

THE LIVING METHOD

The Silent Gap™ Assessment

powered by The CogSpan™ System

October 2026 Roadmap

The beginning of a life of longevity



PREPARED FOR

Jane Doe

Assessment date July 28, 2026 | Assessment 1

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YOUR COGSPAN™ BASELINE

Your Numbers

BIOLOGICAL AGE 50 1 yrs older than your age of 49 Your PhenoAge: how old your body is, calculated from blood markers.	ENGINE SCORE 67 of 100 Every objective measurement: labs, vital signs, body measurements and physical performance tests.	LIFESCORE 70 of 100 The subjective part: your questionnaire answers about how you live, feel, sleep and cope, plus your health history.	OVERALL 69 of 100 Your Engine Score and LifeScore combined.
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YOUR TEN LIVING DOMAINS

1	Brain Performance & Cognitive Aging		77 Building
2	Metabolic & Glycemic Stability <i>Secondary focus</i>		56 Needs attention
3	Sleep, Circadian Rhythm & Recovery		68 Needs attention
4	Cardiovascular & Vascular Aging		75 Building
5	Physical Function, Strength & Mobility		65 Needs attention
6	Inflammation & Immune Aging <i>Primary focus</i>		53 Needs attention
7	Hormonal & Neuroendocrine Balance		76 Building
8	Mitochondrial Energy & Oxidative Stress		85 Optimal
9	Lifestyle, Purpose & Cognitive Reserve		85 Optimal
10	Risk Behaviors, Environment & Health Engagement		78 Building

Optimal 85-100 | Building 70-84 | Needs attention below 70 | Our goal: every domain 75+, aiming for 85+

WHAT IS AT STAKE

Your Two Focus Domains

These are the two areas where your numbers have the most room to improve. Here is what each one means, and the path it often follows when it is ignored. This is not a prediction and it is not your destiny: it is what we are working together to prevent.

PRIMARY FOCUS | DOMAIN 6 | SCORE 53 (Needs attention)

Inflammation & Immune Aging

How calm or how "on fire" your immune system is from day to day.

NOW: THE SILENT GAP	IN 3 YEARS	IN 10 YEARS	IN 30 YEARS
• Aches, puffiness or joint stiffness • Bloating, food sensitivities or skin flares • Getting sick often or healing slowly • Fatigue without a clear cause	• Ongoing joint pain and digestive issues • Autoimmune flares for those who are prone • Fatigue and brain fog become the norm	• Chronic inflammation drives heart disease, diabetes and depression • Higher risk of autoimmune disease	• "Inflammaging": higher risk of cancer, dementia and frailty

The good news: Inflammation is highly responsive to food, sleep, gut health, gum health and toxin removal.

SECONDARY FOCUS | DOMAIN 2 | SCORE 56 (Needs attention)

Metabolic & Glycemic Stability

How steadily your body turns food into energy and keeps blood sugar and insulin in balance.

NOW: THE SILENT GAP	IN 3 YEARS	IN 10 YEARS	IN 30 YEARS
• Energy crashes or sleepiness after meals • Cravings for sweets or carbs; feeling hangry between meals • Weight settling around the waist • Blood sugar still "normal" while insulin is already working overtime	• Prediabetes: blood sugar and A1c begin to rise • Triglycerides climb and fat builds in the liver • Blood pressure creeps up	• Type 2 diabetes • Roughly double the risk of heart attack and stroke • Early strain on nerves, kidneys and eyes	• Diabetes complications: heart disease, kidney failure, vision loss, nerve damage • About 1.5 to 2 times the risk of dementia

The good news: Blood-sugar control responds within weeks to food order, movement after meals, sleep and muscle building.

WHAT COMES NEXT

Your Roadmap, Built Only for You

No two Roadmaps are the same.

Your plan was built from your own ten numbers, your labs, your history and your home environment. Two people with the same score can need very different plans, so what follows is written for you alone.

We work on both focus domains at the same time.

Your primary focus, Domain 6 (Inflammation & Immune Aging), and your secondary focus, Domain 2 (Metabolic & Glycemic Stability), are treated together. The steps were chosen so that each one helps both, and many also lift your other eight domains.

We retest in 3 months.

Around January 2027 we repeat your CogSpan™ assessment and any tests that were out of range, compare you with you, and rewrite this Roadmap to match what your numbers show.

Our goal is clear.

Every one of your ten domains at 75 or higher, with a goal of 85+ for all ten. We keep adjusting and retesting until you get there.

YOUR TARGETS

	Today	Target at retest and beyond
Domain 6 Inflammation	53	75+
Domain 2 Metabolic	56	75+
Engine Score	67	78+
LifeScore	70	79+

What We Found

We start with what is working in your favor, then what needs attention. Your full results are in the appendix.

Working in your favor

- Domain 8 (Mitochondrial Energy) is optimal at 85.
- Domain 9 (Purpose & Reserve) is optimal at 85.
- Your cognitive testing was above average overall (78th percentile), with processing speed at the 90th percentile.
- Your mood, anxiety, stress, attention and memory questionnaires were all in the healthy range.
- Your APOE genotype (e3/e3) does not carry the e4 risk version.
- Liver & proteins: all 6 results in range.
- Thyroid: all 2 results in range.
- Brain-health blood markers: all 2 results in range.
- Blood count: all 2 results in range.
- Vitamins & iron: all 2 results in range.
- Solvents & volatile organic compounds: all 12 results in range.
- Parabens (personal care): all 2 results in range.
- Phthalates (plastics): all 2 results in range.
- Toxic metals: all 2 results in range.

Needs attention

- Domain 2 (Metabolic) needs attention at 56.
- Domain 3 (Sleep) needs attention at 68.
- Domain 5 (Physical Function) needs attention at 65.
- Domain 6 (Inflammation) needs attention at 53.
- Urine albumin (kidney filter leak): 403 mg/g creat (lab range <30). Protein is leaking from the kidney filters into the urine. It is an early sign of strain on the kidneys and blood vessels and needs repeat testing and close follow-up.
- Fasting glucose: 100 mg/dL Fasting reference i (lab range 65-99). Fasting blood sugar is above the ideal range (100 to 125 is the prediabetes range).
- LDL particle size: 218.3 Angstrom (lab range >222.9). LDL particles are slightly smaller than ideal.
- MTHFR gene variants: Positive for one copy of the C677T variant and one copy of the A1298C variant. A common genetic variation that reduces how well the body activates folate. It is managed with active forms of folate and B vitamins.

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- Metabolic markers (organic acids): 3-Hydroxypropionic acid, Citric acid (low), 3-Hydroxypropionic acid, Citric acid (low) outside the lab's range.
- Outdoor air near your home is frequently above healthy levels.
- Your biological age is 1 years older than your calendar age.

Building, and worth watching

- Domain 1 (Brain) is building at 77.
- Domain 4 (Cardiovascular) is building at 75.
- Domain 7 (Hormonal) is building at 76.
- Domain 10 (Environment & Engagement) is building at 78.
- In range but close to the limit, worth reducing: Mandelic Acid (59% of the limit), Palladium (50% of the limit), Mandelic Acid (59% of the limit), Palladium (50% of the limit).

Your Plan

Your personal plan, chosen from your results, your history and your goals. Begin with the first steps in each area and add more each week; small, steady changes add up.

Nutrition

What you eat and when you eat it.

