The High-Performance Health Blueprint



Men's & Women's Guide to Hormones, Metabolism, and Longevity

Presented by **Joe Miller, Founder of 1st Optimal**Optimize You, So You Can Uplift Others.

Inside this guide:

- How to rebalance hormones naturally and safely
- Proven methods to unlock metabolism and energy
- Lifestyle strategies to optimize sleep, nutrition, and exercise
- Clinically supervised solutions for lasting results

Your best years aren't behind you—they're just waiting to be unlocked.

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Why Your Health Isn't Random, It's Strategic

Most people are told that gaining weight, losing energy, and feeling mentally foggy is just a "normal part of aging." They're wrong.

What's really happening?

Hormones shift. Metabolism slows. Inflammation rises. Stress becomes chronic.

But here's the truth: You have far more control than you've been led to believe.

This guide was created for people like you driven, high-performing men and women who are ready to take back control of their bodies and minds.

Inside, you'll discover:

- How hormones like testosterone, estrogen, progesterone, thyroid, and insulin shape everything from your waistline to your brainpower.
- The difference between science-backed solutions and dangerous shortcuts like black-market peptides.
- The exact lifestyle tools used by high performers to reverse fatigue, stubborn fat, and metabolic slowdown.

At 1st Optimal, we specialize in hormone optimization, peptides, advanced lab testing, gut health, and nutrition strategies designed to unlock peak health—safely and effectively.

Whether you're seeking sharper focus, fat loss, better sleep, or simply want to feel like yourself again, you'll find your roadmap here.



Testosterone drops about 1% per year after age 30 in men. In women, estrogen can fall by 50% or more during perimenopause and menopause—leading to rapid shifts in weight, energy, and mood.

This isn't about reversing time. It's about reclaiming control on your terms.

Men's Mastery: Hormones, Metabolism & Performance



The Silent Crisis No One Talks About: Low Testosterone

Fatigue, stubborn belly fat, brain fog, low motivation—these aren't just signs of stress or aging. For millions of men, they're symptoms of **low testosterone**—and the numbers are rising.

Common Signs of Low Testosterone:

- Slow recovery from exercise
- Decreased muscle mass

- Mood swings, irritability, or depression
- Poor sleep and frequent waking
- Declining sex drive or performance
- Increased belly fat or love handles

Research shows men with low testosterone are at higher risk for obesity, diabetes, and heart disease.



Fast Fact:

Men with low testosterone can experience up to **36% higher body fat** compared to those with optimal levels.

✓ Safe, Effective Support: FDA-Approved Peptides

At 1st Optimal, we use only FDA-approved, clinically supervised peptides designed to:

- Stimulate your body's natural growth hormone production
- Support fat loss and lean muscle retention
- Improve recovery and sleep

Popular peptides for men:

- Tesamorelin: Shown to reduce visceral fat and improve insulin sensitivity
- Sermorelin & GHRP-2: Support healthy growth hormone rhythms to aid muscle recovery and fat burning

Marning: Black-market peptides sold online are often contaminated, underdosed, or misbranded. Many contain harmful fillers or are entirely fake.

🏋 Lifestyle Strategies for Men:

- Strength Train 3-4 Days/Week: Focus on compound lifts (squats, deadlifts, presses)
- Sleep 7–8 Hours/Night: Deep sleep triggers testosterone production
- Try the 3-Day Diet Protocol: Supports fat loss without muscle loss
- Prioritize Protein: Aim for at least 1 gram per pound of goal body weight

Men with optimized testosterone often report sharper focus, easier fat loss, stronger libido, and greater confidence in as little as 90 days under clinical care.

This is your blueprint to reclaim metabolic firepower and peak performance backed by science and guided by medical experts.

Women's Wellness: Hormones, Weight & Brain Health

1 The Overlooked Struggle: Hormone Imbalance in Women

If you've felt frustrated by unexplained weight gain, mood swings, fatigue, or brain fog—especially during your 30s, 40s, or 50s—you're not alone.

For women, **perimenopause** and **menopause** can disrupt nearly every system in the body:

- Estrogen and progesterone levels plummet.
- Thyroid function slows down.
- Cortisol (your stress hormone) becomes erratic.

Common Symptoms of Hormone Imbalance:

- Belly fat that won't budge, no matter how much you exercise
- Hot flashes, night sweats, or irregular cycles
- Brain fog and forgetfulness
- Trouble sleeping and low energy

Anxiety, irritability, or mood swings



💡 Fast Fact:

Women in perimenopause can experience up to 30% slower metabolism due to hormonal shifts.

