

WELLWAY

L A B S

Winston WellWay

June 10, 2025

PANEL

*Men's Complete Wellness +
Hormone Add-On*

WELLNESS ADVISOR

Katie Grumbir

Goals

SHORT TERM

1. Weight loss up to 30#
2. Less stiff joints, more flexibility
3. Improve energy levels



LONG TERM

1. Improve mobility
2. Improve flexibility
3. Improve body composition

Your Themes

This section of your lab review helps to identify the main themes that are present in your lab work, and helps to see the bigger picture on how various systems in your body are connected.

Theme One: Cardiovascular Health Risk

Theme Two: Blood Sugar Dysregulation

Theme Three: HPA Axis Dysregulation

Cardiovascular Health

Cardiovascular health is essential for overall well-being, as the heart and blood vessels deliver oxygen and nutrients throughout the body. Poor heart health can lead to high blood pressure, fatigue, and an increased risk of heart disease, stroke, and other serious conditions.

Supporting cardiovascular health through regular movement, a balanced diet, stress management, and quality sleep helps maintain energy, longevity, and optimal body function.

Key Biomarkers

- high LDL-P, high LDL-C, low HDL-C, high triglycerides, low HDL-P, high small LDL-P, low LDL Size

Blood Sugar Dysregulation

Regulating blood sugar is essential for maintaining steady energy levels, supporting hormone balance, and preventing metabolic issues. Consistently high or fluctuating blood sugar can lead to fatigue, cravings, mood swings, and increased inflammation, while long-term imbalances raise the risk of insulin resistance, diabetes, and cardiovascular disease.

By managing blood sugar through balanced meals, protein and fiber intake, and mindful lifestyle habits, you can enhance focus, sustain energy, and promote overall health and longevity.

Key Biomarkers

- high fasting glucose, high HbA1c
- Insulin Resistance Profile: high large VLDL-P, high small LDL-P, low large HDL-P, high VLDL size, low LDL size, low HDL size, high LP-IR score

HPA Axis Dysregulation

The HPA (Hypothalamic-Pituitary-Adrenal) and HPT (Hypothalamic-Pituitary-Thyroid) axes are closely interconnected in the body, and issues in one can affect the other. The HPA axis controls the body's response to stress by regulating cortisol production, while the HPT axis regulates thyroid hormone levels. Dysfunction in one axis can create a feedback loop, affecting the other and leading to a range of health problems, including fatigue, metabolic disturbances, and mood imbalances.

Key Biomarkers

- Low testosterone/androgens - low DHT, low free T
- Would like to keep an eye on estrogens - high insulin could be pushing more T into estrogen over time
- High AM Cortisol and below optimal free T3 - imbalances between adrenals/thyroid. High stress can also be driving up blood sugars

Doctor's Notes

Labs notable for significant increase in a1c reflecting poorly controlled diabetes. High glucose and insulin likely contributing to elevated inflammation and unfavorable lipid patterns. This pattern puts this patient at very high risk of complications from DM, 2, including heart attacks/strokes. Would strongly recommend initiation of medication for diabetes management, statin therapy, and consultation with a PCP to ensure diabetes surveillance up to date to evaluate for other complications. Agree with aggressive diet/lifestyle recommendations and close monitoring of labs.

Dr. Susan Echt, MD
Chief Medical Advisor



Action Plan

Nutrition

Movement and Exercise

Sleep

Recovery and Resilience

Stress Management

Nutrition

Improve blood sugar with nutrition:

- Prioritize protein: Include lean protein with every meal to stabilize blood sugar.
- Reduce refined sugars: Cut back on sugary foods and drinks to prevent blood sugar spikes. Check labels for “added sugars”
- Time carbs around activity: Eat carbs in the morning and after exercise for better insulin sensitivity = more controlled sugars during the day.
- 12-hour fasting window: Aim for a 12-hour fast overnight to help balance blood sugar. **Longer fasts will benefit blood sugars and cardiometabolic health. Aim to increase to 16 hours overnight.**
- Focus on fiber-rich foods: Choose whole grains, vegetables, and legumes at each meal to improve glucose control.

Lower Lipoproteins & LDL By Improving Diet Quality:

- Cut back on refined carbs and added sugars – These raise VLDL and triglycerides, which can push ApoB up.
- Prioritize healthy fats (like olive oil, avocado, fatty fish) and limit saturated fats (especially from processed foods, fatty meats, and butter). Quality matters - look for grass fed beef & butter.
- Increase fiber intake – Soluble fiber (from oats, flax, chia, beans) helps reduce LDL particle numbers.
- Avoid trans fats completely – These raise ApoB and LDL-C significantly.