- **Eat in this order at every meal.** *You would like to go from 145 lb to 135 lb.* Vegetables first, then protein and healthy fat, and starches or sweets last. Start with a salad, non-starchy vegetables or a vegetable soup; eat your protein (chicken or fish) next; finish with any bread, rice, potato, pasta, fruit or dessert. The same food eaten in this order lowers the blood-sugar spike after the meal by roughly a third, keeps you full longer and cuts cravings. Source: Shukla et al., Diabetes Care 2015.
- **Build your plate.** *You eat about 3 servings of vegetables a day; your goal is 5 or more.* Half the plate non-starchy vegetables (about 2 cups raw or 1 cup cooked), one quarter protein (about the size and thickness of your palm), one quarter or less slow carbohydrates (1/2 cup beans, lentils, sweet potato, squash or whole grains), plus 1 to 2 tablespoons of healthy fat (extra-virgin olive oil, 1/4 avocado, a small handful of seeds or nuts). Source: PREDIMED trial, Estruch et al., N Engl J Med 2018.
- **Protein, kidney-safe.** *Your kidney results (urine albumin 403) mean protein should stay moderate.* Keep protein to about 58 grams a day (0.4 grams per pound), favoring fish; eggs; poultry; or tofu over red and processed meat, until we review your kidney numbers together. Source: KDIGO Clinical Practice Guideline for CKD, Kidney Int 2024.
- **A savory, protein-first breakfast.** *You usually skip breakfast; with your blood-sugar results, a morning protein meal works better for you.* Within 1 to 2 hours of waking, eat 30 grams or more of protein: 2 to 3 eggs with sauteed greens; 1 cup plain Greek yogurt with 1/2 cup berries and 2 tablespoons of hemp or chia seeds; or a tofu scramble with peppers and spinach. Skip cereal, pastries, juice and sweetened coffee drinks. Source: Leidy et al., Obesity 2013.
- **Never eat a carbohydrate alone.** *Steady blood sugar is your top nutrition priority.* Dress every carbohydrate with protein, fat or fiber: an apple with 1 oz of cheese; an apple with 1 tablespoon of almond butter; or rice with protein and vegetables. Choose whole forms (an orange instead of orange juice, steel-cut or rolled oats instead of instant). Cooked-and-cooled potatoes, rice and pasta form resistant starch, which raises blood sugar less. Source: Atkinson et al., International Tables of Glycemic Index, Diabetes Care 2008.
- **Fiber, 25 to 35 grams a day.** *With about 3 vegetable servings a day, you are likely under 20 grams of fiber.* Increase slowly over 2 to 3 weeks with plenty of water: 1 cup cooked lentils or beans (about 15 g); 2 tablespoons ground flaxseed or chia (5 to 8 g); 1 cup raspberries (8 g); or 1 avocado (10 g). Fiber feeds the gut bacteria that make butyrate, which calms inflammation and steadies blood sugar. Source: Reynolds et al., Lancet 2019.
- **30 different plants a week.** *Your inflammation score is 53 out of 100.* Count every different vegetable, fruit, herb, spice, nut, seed, bean and whole grain you eat in a week; people who reach 30 have a more diverse, resilient gut. Easy wins: fresh herbs on meals, mixed seeds, a different color vegetable each day, and 1 serving of fermented food daily (1/2 cup sauerkraut, 1/2 cup kimchi, plain kefir or yogurt). Source: McDonald et al. (American Gut Project), mSystems 2018; Wastyk et al., Cell 2021.

- **Fats that heal.** *Omega-3 fats help lower your hs-CRP of 1.4.* Use extra-virgin olive oil (2 to 4 tablespoons a day) for dressings and most cooking and avocado oil for high heat; remove seed oils (soybean, corn, canola, cottonseed, 'vegetable' oil) and deep-fried food. Eat wild salmon, mackerel, sardines, anchovies, herring 2 to 3 times a week, 4 to 6 oz per serving. Source: PREDIMED, N Engl J Med 2018; Mozaffarian & Rimm, JAMA 2006.
- **Cut added sugar.** *Your fasting glucose of 100 mg/dL and fasting insulin of 24.6 uIU/mL.* Keep added sugar under 25 grams (about 6 teaspoons) a day: no sweetened drinks, juice, refined white flour or ultra-processed snacks. Read labels: if a form of sugar is among the first 3 ingredients, put it back. Sweet treats that fit: berries, 1 oz of 85% dark chocolate. Source: American Heart Association, Johnson et al., Circulation 2009.
- **Your water target.** *Your kidney results call for steady hydration; at 145 lb your target is about 72 fl oz.* That is about 9 cups of filtered water a day, more on exercise or sauna days. Start each morning with 16 fl oz of water with a pinch of sea salt and a squeeze of lemon, keep a marked bottle with you, and slow down 2 hours before bed. Source: National Academies, Dietary Reference Intakes for Water, 2004.
- **Alcohol.** *You have about 3 drinks a week.* Keep it to 2 or fewer drinks a week. One drink is 5 fl oz wine, 12 fl oz beer or 1.5 fl oz spirits. Always with food, never within 3 hours of bed; try sparkling water with lime or a non-alcoholic option on most nights. Source: GBD 2016 Alcohol Collaborators, Lancet 2018; Topiwala et al., BMJ 2017.
- **Meal timing.** *Your blood sugar does best with a clear overnight fast.* Finish dinner by 7 p.m. and keep a 12-hour overnight fast (for you, about 7 p.m. to 7 a.m.). Make breakfast or lunch your largest meal when you can, and avoid grazing between meals. Source: Sutton et al., Cell Metabolism 2018.
- **Move after you eat.** *A short walk after meals is one of the fastest ways to bring your glucose down.* Take a 10 to 15 minute walk after your largest meal. If you can't walk, do 2 minutes of squats, stair climbs or seated calf raises; working leg muscles pull sugar out of the blood before it is stored as fat. Source: Buffey et al., Sports Medicine 2022.
- **Your blood-sugar plan.** *Because of your fasting glucose of 100 mg/dL and fasting insulin of 24.6 uIU/mL.* For the next 3 months: keep carbohydrates to about 75 to 120 grams a day, all from whole foods; have 1 tablespoon of apple cider vinegar in 8 fl oz of water 10 to 15 minutes before your largest meal (through a straw to protect your teeth); eat within a 10-hour window; and no sugary drinks, juice or dried fruit. 1/2 teaspoon of cinnamon a day is a helpful extra. Source: ADA Standards of Care 2025; vinegar: Shishehbor et al., Diabetes Res Clin Pract 2017.
- **Calm the inflammation.** *Your hs-CRP of 1.4 mg/L shows inflammation we want under 1.* Try a 30-day anti-inflammatory reset: remove gluten, dairy, alcohol and added sugar, then bring back one food every 4 days and note any change in energy, joints, skin, bloating or sleep. Every day: 1 cup of cooked dark leafy greens, 1/2 cup berries, turmeric (1/2 teaspoon with a pinch of black pepper and some fat), fresh ginger, and 2 to 3 cups of green tea before noon. Source: Calder et al., Br J Nutr 2011.
- **Feed your muscle.** *Your physical function score is 65 out of 100.* Get 2.5 to 3 grams of leucine at each meal, the switch that turns on muscle building: 4 to 5 oz chicken, fish or beef; 1 scoop of whey; or 1 cup of Greek yogurt plus an egg. Eat protein within 1 to 2 hours after lifting, and consider 1 cup of cottage cheese or Greek yogurt before bed for overnight repair. Source: Morton et al., Br J Sports Med 2018.
- **Hormone balance.** *You are postmenopausal.* 1 cup of cruciferous vegetables a day helps the liver clear used hormones, and 25 to 35 grams of fiber carries them out. Add 2 tablespoons of freshly ground flaxseed daily, and 1 to 2 servings of whole soy (edamame, tofu, tempeh) a few times a week if you enjoy them. Source: BioCycle Study, Gaskins et al., Am J Clin Nutr 2009.
- **Eat for better sleep.** *Part of raising your sleep score (68).* Finish dinner 3 hours before bed and include a little slow carbohydrate at dinner (1/2 cup sweet potato, rice or beans), which helps the brain make

serotonin and melatonin. Two kiwis 1 hour before bed and magnesium-rich foods (pumpkin seeds, spinach, dark chocolate) are sleep-friendly; if you wake hungry at night, have a small protein snack before bed. Source: Afaghi et al., Am J Clin Nutr 2007; Lin et al., Asia Pac J Clin Nutr 2011.