Safe, Clinically Supervised Peptide & GLP-1 Therapies:

At **1st Optimal**, we offer medical-grade solutions tailored for women:

- GLP-1 medications (like semaglutide) to manage appetite and weight—always under close clinical supervision to prevent muscle loss and nutrient deficiencies.
- Tesamorelin and peptide therapies to improve fat metabolism, sleep, and recovery.

We combine peptides with hormone replacement therapies (HRT) or thyroid support when appropriate, always backed by lab testing.

A Caution: Black-market GLP-1s and peptides carry serious risks—ranging from contamination to severe side effects like pancreatitis or cardiovascular stress. We never use or recommend them.

🧘 Lifestyle Strategies for Women:

- Protein First: Target at least 0.8 to 1 gram per pound of goal body weight to protect lean muscle.
- Strength Training 2-3 Days/Week: Essential for bone density, metabolism, and mood stabilization.
- Stress Management: Incorporate breathwork, walking outdoors, and mindfulness practices to regulate cortisol.
- Sleep Rituals: Prioritize 7–9 hours per night to reset hormones and improve insulin sensitivity.

Women who address hormone health through lifestyle and clinically guided therapies often report reduced belly fat, sharper focus, and improved emotional stability—within just **8–12** weeks.

You don't have to "tough it out." Solutions exist—and they work.

Metabolic Reset: The 3-Day Diet Framework

Why Traditional Diets Fail (and This One Works)

Most diets fail because they rely on extreme calorie cuts, causing muscle loss, hormonal crashes, and rebound weight gain.

At 1st Optimal, we use a smarter approach:

The <u>3-Day Diet</u>—a flexible, science-based method designed to reset your metabolism without sacrificing muscle, energy, or sanity.

How It Works:

The 3-Day Diet cycles your calorie intake based on activity levels and recovery needs to:

- Boost fat burning
- Support lean muscle retention
- Optimize hormone balance (especially leptin and thyroid)

The 3-Day Cycle:

Day 1 — High-Calorie Day:

Supports intense training days. Prioritize clean carbs, proteins, and healthy fats.

- Fuels muscle growth
- Boosts metabolism
- Recharges glycogen stores

Day 2 — Medium-Calorie Day:

Balanced intake for moderate activity or work days.

- Focuses on maintenance
- Supports hormonal recovery

Day 3 — Low-Calorie Day:

Triggers fat-burning and improves insulin sensitivity.

- Lower carb intake
- Higher protein and healthy fats
- Ideal for rest or light activity days

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Fast Fact:

Studies show calorie cycling can result in greater fat loss, better muscle retention, and improved thyroid function compared to constant low-calorie diets.

✓ Simple Guidelines:

- **Prioritize Protein:** Keep protein high every day to protect muscle.
- **Hydrate:** Drink half your body weight in ounces of water daily.
- **Nourish Mindfully:** Avoid extreme restriction—this is a *reset*, not starvation.

Many clients report **visible fat loss** and noticeable energy boosts within just **7–10 days** of starting the <u>3-Day Diet</u>—without feeling deprived.

This is metabolic optimization made simple, sustainable, and powerful.

Gut Health, Inflammation & Hidden Blockers

The Missing Link in Stubborn Weight & Hormone Imbalance

If you've cleaned up your diet, optimized your workouts, and addressed your hormones—but still struggle with fatigue, cravings, or belly fat—your gut could be the missing piece.

The gut isn't just about digestion. It's a command center for:

- Hormone production
- Metabolic health
- Immune regulation
- Brain signaling

How Poor Gut Health Disrupts Your Progress:

- Triggers chronic inflammation that slows fat loss
- Disrupts thyroid function, worsening energy and metabolism
- Causes blood sugar instability, leading to cravings and fat storage
- Impacts neurotransmitters, increasing anxiety and brain fog

💡 Fast Fact:

Research links **leaky gut** (increased intestinal permeability) to insulin resistance, obesity, and metabolic syndrome—even in people who appear otherwise healthy.

🧬 How We Address Gut Health at 1st Optimal:

 GI-MAP Testing: A cutting-edge stool test that detects hidden infections, parasites, inflammation, and dysbiosis.

