its grip. When you feel good about yourself, both internally and externally, you explode with energy and verve to get to the gym and all the other pleasurable things that exist when you are in bliss. When the mind is quiet and the body is supported, everything changes. Motivation becomes natural. Self-trust grows. Fitness becomes an expression of love, not a battle. This is the gift of reclaiming mental real estate, the moment the lifelong diet ends and a new way of living begins. And.... your brain has room to be productive in other ways. And remember, the teacher will be there when the student is ready. It just depends on whether one is ready to surrender and get healthy again. Our environments, pollutants, toxins, and food have ruined us. It's not your fault, but you can get in front of it if you want to.

Know Your Numbers

Glucose, insulin, A1C, liver, and thyroid markers as your roadmap to real longevity.

When was the last time you had your labs done? When was the last time you looked at the inner story your body is telling you? We spend our lives taking care of everything outside of us, but many people forget to check in on the most critical system they will ever own, which is their body. Your lab work is your roadmap. It shows you how you are aging, how you metabolize food, how you handle stress, how your hormones function, and how well your body is prepared for long-term vitality. There are a few markers that everyone should know without hesitation. These markers can tell you if you are heading toward insulin resistance, thyroid dysfunction, fatty liver, or metabolic slowdown. These are not tiny details. These are the foundations of energy, weight, mood, sleep, and longevity. Most people feel tired, heavy, or unmotivated, and they blame their lifestyle when the truth is often hidden in their lab results. Some markers carry tremendous influence. Glucose. Insulin. A1C. Liver enzymes. Thyroid hormones. These numbers tell the truth even when we feel unsure of what is happening inside our bodies. You can get your labs done very close by at a Quest lab. To order them and take control of your own health, one place to go without seeing your doctor beforehand is: <https://www.privatemdlabs.com/goldsgym>. We set up an account with them for a discount. We ask: Why do you need a doctor to get your labs done? Don't you want to know what's going on in your body for yourself? Aren't you curious? Take control of your health and take care of yourself.

Fasting Glucose

Your fasting glucose should be within a healthy, steady range. The ideal range is about 70 to 85. Many people drift into the nineties or low hundreds and think it is normal. It is not. When fasting glucose rises, it signals that your body is struggling to move sugar into the cells. It is an early sign of metabolic stress and a predictor of future insulin resistance. When you know this number, you can take action now and not five years from now.

Fasting Insulin

This is one of the most critical markers in modern health. It is also one of the most ignored. Your fasting insulin should ideally be between two and five. If it is higher than six, your body may be working too hard to control blood sugar. If it reaches 10 or above, you are already in a danger zone, even if your glucose looks fine. High insulin makes it difficult to lose weight. It makes you feel tired. It causes cravings. It also increases inflammation. When you measure this, you can finally understand why your body may not be responding the way you expect.

Hemoglobin A1C

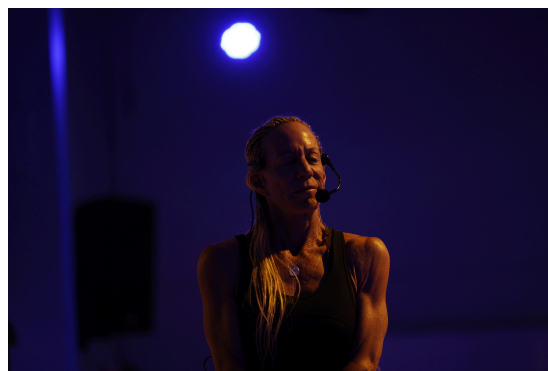
A1C shows your average glucose over about three months. The ideal range is about 4.8 to 5.2. Many people believe that 5.6 is still acceptable, but the truth is that anything above 5.4 shows a trend you should pay attention to. A1C reflects long-term metabolic health. When this number rises, your risk for insulin resistance and early diabetes increases. When you track it, you stay ahead of your future.

Liver Enzymes

Your liver is the master housekeeper of your body. It filters, detoxifies, stores nutrients, and manages hormones. When liver markers are mildly elevated, it is already telling you that your metabolic system needs help. ALT ideally should be around 10-20. AST should be in a similar range. Many people have normal or slightly elevated values and ignore them, but even mild elevations can signal fatty liver and impaired metabolism. This impacts your energy, fat-burning ability, hormone regulation, and overall longevity. The liver must be cared for if you want a healthy life.

Thyroid Markers

Your thyroid regulates your metabolism, mood, weight, energy, focus, digestion, and temperature. It is the control center of your body's operating system. Key markers include TSH, Free T3, Free T4, and sometimes reverse T3. TSH should ideally be between one and two. Free T3 should be in the upper half of the reference range. Free T4 should be steady in the middle of the range. Many people have a TSH of three or four and are told they are normal while they are experiencing fatigue, weight gain, anxiety, hair thinning, dry skin, or brain fog.