- **Your kidney results (urine albumin 403) need protecting.** Kidney-friendly habits: sodium under 2,000 mg a day, plenty of vegetables, steady hydration and no over-the-counter anti-inflammatory pain relievers (ibuprofen, naproxen) unless your physician approves. Source: KDIGO Clinical Practice Guideline for CKD, Kidney Int 2024.

Movement & Exercise

Muscle, heart and mitochondria are built here.

- **Strength training.** *Your grip strength (24 lb) is below target, a sign of whole-body muscle loss.* Start with 2 full-body sessions a week for the first month, then 3 on non-consecutive days (for example Monday, Wednesday, Friday), 45 to 60 minutes. 4 to 6 sessions with a certified trainer to learn form is a great investment. Source: Momma et al., Br J Sports Med 2022.
- **Your session.** Do one exercise from each movement: squat (goblet squat with a dumbbell or kettlebell); hinge (dumbbell Romanian deadlift, hip thrust); push (push-ups, dumbbell floor press, overhead press); pull (one-arm dumbbell row, band pull-aparts); carry (dumbbell farmer carries). Finish with 5 minutes of core work (planks, side planks, dead bugs). Source: ACSM Position Stand, Med Sci Sports Exerc 2009.
- **Your 6-month progression.** Months 1 and 2: 2 to 3 sets of 10 to 12, light enough to keep perfect form. Months 3 and 4: 3 sets of 8 to 10, heavier. Months 5 and 6: 4 sets of 6 to 8, stopping each set with 2 repetitions still in the tank. When every set feels solid, add 2.5 to 5 lb to upper-body lifts and 5 to 10 lb to lower-body lifts. Warm up 5 to 10 minutes first, rest 1 1/2 to 2 minutes between sets, and write every workout down. Source: ACSM Position Stand, Med Sci Sports Exerc 2009.
- **Protect your injury.** *You told us about: knee.* Choose pain-free versions of every exercise; mild muscle soreness is fine, sharp or joint pain is not. Have a physical therapist or trainer adjust your program for the first few weeks, and tell us if the pain worsens. Source: ACSM Position Stand, Med Sci Sports Exerc 2009.
- **Zone 2 cardio.** *You exercise about 2 days a week now.* Build to 150 to 180 minutes a week at a steady pace where you can talk but could not sing: for you, a heart rate of about 139 to 148 beats per minute. Use what you enjoy (walking) whenever it keeps you in that range; otherwise brisk or incline walking, cycling or rowing. For example 4 sessions of 40 to 45 minutes. Source: Physical Activity Guidelines for Americans, HHS 2018.
- **Raise your VO2 max (from Month 3).** *Your resting heart rate of 88 tells us your fitness ceiling can rise.* Once a week, do the 4 x 4: after a 10-minute warm-up, go hard for 4 minutes (heart rate about 148 to 165), then easy for 3 minutes; repeat 4 times. VO2 max is one of the strongest predictors of a long life and responds to training at any age. Source: Mandsager et al., JAMA Netw Open 2018; Wisloff et al., Circulation 2007.
- **Move all day.** *Every few minutes of movement lowers your blood sugar.* 7,000 to 10,000 steps a day. Break up sitting every 30 to 45 minutes with a 2-minute exercise snack (10 squats, a flight of stairs, 20 calf raises). Walking phone calls and a standing desk add up quickly. Source: Paluch et al., Lancet Public Health 2022.
- **Build your grip.** *Your grip strength was 24 lb; the goal for you is 55 lb or more.* 3 times a week: dead hangs from a bar (work up to 2 x 30 seconds), farmer carries (a dumbbell in each hand, starting at about 1/4 of your body weight in total, for 30 to 40 yards x 3), and a hand-grip trainer while you watch TV. Source: PURE study, Leong et al., Lancet 2015.

- **Leg power.** *Your sit-to-rise score was 4.5 of 10.* Twice a week add: sit-to-stands from a chair as quickly as you safely can (3 sets of 10), step-ups onto a stair (3 x 10 each leg), and practice sitting down on the floor and standing back up. Strong, fast legs protect you from falls. Source: Brito et al., Eur J Prev Cardiol 2012.
- **Heat and cold.** *This also supports your inflammation score (53).* Sauna 3 to 4 times a week, 15 to 20 minutes at 170 to 190 F (infrared 130 to 150 F), then a cool shower; drink 16 fl oz of water with electrolytes after. Optional: end your morning shower with 1 to 3 minutes of cold water. Skip sauna if pregnant, dizzy or unwell, and ask us first if you have heart disease. Source: Laukkanen et al., JAMA Intern Med 2015.
- **Bones through menopause.** *Estrogen protects bone, and it falls after menopause.* Lift heavy enough that the last 2 repetitions are hard, and if your joints and pelvic floor allow, add 3 sets of 10 small jumps or hops 3 times a week. Impact plus heavy lifting is how bone is built after 40. Source: LIFTMOR trial, Watson et al., J Bone Miner Res 2018.
- **Soleus push-ups at your desk.** *This tiny habit lowers after-meal glucose with almost no effort.* While sitting, lift your heels up and down with your toes on the floor at a steady pace for a few minutes at a time, especially after meals. This deep calf muscle burns blood sugar for hours. Source: Hamilton et al., iScience 2022.

Sleep & Recovery

The nightly repair shift for every domain.

- **Your sleep window.** *This also supports your sleep score (68).* You wake at about 6 a.m., so lights out by 10 p.m. gives you 8 hours. Keep that wake time 7 days a week, within 30 minutes, including weekends; it is the strongest signal for your body clock. Source: AASM/SRS consensus, Watson et al., Sleep 2015; Windred et al., Sleep 2024.
- **Your bedroom.** *Another step for your sleep (68 of 100).* Cool (65 to 68 F), dark (blackout curtains or a contoured eye mask), quiet (earplugs or white noise) and for sleep only. Charge your phone outside the bedroom and use a simple alarm clock. Source: Okamoto-Mizuno & Mizuno, J Physiol Anthropol 2012.
- **Screens out of bed.** *You use screens in bed; their light and stimulation delay melatonin.* Screens off by 9 p.m. Replace them with a paper book, stretching, a warm shower or journaling, and write tomorrow's to-do list so your mind can let go. Source: Chang et al., PNAS 2015.
- **Caffeine cutoff.** *Your last caffeine is around 2 p.m.; caffeine stays in the body for 10 hours or more.* Have your last caffeine by noon. Source: Drake et al., J Clin Sleep Med 2013.
- **Wind-down routine.** *Also targets your sleep score of 68.* Starting at 8:30 p.m.: dim the lights, take a warm bath or shower (the drop in body temperature afterward makes you sleepy), then 4 rounds of 4-7-8 breathing in bed. If you wake at night, keep lights off, breathe slowly, and get up only if awake longer than 20 minutes. If poor sleep has lasted 3 months or more, CBT-I is the first-choice treatment (start with the free CBT-i Coach app). Source: Haghayegh et al., Sleep Med Rev 2019; ACP Guideline (CBT-I), Qaseem et al., Ann Intern Med 2016.
- **Hot flashes and night sweats.** *You are postmenopausal; night sweats can continue for years.* Keep the room at 65 F or cooler, use breathable cotton or bamboo bedding and a cooling pillow or mattress pad, and avoid alcohol and spicy food at dinner. If symptoms wake you, let's discuss hormone options together. Source: The Menopause Society Nonhormone Therapy Position Statement, Menopause 2023.