- 2. Targeted Protocols: We personalize gut healing plans based on your lab results.
- 3. Key Focus Areas:
 - Reducing inflammatory foods (gluten, dairy, processed oils if needed)
 - Adding prebiotic fibers and fermented foods
 - Using evidence-based supplements like digestive enzymes, L-glutamine, and probiotics (only after testing)

Simple Gut Health Habits:

- Eat slowly and chew thoroughly
- Prioritize fiber-rich foods daily (leafy greens, berries, legumes)
- Avoid excessive alcohol and processed foods
- Manage stress—chronic cortisol damages the gut lining

Many of our clients who focused on gut health, not just calories, lost weight faster, experienced clearer skin, and reported dramatically better energy within **30 days**.

Your gut may be the key that unlocks everything else.

Sleep, Recovery & Sunlight: The Forgotten Factors

* The Overlooked Pillars of Metabolic & Hormonal Health

You can optimize your nutrition, dial in your workouts, and take every supplement on the planet—but if your **sleep**, **recovery**, and **light exposure** aren't aligned, your results will stall.

These "invisible" lifestyle factors have a massive influence on:

- Testosterone and estrogen production
- Thyroid and adrenal function
- Appetite-regulating hormones like leptin and ghrelin
- Fat burning and insulin sensitivity
- Brain performance and mood

The Power of Morning Sunlight:

Exposure to sunlight within the first hour of waking:

- Resets your circadian rhythm
- Increases serotonin and dopamine (improving mood and focus)
- Boosts nighttime melatonin production (improving sleep quality)
- Supports testosterone and estrogen balance

The Critical Role of Deep Sleep:

Deep, restorative sleep is when your body releases:

- Growth hormone (for fat burning and muscle repair)
- Testosterone (vital for both men and women)
- Melatonin (which also functions as a powerful antioxidant)



Fast Fact:

Men who sleep less than **6 hours per night** have been shown to have testosterone levels similar to men **10 years older**.

Sleep & Recovery Optimization Tips:

• **Morning Routine:** Get at least 10–15 minutes of sunlight as soon as possible after waking.

- Night Routine: Shut down screens at least 60 minutes before bed.
- Evening Lighting: Use dim lighting after sunset to mimic natural rhythms.
- Key Nutrients: Magnesium glycinate and L-theanine may support deeper sleep (always check with your provider first).
- Mindfulness: Incorporate gentle stretching or breathwork before bed to lower cortisol.

In many cases, simply fixing sleep and circadian habits leads to automatic fat loss, improved mood, and higher energy—before changing anything else.

Sleep, sunlight, and recovery aren't optional—they're essential tools for lasting results.

FDA-Approved Peptides vs Black-Market Risks



1 The Dangerous Shortcut: Black-Market & Research-Grade Peptides

Peptides and GLP-1 medications have exploded in popularity but there's a dark side the supplement industry doesn't want you to see.

Many websites and social media ads promote "research-only" or "for lab use only" peptides at steep discounts, often shipping directly from overseas labs with zero medical oversight.

These products are NOT intended for human use but many people inject them anyway.

What Studies Reveal:

- Up to 80% of black-market or research peptides are contaminated with bacteria, heavy metals, or solvents.
- Most are either underdosed or massively overdosed—making dosing a dangerous guessing game.

- Some contain anabolic steroids or hidden drugs not listed on the label.
- U.S. and European studies confirm these products are frequently mislabeled, ineffective, or outright toxic.

💡 Fast Fact:

A major Belgian study found that most black-market peptides were too weak or too contaminated for human use—even those sold on "reputable" websites.

Why 1st Optimal Uses Only FDA-Approved Peptides:

- Sourced only from licensed U.S. pharmacies under FDA standards
- Every vial traceable, tested for sterility, potency, and purity
- Combined with advanced lab testing to ensure safety and effectiveness
- All treatment plans overseen by licensed medical professionals—never DIY

We specialize in safe, proven peptides like:

- **Tesamorelin** (FDA-approved for visceral fat reduction)
- **Sermorelin** (supports natural growth hormone release)
- Other clinically compounded peptides when appropriate, always under strict regulation

No shortcut is worth risking your liver, heart, or long-term hormone health. At 1st Optimal, we believe safe results aren't optional they're mandatory.

Your body deserves the highest standard of care, not a risky experiment.

Client Success Stories & Real Results



Real People. Real Transformations.

At 1st Optimal, we don't believe in one-size-fits-all programs or quick fixes. Every client receives personalized care, guided by advanced lab testing and supervised by experienced medical professionals.