Knowing your thyroid markers gives you the chance to take charge rather than live in confusion.

Why These Labs Matter

These markers tell you if your body is thriving or struggling. They tell you if you are heading toward insulin resistance or metabolic slowdown. They tell you if your liver is carrying too much burden. They tell you if your thyroid is doing its job. They give you the truth so you can act with clarity and confidence. The body always gives us signs, but we must be willing to look. Lab work is not something you should do once a year. It is something you should track and understand. When you know your markers, you can prevent disease rather than react to it. You can optimize instead of compensating. You can build a body that supports a long and vibrant future. Your health is too important to guess. Your labs give you the answers. The question is simple. When was the last time you checked them? If it has been too long, let this be your invitation to reconnect with the wisdom of your own biology. Your future self will thank you.

Shake Up Your Workouts

Four Chest Day Workouts for Mind, Muscle, and Progress

Most people fall into the same routine every time they walk into the gym. They move through the same exercises, the same order, the same machines, the same patterns. At first, it feels comforting. It feels familiar and safe. But after a while, the body stops responding. The muscles adapt. The nervous system adjusts. The progress slows down. The energy fades. The results stall. If you want a body that continues to grow stronger, leaner, and more powerful, you must learn one thing. You must shake up your workouts. The body is an intelligent system. It thrives when you challenge it in new ways. It grows when you surprise it. It adapts only when you give it a reason to adjust. Doing the same routine week after week means you are only training what you already know. You are not expanding your strength. You are not expanding your mobility. You are not expanding your potential. Your body needs variety. It needs new stressors. It requires a fresh spark that energizes the muscles, mind, and motivation. Shaking up your workouts does not mean abandoning structure. It means bringing creativity into your routine. It means giving your muscles new angles, tempos, loads, and sequences. It means waking up your nervous system and teaching your body to respond to a broader spectrum of movement. Here is an example of four different chest workouts you can do each week. Each one carries a different purpose. Together they create balance, strength, and growth.

Chest Workout One: Strength

This day focuses on pure pressing power

1. Flat Barbell Press
2. Incline Dumbbell Press
3. Weighted Chest Dips
4. Seated Chest Press Machine
5. Slow and Controlled Pushups

Rest longer between sets and focus on heavy and steady reps.

Chest Workout Two: Volume and Muscle Building

This day floods the muscle with controlled repetition.

1. Incline Barbell Press
2. Flat Dumbbell Fly
3. Cable Cross Over with a Full Stretch
4. Chest Press with Moderate Weight and High Repetitions
5. Decline Dumbbell Press

Shorter rest periods and focus on a continuous pump.

Chest Workout Three: Functional and Athletic

This day improves coordination and stability.

1. Single-Arm Dumbbell Press
2. Standing Cable Press
3. Medicine Ball Chest Pass
4. Incline Machine Press with a Controlled Negative
5. Push-Ups with Rotation

Focus on movement patterns that support real-life strength.

Chest Workout Four: Time Under Tension

This day slows everything down to create a deep muscular challenge.

- Slow Tempo Flat Dumbbell Press
- Incline Cable Fly with an Extended Hold
- Iso Holds at the Midpoint of the Press
- Slow Negative Push-Ups
- Pec Deck Machine with Long Squeezes

This day forces the muscle fibers to wake up and respond.

Bike Setup for Cycle Class: A Step-by-Step Guide to a Safe, Powerful, and Comfortable Ride

With everything we've covered about training smarter and supporting your body, a straightforward thing still gets overlooked: setup. One of our members let us know that some newcomers have no idea how to set their bike properly. A bike that's not adjusted correctly can steal power, strain joints, and ruin your ride. Here's a quick, easy guide to make sure your cycle setup works for you, not against you.

- **Start at the side of the bike**
 - Stand next to the bike, facing the handlebars.
 - Raise or lower the seat height so the top of the saddle is about level with your hip bone.
- **Check the seat height on the bike**
 - Sit on the bike and place your heels on the pedals.
 - Pedal backward a few times.
 - At the bottom of the pedal stroke, your knee should be almost straight (a slight bend).
 - If your knee is locked out straight → lower the seat a bit.
 - If your knee is very bent → raise the seat