Light & Daily Rhythm

Your body clock sets the timing of your hormones, hunger, energy and sleep.

- **Morning sun.** *You spend about 10 minutes outdoors a day.* Get outside by 7 a.m. every day: about 10 minutes on a clear day, 20 to 30 minutes when it is cloudy. No sunglasses and not through a window; never look directly at the sun. Morning light sets a healthy cortisol rise for energy and starts the timer that releases melatonin about 14 to 16 hours later, right around your bedtime. Source: Blume et al., Somnologie 2019.
- **Bright days in the dark months.** *With under 15 minutes outdoors a day, your body clock gets weak signals.* Work near a window and take short outdoor breaks, especially early in the afternoon. From October to March, or on days you can't get outside, use a 10,000-lux light box for 20 to 30 minutes in the morning. Source: Golden et al., Am J Psychiatry 2005.
- **Dim after dark.** *Evening screen light is delaying your melatonin.* After sunset, use lamps instead of overhead lights, warm bulbs (2,700 K or lower) and night mode on screens. Spend a few minutes outside around sunset; evening light makes you less sensitive to indoor light later. Use a dim red night light for the bathroom. Source: Gooley et al., J Clin Endocrinol Metab 2011.

Breathing & Nervous System

Your breath is the fastest way to shift your body out of fight-or-flight. Pick one practice and do it daily.

- **Physiological sigh (calm in 1 minute).** *You named relationships as your main source of stress.* Two inhales through the nose (one full breath, then a short extra sip), then a long, slow exhale through the mouth. Repeat 3 to 5 times whenever stress spikes. Source: Balban et al., Cell Reports Medicine 2023.
- **Resonance breathing (10 minutes a day).** *Your resting heart rate is 88.* Sit comfortably, hand on your belly. Breathe in through the nose for 5 to 6 seconds, letting the belly rise, and out for 5 to 6 seconds (about 6 breaths a minute). 10 minutes once or twice a day raises heart-rate variability and lowers blood pressure and anxiety over a few weeks. Source: Lehrer & Gevirtz, Frontiers in Psychology 2014.
- **4-7-8 breathing (falling asleep).** *Part of raising your sleep score (68).* In bed, breathe in quietly through the nose for 4, hold for 7, then exhale fully through pursed lips for 8. Do 4 rounds. Source: Zaccaro et al., Front Hum Neurosci 2018.

Stress, Mind & Purpose

Calming the stress system and building cognitive reserve.

- **A daily reset.** *You named relationships as your main source of stress.* 10 minutes of quiet practice once or twice a day: one of the breathing practices above, meditation (Insight Timer, Calm or Headspace), prayer or a slow walk without your phone. Consistency matters more than length. Source: Goyal et al., JAMA Intern Med 2014.
- **Connection is medicine.** *You named relationships as your main stress.* 3 or more meaningful conversations a week, in person when possible. Strong relationships are linked to a longer life and lower dementia risk. Put a weekly walk, meal or call with someone you care about on the calendar. Source: Holt-Lunstad et al., PLoS Medicine 2010.
- **Nature, 2 hours a week.** *You spend about 10 minutes outdoors a day.* People who spend about 120 minutes

a week in nature report better health and well-being. Parks, trails, gardens and the beach all count; leave the earbuds at home some of the time. Source: White et al., Scientific Reports 2019.

- **Phone boundaries.** *You use screens in bed.* No phone for the first 30 minutes after waking and the last 60 minutes before bed; turn off non-essential notifications and check news and social media at set times. Source: Hunt et al., J Soc Clin Psychol 2018.
- **Deep rest.** *This also supports your sleep score (68).* Non-sleep deep rest (NSDR or yoga nidra) for 10 to 20 minutes in the early afternoon or before bed, using a free guided recording. It restores energy and lowers stress hormones without affecting night sleep. Source: early evidence; your physician's clinical judgment.
- **Healing old stress.** *Your history includes significant early-life stress.* Early-life stress can keep the nervous system on high alert for decades, affecting sleep, weight, inflammation and mood. Body-based therapies such as EMDR, somatic experiencing or trauma-focused therapy can help; we are happy to refer you. Source: Felitti et al., Am J Prev Med 1998.
- **Protect your head.** *You have had 1 concussion.* Always wear a helmet for cycling, skiing and similar sports, keep sleep and omega-3 a priority, and tell us about any new headaches or memory or mood changes. Source: Lancet Commission on Dementia, Livingston et al., Lancet 2024.

Supplements

Your daily stack. Bring this list to your next visit so we can review it together.

- *Your hs-CRP is 1.4 mg/L.* Omega-3 (EPA + DHA) 2,000 to 3,000 mg a day with a meal. Source: AHA Science Advisory, Skulas-Ray et al., Circulation 2019.
- *Your sleep score is 68 out of 100.* Magnesium glycinate 300 to 400 mg in the evening. Source: Abbasi et al., J Res Med Sci 2012.
- *Your fasting glucose of 100 mg/dL and fasting insulin of 24.6 uIU/mL show your body is working too hard to manage sugar.* Berberine 500 mg 2 to 3 times a day with meals. Source: Dong et al., Evid Based Complement Alternat Med 2012.
- *Your fasting glucose of 100 mg/dL and fasting insulin of 24.6 uIU/mL.* Myo-inositol 2,000 mg (about 1/2 teaspoon of powder) twice a day. Source: Unfer et al., Gynecol Endocrinol 2017.
- *Because of your fasting glucose of 100 mg/dL and fasting insulin of 24.6 uIU/mL.* Alpha-lipoic acid 600 mg once or twice a day. Source: Akbari et al., Metabolism 2018.
- *With your fasting glucose of 100 mg/dL and fasting insulin of 24.6 uIU/mL, this step matters for you.* Chromium picolinate 200 to 400 mcg a day. Source: Suksomboon et al., J Clin Pharm Ther 2014.
- *This also supports your sleep score (68).* L-theanine 200 mg and glycine 3 g (about 3/4 teaspoon of powder) 30 to 60 minutes before bed. Source: Hidese et al., Nutrients 2019; glycine: Yamadera et al., Sleep Biol Rhythms 2007.
- *Another step for your sleep (68 of 100).* Apigenin 50 mg at bedtime; melatonin 0.3 to 1 mg only if needed (low doses work best). Source: Melatonin: Ferracioli-Oda et al., PLoS One 2013; apigenin: early evidence; your physician's clinical judgment.
- *Your grip strength is below target.* HMB 3,000 mg a day; collagen peptides 10 to 15 g with vitamin C before strength sessions. Source: Wu et al., Arch Gerontol Geriatr 2015; collagen: Zdzieblik et al., Br J Nutr 2015.
- *Your hs-CRP is 1.4 mg/L.* Curcumin (an absorbable form) 500 to 1,000 mg twice a day. Source: Hewlings & Kalman, Foods 2017.
- *Because of your hs-CRP is 1.4 mg/L.* N-acetylcysteine (NAC) 600 mg twice a day to rebuild glutathione. Source: Mokhtari et al., Cell Journal 2017.