Supplementation**

See supplementation page recommendations

Movement and Exercise

- Resistance Training 3x/weekly for muscle mass support & maintenance
- Aerobic exercise 5x/weekly for 30 minutes minimum - this will support blood sugar control and cardiovascular health. 1 longer session of aerobic movement 60+ minutes 1x/weekly would be beneficial.

Sleep

IMPROVE SLEEP QUALITY

- Avoid Eating 2 Hours Before Bed: Let your body digest before sleeping.
- Blackout Your Room: Use curtains to block out light.
- Keep the Room Cool: Aim for 60-70°F.
- No Blue Light Before Bed: Turn off electronics 30 minutes prior.
- Use White Noise: Block disruptive sounds with a white noise machine.

Recovery and Resilience

SUPPORTING CIRCADIAN RHYTHM (SLEEP/WAKE CYCLE)

- 10-30 minutes of natural sunlight within 30 minutes of waking to boost cortisol, improve alertness, and support your circadian rhythm.
- Spend time in evening sunlight to signal to your body that the day is ending, helping to promote melatonin production and improve sleep.
- Go to bed and wake up at the same time every day, even on weekends, to reinforce your circadian rhythm.
- Aim for 20-30 minutes of outdoor light exposure during the day, especially in the morning or early afternoon.
- *this will help support your stress resiliency over time!

Stress Management

- 10-15 minutes of daily mindfulness/relaxation - breathwork, alternate nostril breathing, walking outdoors in nature, meditation, journaling, etc.
- Limit high intensity workouts short term to avoid spiking cortisol further

Supplementation

Brand / Type	Dosage	Frequency / Duration
RYR Synergy (DFH)	2 caps	Bedtime
OmegAvail Hi-Po Fish Oil (DFH)	2-4g	Daily
Metabolic Synergy (DFH)	2 caps	3x/day with meals
Men's Multi 50+ (Thorne)	3 caps	Daily
Cortisol Manager (integrative Therapeutics)	1-2 caps	Bedtime

Ongoing Support & Monitoring

Additional Lab Testing

- 3x4 genetic test to better understand priority areas
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Re-draws

- All labs should be done annually to monitor progress.
 - Redraw of full lipoprofile + IR markers, along with fasted glucose, insulin, and A1c in 6 months.
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In club reassessment

- Utilize quarterly health assessments at your WellWay location to continuously monitor body composition, blood pressure, grip strength, balance, movement quality, and more
 - Quarterly assessments are included as a benefit in most WellWay locations
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Coaching Sessions

- Work with wellness advisor 2x/monthly to monitor blood sugar progress. Use of finger pricks or CGM to fine tune dietary choices and other strategies such as fasting, exercise, etc. for blood sugar management.

Biomarkers

Complete Wellness Biomarkers

Metric	Date			Optimal Range			Clinical Range		
TIBC	284	ug/dL	●	250	-	350	250	-	450
Iron	114	ug/dl	●	85	-	130	38	-	169
Ferritin	316	ug/dl	●	75	-	100	30	-	400
TSH	2.79	uIU/mL	●	0.7	-	2	0.45	-	4.5
Free T4	1.32	ng/dL	●	1.2	-	1.6	0.82	-	1.77
WBC	5.2	x10E3/uL	●	5	-	9	3.4	-	10.8
RBC	4.71	x10E3/uL	●	4.4	-	5	3.77	-	5.28
Hemoglobin	14.7	g/dL	●	13.5	-	15	11.1	-	15.9
Hematocrit	45.3	%	●	40	-	45	34	-	46.6
MCV	96	fL	●	85	-	92	79	-	97
MCH	31.2	pg	●	27	-	31	26.6	-	33
MCHC	32.5	g/dL	●	32	-	35	31.5	-	35.7
RDW	13.3	%	●	11.7	-	15	11.7	-	15.4
Platelets	184		●	200	-	350	150	-	450
Neutrophils	62	%	●	40	-	60		-	
Lymphs	26	%	●	25	-	35		-	
Monocytes	7	%	●	4	-	7		-	
Eos	3	%	●	0	-	3		-	
Basos	1	%	●	0.5	-	1		-	