- **Set the seat forward or back (fore-aft)**
 - Clip in or place the balls of your feet over the center of the pedals.
 - Pause with one pedal straight forward (3 o'clock) and one straight back (9 o'clock).
 - Look at your front knee:
 - It should be directly above the middle of your front foot/pedal, not way in front or behind.
 - Slide the seat forward or back until your knee lines up over the pedal.
- **Adjust handlebar height**
 - For most riders, especially beginners or anyone with a tight back or hips:
 - Set the handlebars at the same height as the seat or slightly higher. More flexible or experienced riders can bring them a bit lower if they like, as long as there's no back or neck strain.
- **Set the distance to the handlebars.**
 - Sit tall on the bike and place your hands lightly on the handlebars.
 - You should have:
 - A soft bend in the elbows (not locked straight).
 - Relaxed shoulders, not reaching far forward.
 - If you feel like you're reaching or cramped, slide the handlebars closer or farther until you feel natural and supported.
- **Secure your feet**
 - If you're using cages/straps, slide your foot in so the ball of your foot is over the pedal and tighten the strap
 - If you're using clip-in shoes, make sure you
 - feel locked in, and the ball of your foot still lines up over the pedal.
- **Set a safe starting resistance?**
 - Turn the resistance knob until the pedals feel steady and controlled, not loose or "spinnny."
 - You should feel some resistance right away. If your legs are flying with no control, add more.
- **Check your posture**
 - Keep your chest open and your spine long.
 - Relax your shoulders and jaw.
 - Keep a slight bend in the elbows and avoid locking any joint.
- **Do a 30-second test ride**
 - Pedal for 30–60 seconds seated.
 - Ask yourself:
 - Do my knees feel comfortable?
 - Is my low back okay?
 - Am I reaching too far or too close to the bars?
- Make tiny tweaks to seat height, fore-aft, or handlebar position if anything feels off.
- **Lock in your setting.**
 - Once it feels good, remember or note your numbers (most bikes have numbers on the posts).
 - Use the same settings every time you come to class, and adjust slightly as your flexibility and strength improve.

Let's talk about something many members overlook. It is the missing piece in most fitness routines. It is mobility and flexibility. Most people walk into Gold's Gym ready to lift heavy and push hard. They want strength. They want muscle. They want visible results. That is powerful and admirable. But if all you ever do is strength train, you are building a body that is strong on the outside and restricted on the inside. You are building power without freedom. You are building muscle without balance. Weight training is one of the best things you can do for your health. But weight training shortens the muscles. Every rep creates contraction. Over time, you end up with muscles that are powerful yet tight. You end up with joints that cannot move in their full range. You end up with a body that can lift the world but struggles to bend over and touch its toes. If you cannot stand up straight and reach for your toes without strain, you are missing a key piece of your fitness. You are doing yourself a disservice. Mobility is not optional. Flexibility is not optional. They are the foundation for a healthy, long-lasting, strong body. When the muscles are tight, the nervous system becomes tense. When the nervous system is tense, the body cannot recover as well. When the body cannot heal, the gains slow down. Many people do not realize that a few minutes of stretching every day will help the muscles grow even more relaxed muscle tissue responds better to training. It moves better. It recovers faster. It gives you more power and more longevity. This is why we say, "Oh, not to be a muscle head. Be a muscle mind. A muscle head only thinks about pushing weight. A muscle mind understands the body's intelligence. A muscle mind knows that strength is more than force. Strength is balance. Strength is mobility. Strength is the ability to move through life without stiffness and pain. A muscle mind trains for the long future. A muscle mind takes care of the fascia and the joints. A muscle mind stays curious about how the body feels rather than only caring about how it looks. Imagine what your body could feel like if you added five minutes of mobility before your workout and five minutes of stretching after. Imagine hips that move freely. Shoulders that glide. A spine that rotates with ease. Imagine the strength you could unlock when the joints and tissues are not restricted. Proper fitness is not only about how much you lift. It is about how well you move. So, the invitation is simple. Keep lifting. Keep building. Keep striving. But support your strength with mobility. Support your body with flexibility. Become the muscle mind who trains with intelligence and who invests in a future that



Mobility, Flexibility, and the Muscle Mind

Training for a future that is strong, open, and pain-free.





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META Shred and Mitochondrial Power

How BAM-15 and SLU-PP-332 support cellular energy, fat use, and performance

We're stepping into a cutting-edge realm today, a space where wellness, longevity, and performance meet advanced mitochondrial science. The product we're exploring is Meta Shred from BioLongevity Labs. This isn't your standard "fat-burner." It's a research-grade formula combining two potent compounds: BAM-15 and SLU-PP-332. Understanding what they do, how they work together, and how they might support serious fitness and health goals gives you a vantage point no longer reserved for lab rats. The manufacturer describes Meta Shred as a blend containing:

- BAM-15 (50 mg per capsule) is a powerful mitochondrial uncoupler that drives metabolism by increasing mitochondrial oxygen consumption and heat production rather than just ATP production.
- SLU-PP-332 (100 µg per capsule) is a potent pan-ERR (estrogen-related receptor) agonist, which mimics gene-expression patterns of endurance exercise, enhances mitochondrial biogenesis, and drives fatty acid oxidation.