- *With your hs-CRP is 1.4 mg/L, this step matters for you.* A multi-strain probiotic daily. Source: ISAPP Consensus, Hill et al., Nat Rev Gastroenterol Hepatol 2014.
- *Your Citric Acid was 34 mmol/molCR 31 cis-Aconiti, below the lab range.* Benfotiamine (vitamin B1) 300 mg and pantothenic acid (vitamin B5) 500 mg to help your cells burn fuel cleanly. Source: Stracke et al., Exp Clin Endocrinol Diabetes 2008.
- *Your MTHFR gene variants result: Positive for one copy of the C677T variant and one copy of the A1298C variant.* Because of your MTHFR gene variants, use the active forms of folate (5-MTHF) rather than folic acid. Source: VITACOG trial, Smith et al., PLoS One 2010.

Detox & Home Environment

Removing what is working against you.

- *Gum inflammation can feed the inflammation your hs-CRP of 1.4 shows.* Floss daily (PTFE-free floss) and see a dentist every 6 months; gum inflammation feeds whole-body inflammation. Source: EFP/World Heart Federation consensus, Sanz et al., J Clin Periodontol 2020.
- *Your Mandelic Acid was 200 ug/gCR 136 Phenylglyoxyli, near the top of the lab range.* Reduce solvent fumes: ventilate when painting or using adhesives, avoid nail salons for now, stand back when refueling, and never heat drinks or food in polystyrene. Source: ATSDR Toxicological Profiles, CDC.
- *Cleaner air. Outdoor air near your home (ZIP 91108) is often above healthy levels.* Run a HEPA purifier in your bedroom every night and move hard workouts indoors on days the air quality index is above 100. Source: AHA Scientific Statement, Brook et al., Circulation 2010.

Advanced Therapies (optional)

Medical options that can speed progress, decided together with your physician.

- *Your Fasting insulin was 24.6.* Discuss prescription options for insulin resistance with your physician (for example metformin or a GLP-1 medication at a longevity dose). Source: ADA Standards of Care 2025.
- *This also addresses your hs-CRP is 1.4 mg/L.* Repair peptides such as BPC-157, prescribed and monitored by your physician. Source: early evidence; your physician's clinical judgment.
- *Also targets your sleep score of 68.* Sleep-support peptides or IV magnesium for persistent sleep problems. Source: early evidence; your physician's clinical judgment.
- *Your grip strength is below target.* Red light therapy and IHHT (interval hypoxic-hyperoxic training) to support mitochondria and raise VO2 max. Source: early evidence; your physician's clinical judgment.
- *Because of your grip strength is below target.* Growth-hormone-releasing peptides (for example CJC-1295 with ipamorelin) for muscle, recovery and sleep. Source: early evidence; your physician's clinical judgment.

Tracking & Retesting

How we will know it is working.

- *Your next assessment is due around January 2027.* Full CogSpan reassessment of all ten domains in 3 months. Source: Living Method CogSpan protocol.
- *Your resting heart rate is 88.* A wearable (Oura, WHOOP or similar) to follow sleep, heart-rate variability and resting heart rate. Source: Shaffer & Ginsberg, Frontiers in Public Health 2017.
- *This also addresses your fasting glucose of 100 mg/dL and fasting insulin of 24.6 uIU/mL.* A 14-day continuous glucose monitor: aim for fasting glucose under 90 and under 140 one hour after meals. Source: International Consensus on Time in Range, Battelino et al., Diabetes Care 2019.
- *With your grip strength is below target, this step matters for you.* Strength check every month: grip, chair stands in 30 seconds, single-leg balance. Source: PURE study, Leong et al., Lancet 2015.
- *Your Albumin/Creatinine Ratio Random Urine was 403 mg/g creat and Albumin/Creatinine Ratio Random Urine was 403 mg/g creat, above the lab range. Your kidney results (urine albumin 403) need protecting.* Repeat urine albumin and kidney function tests, and check blood pressure regularly. Source: KDIGO Clinical Practice Guideline for CKD, Kidney Int 2024.
- **DEXA scan.** *At 49, we recommend a DEXA scan for everyone over 45.* It measures bone density (to catch thinning bone early) and body composition (muscle, body fat and the visceral fat around your organs), so we track muscle gained and fat lost, not just weight. Source: ISCD Official Positions 2019.

WHERE YOU LIVE

Your Home Environment: Air & Water

The air you breathe and the water you drink at home touch every one of your ten Living Domains. Here is what public monitoring shows for San Marino, CA 91108, and the simple steps that protect you.

AIR QUALITY Higher air pollution exposure	EPA air-monitoring stations in Los Angeles County recorded a typical daily air quality index of 74 (Moderate) in 2025, with 98 days unhealthy for sensitive groups or worse. The nearest monitor measured fine particles and ozone above the EPA health standard.
DRINKING WATER Check your water source	No community water system was found for your city in EPA records. If you use a private well, annual testing is essential.

WHY IT MATTERS FOR YOUR TEN NUMBERS

Fine particles and ozone in the air travel into the bloodstream and even the brain, fueling inflammation and oxidative stress. Cleaner air protects Domain 1 (Brain), Domain 4 (Cardiovascular), Domain 6 (Inflammation) and Domain 8 (Mitochondrial Energy), and a clean bedroom supports Domain 3 (Sleep).

Lead, arsenic, nitrate and PFAS "forever chemicals" in water are linked to memory, blood sugar, thyroid and hormone disruption. Clean water protects Domain 1 (Brain), Domain 2 (Metabolic), Domain 6 (Inflammation) and Domain 7 (Hormonal). Every step below also raises Domain 10 (Environment & Health Engagement).

WHAT IS IN YOUR AIR (2025)

HIGH IN YOUR AIR: Fine particles (PM2.5) 1.3× the EPA standard; Ozone (smog) 1.2× the EPA standard.

Measure	Near you	Legal standard	Health goal	Status
Fine particles (PM2.5)	Yearly average 11.7 µg/m³ (1.2 mi away)	9.0 µg/m³ (EPA)	5 µg/m³ (WHO)	HIGH: 1.3× the EPA standard
Ozone (smog)	4th-worst day 0.083 ppm (1.2 mi away)	0.070 ppm (EPA)	0.051 ppm (WHO)	HIGH: 1.2× the EPA standard
Air Quality Index (AQI) days, Los Angeles County	98 of 365 days at USG or worse (typical day AQI 74)	AQI 100 = EPA standard	AQI 50 or less	98 days above AQI 100 (worst day 201)

KEY

PM2.5 fine particles smaller than 2.5 microns (about 1/30 the width of a hair) that reach the lungs, blood and brain.

Ozone smog formed when sunlight hits car and industry exhaust; it irritates the lungs and fuels inflammation.

µg/m³ micrograms per cubic meter of air.

ppm parts per million.

AQI Air Quality Index, 0-500: 0-50 good, 51-100 moderate, 101-150 unhealthy for sensitive groups (USG), 151-200 unhealthy, 201-300 very unhealthy.

EPA standard the U.S. legal limit (National Ambient Air Quality Standard). WHO goal: the World Health Organization 2021 health guideline.
× times the standard: 1× = at the standard, 2× = double.