Here are a few examples of the life-changing results our clients have achieved:

John, 42 — Executive & Father of Two

Starting Point:

- Low testosterone, high visceral fat, poor sleep, pre-diabetes symptoms
- Constant fatigue and difficulty focusing at work

Protocol:

- FDA-approved peptide therapy (Tesamorelin)
- Testosterone optimization
- The 3-Day Diet metabolic reset
- Personalized sleep and exercise program

Results (4 Months):

- Lost 22 lbs of stubborn belly fat
- Improved fasting glucose and insulin sensitivity
- Doubled free testosterone levels
- Reported feeling "10 years younger" with sharper focus and more energy

Sarah, 48 — Entrepreneur & Busy Mom

Starting Point:

- Perimenopause symptoms, thyroid imbalance, mood swings, brain fog
- Struggled with stubborn weight gain despite dieting and exercise

Protocol:

- Hormone replacement therapy (HRT)
- Gut health optimization with GI-MAP testing
- GLP-1 medication under close medical supervision
- Customized strength training and nutrition plan

Results (3 Months):

- Lost **17 lbs** of body fat while maintaining lean muscle
- Resolved hot flashes, improved sleep, and reduced anxiety
- Thyroid markers returned to optimal ranges
- Regained mental clarity and emotional balance



💡 Fast Fact:

Most clients at 1st Optimal begin noticing measurable improvements within the first 30-60 days—with continued progress over the next 6–12 months.

These aren't outliers.

They're examples of what's possible with the right tools, expert oversight, and a fully personalized plan.

Take Control of Your Health: Your Next Step Starts Here

Ready to Unlock Your Peak Health, Energy, and Confidence?

You've just learned how powerful it can be to optimize your hormones, metabolism, gut health, and lifestyle.

Now it's your turn to take action backed by medical science, expert guidance, and a proven system.

Here's How to Get Started:

- Schedule <u>Your Free Hormone & Metabolic Health Consultation</u>
 Our team will review your health goals, symptoms, and lab testing needs to design a personalized plan for you.
- Complete Your <u>Lab Work</u> & Intake Forms
 We'll analyze key markers like testosterone, estrogen, thyroid, glucose, cortisol, gut health, and more.
- Receive Your Customized Health Optimization Plan
 Whether it's hormone therapy, peptides, gut protocols, the 3-Day Diet, or lifestyle adjustments—we'll create a safe, effective roadmap tailored just for you.
- Start Your Journey Today: https://1stoptimal.com/book-a-call/

💪 Your Personalized Program May Include:

- Hormone optimization for testosterone, thyroid, or menopause care
- FDA-approved peptides for metabolism, fat loss, and recovery
- GLP-1 weight loss therapies (with close medical oversight)
- The 3-Day Diet & Nutrition Reset
- Gut health protocols for inflammation, energy, and digestion
- Lifestyle coaching for sleep, stress, and performance

← Reminder:

We don't do quick fixes. We do long-term results based on science, safety, and strategy.

The High-Performance Health Blueprint



Additional Free Educational Resources:

YouTube: <u>1st Optimal Video Podcast</u>Spotify: <u>1st Optimal Audio Podcast</u>

Women's health:

- https://1stoptimal.com/the-role-of-testosterone-in-womens-health/
- https://1stoptimal.com/menopause-hormone-health-bhrt/
- https://1stoptimal.com/progesterone-the-unsung-hero-of-hormonal-wellness/

Men's health:

- https://1stoptimal.com/traverse-trial-fda-testosterone-warning-update/
- https://1stoptimal.com/is-your-testosterone-actually-low-rethinking-the-300-ng-dl-cutoff-for-young-men/
- https://1stoptimal.com/testosterone-boosts-brain-power/

Gut Health & Supplements:

- https://1stoptimal.com/understanding-gi-map-tests/
- https://1stoptimal.com/is-creatine-for-everyone/
- https://1stoptimal.com/the-essential-guide-to-vitamin-d/
- https://1stoptimal.com/gut-health-and-performance-how-a-healthy-gut-fuels-success/

Nutrition & Fitness:

- https://1stoptimal.com/how-insulin-sensitivity-impacts-muscle-fat-loss-and-hormone-optimization/
- https://1stoptimal.com/cheat-meals-smart-indulgence/
- https://1stoptimal.com/carb-cycling-guide/

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