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Your Metabolic Scorecard

Your metabolic health isn't a mystery — it leaves clues, and those clues show up in your numbers. A metabolic scorecard is simply a way to look at the markers that reflect how your body is handling fuel, inflammation, and cardiovascular risk over time. Instead of guessing whether you're "healthy" based on how you feel in the moment, these markers help you see what's happening beneath the surface — and more importantly, they give you a clear path forward. Think of it as turning on the lights in a room: nothing changes instantly, but everything becomes easier to navigate.

Metabolic Markers are measurable numbers that tell your health story over time — things like HbA1c, Apo B, hs-CRP, waist circumference, and blood pressure.

01 Mini Teaching

When your markers move in a healthier direction, you often feel it — steadier energy, fewer cravings, better sleep, and clearer thinking. Even small shifts matter because metabolic health is built through consistent, compounding wins, not overnight transformations. energy follows.

02 Example

Think of your metabolic markers like your car's dashboard — they're not there to shame you, they're there to guide you. When a "check engine" light comes on, you don't panic or take it personally... you just gather information and adjust. These numbers work the same way: they show you what's strong, what needs support, and what direction you're headed.

03 Try This Today

Pick one marker to check or track today, even if it's as simple as measuring your waist or taking your blood pressure. Write your number down as your "starting line," not your identity. Awareness is the first win — because once you can measure it, you can improve it.

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