CLEANER AIR AT HOME

- Run a true-HEPA air purifier in your bedroom every night, sized to the room (CADR at least two-thirds of the room's square footage)
- Upgrade your home heating and cooling filter to MERV 13 and change it every 3 months
- Use a range hood vented outdoors (or open a window) whenever you cook, especially on a gas stove
- Test your home for radon with an inexpensive kit; it is invisible, odorless and common
- Check the daily air quality forecast (AirNow app) and plan outdoor exercise on Good or Moderate days
- On days the air quality index is above 100, move workouts indoors and keep windows closed; set your car to recirculate in traffic
- Exercise outdoors in the early morning, when ozone is lowest, and away from busy roads
- Add a second HEPA purifier in the room where you spend most of your day
- Support your body's own defenses: daily omega-3s and cruciferous vegetables (broccoli sprouts help the body clear airborne pollutants)
- Ozone near you exceeds the EPA standard: on hot, sunny afternoons from spring through fall, keep hard workouts indoors or before 10 am
- Fine-particle pollution near you is above the EPA annual standard: keep bedroom and living-room purifiers running year-round, not only on bad-air days
- Keep well-fitting N95 masks at home and in the car for days the air quality index is above 150
- Wildfire-smoke plan: keep spare HEPA filters and N95 masks on hand and set up one clean room with a purifier for smoke days

CLEANER WATER AT HOME

- Filter all drinking and cooking water. An under-sink reverse-osmosis system (certified NSF/ANSI 58) removes lead, arsenic, nitrate and PFAS forever chemicals; a certified carbon-block filter (NSF/ANSI 53 + 401) is a good alternative
- Replace filter cartridges on schedule, and store water in glass or stainless steel rather than plastic
- Use only cold tap water for drinking and cooking; hot water draws more metals from pipes
- If your home was built before 1986, run the tap 30 seconds to 2 minutes when water has been sitting, and ask your water utility for a free or low-cost lead test
- If you use reverse osmosis, keep up your magnesium and mineral intake (or add a remineralizing cartridge)
- If your home uses a private well, test it every year for bacteria, nitrate, arsenic, lead and PFAS through a state-certified lab
- Read your water utility's annual Consumer Confidence Report and look up your ZIP in the EWG Tap Water Database, which compares results with health guidelines rather than legal limits

Air data are official readings from U.S. EPA air-monitoring stations in your county and nearest your home (EPA Air Quality System); drinking-water data come from U.S. EPA records for your local water system. Look up your ZIP any time at airnow.gov and ewg.org/tapwater.

YOUR NEXT STEPS

Your Checklist

Tick each item as it is done.

On your own

Things you can do outside The Living Method.

- ☐ Put a true-HEPA air purifier in your bedroom.
- ☐ Start your nutrition plan this week (page "Your Plan", Nutrition).
- ☐ Put your strength sessions on the calendar (2 a week this month, then 3).
- ☐ Schedule your Zone 2 cardio (heart rate 139-148).
- ☐ Book your DEXA scan (bone density and body composition).
- ☐ Get outside for morning light by 7 a.m., every day.
- ☐ Keep your 6 a.m. wake time 7 days a week and lights out by 10 p.m..
- ☐ Order and start your supplement list.
- ☐ Book your dental cleaning.
- ☐ Set up a sleep and heart-rate wearable.
- ☐ Book your 3-month CogSpan™ retest (around January 2027).

With The Living Method

Optional services that can speed your progress.

- ☐ Environmental testing bundle (mold toxins, forever chemicals, metals, solvents and plastics): Repeat in 3 months to confirm your levels are falling. **RECOMMENDED**
- ☐ Metabolic & fitness bundle (DEXA body composition, VO2 max and resting metabolic rate): Your physical domains (Domain 2 Metabolic, Domain 5 Physical Function) are below 75. **RECOMMENDED**
- ☐ IV nutrient therapy: Delivers nutrients for energy, detox and repair directly, supporting your focus domains. **RECOMMENDED**
- ☐ Peptide therapy: Targeted repair and recovery support for your focus domains. **OPTIONAL**
- ☐ Red light therapy: Supports mitochondria, recovery and inflammation (Domains 5, 6 and 8). **OPTIONAL**
- ☐ IHHT oxygen therapy (interval hypoxic-hyperoxic training) to raise VO2 max: Trains your body to use oxygen more efficiently; VO2 max is one of the strongest predictors of a long life. **RECOMMENDED**

All treatments are optional. They can be done at The Living Method or at any qualified facility; what matters is that they are done, and that your scores are retested until every domain reaches 75 or higher, with a goal of 85+ for all ten.

FOLLOWED FOR LIFE

Your Lifetime CogSpan™ Scorecard

Bring this scorecard to every Silent Gap™ Assessment and watch your trajectory, not just a snapshot.

	October 2026	January 2027	October 2027	Year 3
Engine Score	67			
LifeScore	70			
Biological Age	50			
1. Brain Performance & Cognitive Aging	77			
2. Metabolic & Glycemic Stability	56			
3. Sleep, Circadian Rhythm & Recovery	68			
4. Cardiovascular & Vascular Aging	75			
5. Physical Function, Strength & Mobility	65			
6. Inflammation & Immune Aging	53			
7. Hormonal & Neuroendocrine Balance	76			
8. Mitochondrial Energy & Oxidative Stress	85			
9. Lifestyle, Purpose & Cognitive Reserve	85			
10. Risk Behaviors, Environment & Health Engagement	78			

A PERSONAL NOTE

From Your Physician

Dear Jane,

Thank you for trusting me with your health. Your assessment is not a one-time test. It is the first page of a record we will build together for the rest of your life.

Today's ten numbers are your starting point. We will measure again, celebrate what has improved, and act early on anything that begins to drift. That is how we protect the reserve you will rely on at 70, 80 and beyond.

I look forward to walking this path with you.

Dr. Alexis Anvekar, MD ABIHM

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Services and products are not FDA-approved for all indications; many are off-label. Results are individual and vary. This Roadmap is prepared for you by your physician and does not replace your annual preventive physical. The Living Method, The Silent Gap and CogSpan are trademarks of Alexis Anvekar, MD ABIHM.

APPENDIX

Your Full Results

Every result from your Silent Gap™ Assessment, retyped for clarity. Status compares each result with the testing laboratory's range.

A. COGNITIVE PERFORMANCE ASSESSMENT

Area tested	Score (0-200)	Percentile	Result
Overall cognitive score	112	78th percentile	Unlikely impairment
Attention	115	85th percentile	Unlikely impairment
Mental flexibility	114	83rd percentile	Unlikely impairment
Executive function	116	86th percentile	Unlikely impairment
Processing speed	119	90th percentile	Unlikely impairment
Memory (immediate)	103	58th percentile	Unlikely impairment
Memory (delayed)	106	66th percentile	Unlikely impairment
Overall cognitive score	112	78th percentile	Unlikely impairment
Attention	115	85th percentile	Unlikely impairment
Mental flexibility	114	83rd percentile	Unlikely impairment
Executive function	116	86th percentile	Unlikely impairment
Processing speed	119	90th percentile	Unlikely impairment
Memory (immediate)	103	58th percentile	Unlikely impairment
Memory (delayed)	106	66th percentile	Unlikely impairment

Scores are scaled so that 100 is the average for people of your age; 86 and above means impairment is unlikely.