Complete Wellness Biomarkers

Metric	Your Results			Optimal Range			Clinical Range		
Neutrophil (Ab)	3.3		●	0	-	3	1.4	-	7
Lymphs (Abs)	1.3		●	1.5	-	2	0.7	-	3.1
Monocytes (Ab)	0.4		●	0.3	-	0.7	0.1	-	0.9
Eos (Absolute)	0.2		●	0	-	0.3	0	-	0.4
Baso (Absolute)	0		●	0.02	-	0.06	0	-	0.2
Immature Gran	1	%	●	0	-	0.4		-	
Imm. Gran(Abs)	0	%	●	0	-	0.03	0	-	0.1
Glucose	318	mg/dL	●	75	-	88	70	-	99
BUN	11	mg/dL	●	13	-	18	6	-	24
Creatinine	0.91	mg/dL	●	0.8	-	1.1	0.76	-	1.27
eGFR	92	mL/min/1.73	●	59	-		59	-	
BUN/Cr Ratio	12		●	10	-	16	9	-	23
Sodium	139	mmol/L	●	138	-	142	134	-	144
Potassium	4.1	mmol/L	●	4	-	4.5	3.5	-	5.2
Chloride	106	mmol/L	●	100	-	106	96	-	106
Carbon Dioxide	17	mmol/L	●	23	-	27	20	-	29
Calcium	8.6	mg/dL	●	9.2	-	9.9	8.7	-	10.2
Protein, Total	6.4	g/dL	●	6.5	-	7.5	6	-	8.5
Albumin	4.3	g/dL	●	4	-	4.8	3.8	-	4.9

Complete Wellness Biomarkers

[illegible]

Male Hormone 50+ Biomarkers

Metric	Your Results			Optimal Range			Clinical Range		
PSA	2.1	ng/mL	●	0	-	4	0	-	4
Free PSA:Total PSA Ratio*	22.4	%	●	25	-		25	-	
Total Test.	397.4	ng/dL	●	400	-	350	300	-	1000
Free T	6.9	pg/mL	●	10	-	20	9.3	-	26.5
DHT	25	ng/dL	●	35	-	65	30	-	85
LH	3.5	mIU/L	●	1.2	-	7	1.7	-	8.6
Prolactin	8.2	ng/mL	●	3	-	12	3.6	-	25.2
Estradiol	23.7	pg/mL	●	7.6	-	30	7.6	-	42.6
Total Estrogens	156	pg/mL	●	56	-	150	56	-	213
SHBG	42.6	nmol/L	●	16.5	-	40	16.5	-	55.9

NMR Profile Biomarkers

Metric		Your Results			<< Lower CVD Risk		Higher CVD Risk >>		
NMR Lipoprofile	LDL-P	1493	nmol/L	●	Low < 1000 Moderate 1000 - 1299		Borderline-High 1300 - 1599 High 1600 - 2000 Very High > 2000		
	LDL-C	109	mg/dL	●	Optimal < 100 Above optimal 100-129		Borderline-High 130-159 High 160-189 Very high > 189		
					Optimal Range		Clinical Range		
	HDL-C	35	mg/dL	●	>60		>39		
	Triglycerides	283	mg/dL	●	<100		0	-	149
	Total Chol.	193	mg/dL	●	<170		100	-	199
					Percentile in Reference Population				
					High	75th	50th	25th	Low
	HDL-P (total)	23.5	umol/L	●	>34.9	34.9	30.5	26.7	>26.7
					Low	25th	50th	75th	High
	Small LDL-P	895	nmol/L	●	<117	117	527	839	>839
					Large (Pattern A)		50th	Small (Pattern B)	
	LDL Size	20.2	nm	●	23	20.6	<Small / Large >	20.5	19
					< Insulin sensitive / Insulin resistant >				
Insulin Resistance/ Diabetes Risk Markers					Low	25th	50th	75th	High
	Large VLDL-P	14	nmol/L	●	< 0.9	0.9	2.7	6.9	>6.9
					Low	25th	50th	75th	High
	Small LDL-P	895	nmol/L	●	<117	117	527	839	>839
					High	75th	50th	25th	Low
	Large HDL-P	3.9	umol/L	●	>7.3	7.3	4.8	3.1	<3.1
					Small	25th	50th	75th	Large
	VLDL Size	51.6	nm	●	<42.4	42.4	46.6	52.5	>52.5
					Large	75th	50th	25th	Small
	LDL Size	20.2	nm	●	>21.2	21.2	20.8	20.4	<20.4
					Large	75th	50th	25th	Small
	HDL Size	8.9	nm	●	>9.6	9.6	9.2	8.9	<8.9
					Insulin sensitive	25th	50th	75th	Insulin resistant
	LP-IR Score	67		●	<27	27	45	63	>63