Together, these two compounds create a dual-mechanism: one pulling open the energy burn (BAM-15) and the other optimizing mitochondrial machinery (SLU-PP-332). Meta Shred promises to support metabolic flexibility, fat oxidation, and overall mitochondrial health.

Why this matters for fitness-minded people

If you're someone who trains hard, cares about body composition, recovery, longevity, and performance, then you know that it's not just about lifting weights or doing cardio. It's about cellular energy, metabolic health, how your mitochondria respond, and how your body uses fuel. Meta Shred speaks directly to that deeper level of optimization. For example:

- BAM-15 helps drive energy expenditure even outside of "exercise moments" by uncoupling mitochondria and forcing fuel combustion rather than storage.
- SLU-PP-332 activates exercise-mimetic pathways, including changes in gene expression, upregulation of oxidative capacity, and increased mitochondrial number. In studies, despite sedentary conditions, animals treated with SLU-PP-

- 332 showed improved fat oxidation and metabolic markers.
- The synergy means you are not relying solely on movement. You're supporting the cellular engine itself. The result may mean less "brain space" spent on food obsession and more on training, recovery, and a life you love with your body aligned.

Third-party testing and manufacturing quality

BioLongevity Labs describes its manufacturing process as follows: It meets GMP-like standards, uses USA-based registered facilities, synthesizes peptides (and research compounds) at ~99% purity, and each batch undergoes quality control (HPLC, LC-MS, screening for contaminants). While Meta Shred itself is marketed as a "research compound" (not FDA-approved for treating disease), it includes a "Certificate of Analysis (COA)" on the product page.

Successes, research highlights, and real-world implications

- In preclinical (animal) models, BAM-15 has shown reductions in fat mass, improvements in insulin sensitivity, and increased mitochondrial flexibility.
- SLU-PP-332 in mouse studies demonstrated leaner outcomes: reduced adiposity, improved glucose tolerance, and higher resting energy expenditure.
- Testimonials in bio-hacking circles suggest people are using Meta Shred as a tool to quiet food noise, support metabolism, and feel more aligned with their training and recovery.
- Build mass fast. It's apparently unbelievable.

Important caveats to know

It's critical to emphasize that Meta Shred is offered as a "research use only" product on the site. The manufacturer notes that the FDA has not evaluated the statements and that the product is not intended to diagnose, treat, cure, or prevent any disease. As such, any use should be informed, guided by medical professionals or functional medicine practitioners, and integrated into a comprehensive training, nutrition, recovery, and lifestyle program. This is not a shortcut but a lever. Quality and third-party testing matter: always verify batch COAs, review product purity, and ensure proper storage and handling.

Who it's for

- Individuals who are serious about performance, body composition, recovery, and longevity.
- People who train consistently, are already controlling diet and lifestyle, and are looking for next-level cellular support.
- Those who understand this is not simply a "fat burner" but an advanced mitochondrial optimization tool

How does this fit into your broader protocol?

- Training: Continue to lift heavy, prioritize mobility, flexibility, recovery, and a well-periodized program.
- Nutrition: Support metabolic flexibility through strategic macronutrient timing, whole foods, nutrient density, and mindful eating.
- Recovery & Sleep: Mitochondrial support is only as good as your rest, sleep quality, and stress management.
- Supplement Integration: If Meta Shred is chosen as part of the strategy, integrate it with good practice, monitor response, pair with hydration, nutrient support, and physician oversight.
- Mindset & Identity: Your identity is not "I take a pill to get lean." It's "I invest in my biology because I love my body, I train it, I fuel it, I recover it, and I



- choose tools that align with my high-performance life."

Meta Shred by BioLongevity Labs offers a rare convergence of mitochondrial science, metabolic support, and a performance mindset. When used thoughtfully, it can help free up the brain and body space that has been trapped by years of food noise, metabolic stagnation, and restricted performance. It signals a shift from fight-or-flight dieting to intelligent cellular alignment. If you're ready to shift your narrative from surviving your body to celebrating your biology, this advanced tool might be a powerful piece of your puzzle. As always, proceed with awareness, professional guidance, and the mindset of a muscle mind who honors movement, recovery, and conscious evolution. <https://www.biolongevitylabs.com/pages/meta-shred> This website has heaps of information.

Finally: Update on Pads

Our pad reupholstery guy, Carl, has all of our replacement pads on backorder. Please bear with us, as he has let us know he will not be able to get to the gym until January, which totally sucks. The women's sauna at Lake Ridge is running happily. Men's sinks at Lorton will be installed soon. I appreciate your patience during the renovation. We definitely ran into some challenges.

Thank you for being our member, and Jeremy and I always want to thank our fantastic staff. That's it for now. Please feel free to reach out to us. We are here to guide in any way that we can.

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Enjoy your Thanksgiving.

Yours in health,

Lori & Jeremy Lowell