B. BRAIN & MOOD QUESTIONNAIRES

Questionnaire	Score	Range	Result
Anxiety screen (GAD-7)	4	0-21	Minimal
Stress / trauma checklist (PCL-5)	10	0-80	Below clinical threshold
Memory concern questionnaire	0	0-6	No self-reported memory concerns
Depression screen (PHQ-9)	2	0-27	Minimal
Attention / ADHD screen (ASRS)	1	0-6	Minimal symptoms
Stress / trauma checklist (PCL-5)	10	0-80	Below clinical threshold
Depression screen (PHQ-9)	2	0-27	Minimal
Anxiety screen (GAD-7)	4	0-21	Minimal
Memory concern questionnaire	0	0-6	No self-reported memory concerns
Attention / ADHD screen (ASRS)	1	0-6	Minimal symptoms

C. BLOOD & URINE LABORATORY PANEL (collected 07/28/2026)

Kidneys

Test	Result	Lab range	Units	Status
Creatinine, Random Urine	40	20-275	mg/dL EN ALBUMIN, RANDOM	In range
Albumin, Urine	16.1		mg/dL	Reported
Albumin/Creatinine Ratio Random Urine	403	<30	mg/g creat	High
Urea Nitrogen (BUN)	19	7-25	mg/dL CREATININE 1.09 H O	In range
Creatinine, Random Urine	40	20-275	mg/dL EN ALBUMIN, RANDOM	In range
Albumin, Urine	16.1		mg/dL	Reported
Albumin/Creatinine Ratio Random Urine	403	<30	mg/g creat	High
Urea Nitrogen (BUN)	19	7-25	mg/dL CREATININE 1.09 H O	In range

Blood sugar & metabolism

Test	Result	Lab range	Units	Status
Glucose	100	65-99	mg/dL Fasting reference i	High
HEMOGLOBIN A1c	5.6	<5.7	%	In range
Glucose	100	65-99	mg/dL Fasting reference i	High
HEMOGLOBIN A1c	5.6	<5.7	%	In range

Liver & proteins

Test	Result	Lab range	Units	Status
ALT	19	6-29	U/L	In range
GGT	16	3-55	U/L EN TSH 1.82 mIU/L EN	In range
Sex Hormone Binding En Globulin	36	17-124	nmol/L ADIPONECTIN 4.7 ug	In range
ALT	19	6-29	U/L	In range
GGT	16	3-55	U/L EN TSH 1.82 mIU/L EN	In range
Sex Hormone Binding En Globulin	36	17-124	nmol/L ADIPONECTIN 4.7 ug	In range

Thyroid

Test	Result	Lab range	Units	Status
T4, Free	1.2	0.8-1.8	ng/dL EN NEUROFILAMENT LI	In range

T4, Free	1.2	0.8-1.8	ng/dL EN NEUROFILAME NT LI	In range
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Brain-health blood markers

Test	Result	Lab range	Units	Status
Glial Fibrillary Acidic Ez Protein (GFAP)	39	<74.2	pg/mL Non-elevated levels	In range
Glial Fibrillary Acidic Ez Protein (GFAP)	39	<74.2	pg/mL Non-elevated levels	In range

Blood count

Test	Result	Lab range	Units	Status
White Blood Cell Count	4.3	3.8-10.8	Thousand/uL RED BLOOD CEL	In range
White Blood Cell Count	4.3	3.8-10.8	Thousand/uL RED BLOOD CEL	In range

Other

Test	Result	Lab range	Units	Status
Specific Gravity	1.01	1.001-1.035	PH 7.0 5.0-8.0	In range
Specific Gravity	1.01	1.001-1.035	PH 7.0 5.0-8.0	In range

Vitamins & iron

Test	Result	Lab range	Units	Status
Ferritin	70	16-232	ng/mL EN TESTOSTERON E, TO	In range
Ferritin	70	16-232	ng/mL EN TESTOSTERON E, TO	In range

Heart & blood vessels

Test	Result	Lab range	Units	Status
LDL Peak Size	218.3	>222.9	Angstrom	Low
ADMA	91	<100	ng/mL	In range
Apolipoprotein B	51	<90	mg/dL Z4M Reference Range	In range
Analyte Name In Range Out Range Reference Range Lab CHOL/HDLC RATIO	2.1	<5.0	calc Z4M CHOLESTEROL, TOT	In range
LDL-Cholesterol	60	<100	mg/dL (calc)	In range

LIPOPROTEIN (a)	12	<75	nmol/L	In range
LP PLA2 Activity	76	<124	nmol/min/mL	In range
SDMA	109	73-135	ng/mL Z4M TRIGLYCERIDES 4	In range
APOE genotype	E3/E3	E3/E3 most common		Reported
LDL pattern	A	A		Reported
LDL Peak Size	218.3	>222.9	Angstrom	Low
ADMA	91	<100	ng/mL	In range
Apolipoprotein B	51	<90	mg/dL Z4M Reference Range	In range
Analyte Name In Range Out Range Reference Range Lab CHOL/HDLRATIO	2.1	<5.0	calc Z4M CHOLESTEROL, TOT	In range
LDL-Cholesterol	60	<100	mg/dL (calc)	In range
LIPOPROTEIN (a)	12	<75	nmol/L	In range
LP PLA2 Activity	76	<124	nmol/min/mL	In range
SDMA	109	73-135	ng/mL Z4M TRIGLYCERIDES 4	In range
APOE genotype	E3/E3	E3/E3 most common		Reported
LDL pattern	A	A		Reported

Genetics

Test	Result	Lab range	Units	Status
MTHFR gene variants	Positive for one copy of the C677T variant and one copy of the A1298C variant	Negative		Abnormal
MTHFR gene variants	Positive for one copy of the C677T variant and one copy of the A1298C variant	Negative		Abnormal

D. ENVIRONMENTAL TOXIN & METABOLIC PANEL (URINE) (collected 19-Jun-26)

Each result is shown against the laboratory's upper limit. "Watch" means in range but at 50% or more of the limit: worth reducing. Urine results are corrected for creatinine so they can be compared from one test to the next.

Metabolic markers (organic acids)

Test	Result	Limit	% of limit	Status
Phenylacetic Acid (PAA)	0.31 mmol/molCR 9 Phenylpropio	<3.90		In range
3-Hydroxypropionic Acid (3-HPA)	18.12 mmol/molCR	<17.00	107%	High
4-Cresol	2.15 ug/mgCR 15 4-Hydroxypheny	<3.00		In range
(Hphpa)	42.6 mmol/molCR	<120.00		In range
5-Hydroxymethyl-2-furoic Acid	4.27 mmol/molCR 23	<10.00		In range

	Furan-2,5-d			
Glucose (OA)	0.1 ug/mgCR 27 Pyruvic Acid 1	<1.10		In range
Citric Acid	34 mmol/molCR 31 cis-Aconiti	40-507		Low
Acetoacetic Acid	2.11 mmol/molCR 38 3-Hydroxybu	<10.00		In range
Methylsuccinic Acid	1.61 mmol/molCR 41 2-Methylglu	<10.80		In range
Methylmalonic Acid (MMA)	1.21 mmol/molCR 65 Formiminogl	<1.90		In range
Pyroglutamic Acid	26.32 mmol/molCR 72 N-Acetylcys	4.50-33.00		In range
2-Oxoisovaleric Acid	1.77 mmol/molCR 82 2-Oxoisocap	<4.10		In range
2-Hydroxyisovaleric Acid	2.2 mmol/molCR 87 2-Hydroxyis	<4.10		In range
Phenylpyruvic Acid	0.21 mmol/molCR 91 Homogentisi	<2.00		In range
Malonic Acid	1.5 mmol/molCR 95 4-Hydroxyph	<9.70		In range
5-Hydroxyindoleacetic Acid (5-HIAA)	1.37 mmol/molCR	<4.30		In range
3,4-Dihydroxyphenylacetic Acid (DOPAC)	0.56 mmol/molCR 103 3-Methyl-4	0.08-3.50		In range
HVA/VMA Ratio	1.2 ratio	<2.0		In range
Kynurenic Acid	1.01 mmol/molCR 111 Quinolinic	<2.20		In range
Quinolinic Acid/5-HIAA Ratio	1.5 ratio Legend Not Tested W	<5.0		In range
Orotic Acid	0.47 mmol/molCR	<3.20		In range
5-Methylcytosine	12.13 mmol/molCR 149 Uracil 0.6	10.00-50.00		In range
Phenylacetic Acid (PAA)	0.31 mmol/molCR 9 Phenylpropio	<3.90		In range
3-Hydroxypropionic Acid (3-HPA)	18.12 mmol/molCR	<17.00	107%	High
4-Cresol	2.15 ug/mgCR 15 4-Hydroxypheny	<3.00		In range
(Hphpa)	42.6 mmol/molCR	<120.00		In range
5-Hydroxymethyl-2-furoic Acid	4.27 mmol/molCR 23 Furan-2,5-d	<10.00		In range
Glucose (OA)	0.1 ug/mgCR 27 Pyruvic Acid 1	<1.10		In range
Citric Acid	34 mmol/molCR 31 cis-Aconiti	40-507		Low
Acetoacetic Acid	2.11 mmol/molCR 38 3-Hydroxybu	<10.00		In range
Methylsuccinic Acid	1.61 mmol/molCR 41 2-Methylglu	<10.80		In range
Methylmalonic Acid (MMA)	1.21 mmol/molCR 65	<1.90		In range

	Formiminogl			
Pyroglutamic Acid	26.32 mmol/molCR 72 N-Acetylcys	4.50-33.00		In range
2-Oxoisovaleric Acid	1.77 mmol/molCR 82 2-Oxoisocap	<4.10		In range
2-Hydroxyisovaleric Acid	2.2 mmol/molCR 87 2-Hydroxyis	<4.10		In range
Phenylpyruvic Acid	0.21 mmol/molCR 91 Homogentisi	<2.00		In range
Malonic Acid	1.5 mmol/molCR 95 4-Hydroxyph	<9.70		In range
5-Hydroxyindoleacetic Acid (5-HIAA)	1.37 mmol/molCR	<4.30		In range
3,4-Dihydroxyphenylacetic Acid (DOPAC)	0.56 mmol/molCR 103 3-Methyl-4	0.08-3.50		In range
HVA/VMA Ratio	1.2 ratio	<2.0		In range
Kynurenic Acid	1.01 mmol/molCR 111 Quinolinic	<2.20		In range
Quinolinic Acid/5-HIAA Ratio	1.5 ratio Legend Not Tested W	<5.0		In range
Orotic Acid	0.47 mmol/molCR	<3.20		In range
5-Methylcytosine	12.13 mmol/molCR 149 Uracil 0.6	10.00-50.00		In range

Solvents & volatile organic compounds

Test	Result	Limit	% of limit	Status
2-Hydroxyhippuric Acid	0.25 mmol/molCR 121 5-Hydroxym	<1.50	17%	In range
Hippuric Acid	105.4 mmol/molCR 133 Benzoic Ac	<603.0	17%	In range
Mandelic Acid	200 ug/gCR 136 Phenylglyoxyli	<340.0	59%	Watch
t,t-Muconic Acid	0.01 mmol/molCR	<0.12	8%	In range
2-Hydroxylsobutyric Acid	0.71 mmol/molCR	<6.90	10%	In range
2-Methylhippuric Acid	0.01 mmol/molCR 144 3-Methylhi	<0.04	25%	In range
2-Hydroxyhippuric Acid	0.25 mmol/molCR 121 5-Hydroxym	<1.50	17%	In range
Hippuric Acid	105.4 mmol/molCR 133 Benzoic Ac	<603.0	17%	In range
Mandelic Acid	200 ug/gCR 136 Phenylglyoxyli	<340.0	59%	Watch
t,t-Muconic Acid	0.01 mmol/molCR	<0.12	8%	In range
2-Hydroxylsobutyric Acid	0.71 mmol/molCR	<6.90	10%	In range
2-Methylhippuric Acid	0.01 mmol/molCR 144 3-Methylhi	<0.04	25%	In range

Parabens (personal care)

Test	Result	Limit	% of limit	Status
4-Hydroxybenzoic Acid (4-HBA)	0.23 mmol/molCR	<0.57	40%	In range
4-Hydroxybenzoic Acid (4-HBA)	0.23 mmol/molCR	<0.57	40%	In range

Phthalates (plastics)

Test	Result	Limit	% of limit	Status
Phthalic Acid	28.43 ug/gCR 140 Monoethyl Phth	<170.00	17%	In range
Phthalic Acid	28.43 ug/gCR 140 Monoethyl Phth	<170.00	17%	In range

Toxic metals

Test	Result	Limit	% of limit	Status
Palladium	7.56 Watch 50% Confidential	<15.00	50%	Watch
Palladium	7.56 Watch 50% Confidential	<15.00	50%	Watch

E. METABOLIC MARKERS EXPLAINED

Marker	Result	What it means	What we are doing
3-Hydroxypropionic acid	18.12 (high)	Gut-bacteria fermentation or propionate handling; needs biotin, B12 and magnesium.	Gut support and the B vitamins and magnesium in your plan.
Citric acid	34 (low)	Low energy flow through the main energy cycle in the mitochondria; low urine citrate also raises kidney-stone risk.	Magnesium, citrate-rich foods (lemon water) and the mitochondrial support in your plan.
3-Hydroxypropionic acid	18.12 (high)	Gut-bacteria fermentation or propionate handling; needs biotin, B12 and magnesium.	Gut support and the B vitamins and magnesium in your plan.
Citric acid	34 (low)	Low energy flow through the main energy cycle in the mitochondria; low urine citrate also raises kidney-stone risk.	Magnesium, citrate-rich foods (lemon water) and the mitochondrial support in your plan.

F. YOUR APOE GENE AND DEMENTIA RISK

Your result is e3/e3: you do not carry the e4 version.

APOE is a gene that makes a protein that carries cholesterol and fats in the blood and brain, and helps clear the protein amyloid from the brain. Everyone inherits two copies, one from each parent. There are three common versions: e2, e3 and e4.

Version	What it means
e3/e3	The most common combination (about 6 in 10 people). This is the reference point for average risk.
e2 (any copy)	Generally linked to a lower risk of Alzheimer's disease.
One e4 copy (e3/e4 or e2/e4)	About 1 in 4 people. Alzheimer's risk is roughly 3 to 4 times that of e3/e3, and symptoms, when they occur, tend to begin earlier.
Two e4 copies (e4/e4)	About 2 in 100 people. Risk is much higher (often quoted as 8 to 12 times that of e3/e3), and most people with e4/e4 develop Alzheimer's changes in the brain by their 60s. Expert care and close monitoring are recommended.

- APOE e4 raises risk; it does not decide your future. Many people with e4, even two copies, live into their 90s without dementia, and many people without e4 develop dementia.
- APOE is one of many risk factors. The 2024 Lancet Commission found that about 45% of dementia worldwide is linked to 14 factors we can change: less education, hearing loss, high LDL cholesterol, depression, head injury, physical inactivity, diabetes, smoking, high blood pressure, obesity, excess alcohol, social isolation, air pollution and untreated vision loss.
- In e4 carriers, the same steps that protect everyone matter even more: blood pressure and blood-sugar control, lowering LDL and ApoB, exercise, deep sleep, avoiding head injury, treating hearing loss, staying socially and mentally active, and reducing toxins such as mold and air pollution.
- Lifestyle programs improved cognition in large trials (for example the FINGER study), and the benefit was seen in e4 carriers too.
- APOE testing has implications for relatives. Genetic counseling is available if you would like to talk it through.