

# 1st optimal

Hormones • Performance • Weight Loss

## Treatment Plan

Membership Manager Name Here

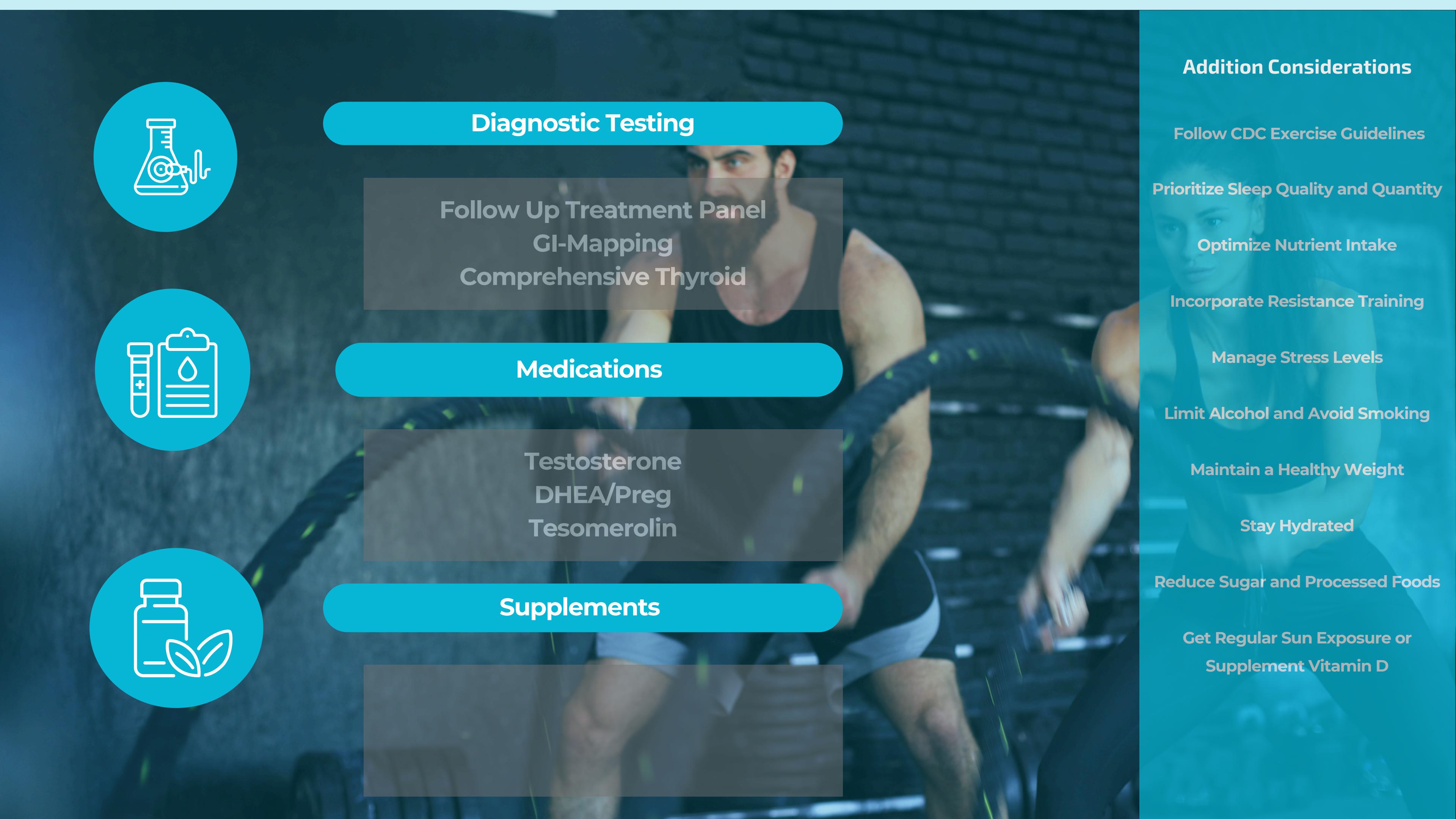
Patient Name Here

Date of Appointment Here



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Hormones • Performance • Weight Loss

A background photograph of a man in a gym, wearing a black tank top and dark shorts, performing a bicep curl with a dumbbell. The scene is dimly lit with dramatic lighting highlighting his muscles.

## Addition Considerations

Follow CDC Exercise Guidelines

Prioritize Sleep Quality and Quantity

Optimize Nutrient Intake

Incorporate Resistance Training

Manage Stress Levels

Limit Alcohol and Avoid Smoking

Maintain a Healthy Weight

Stay Hydrated

Reduce Sugar and Processed Foods

Get Regular Sun Exposure or  
Supplement Vitamin D



## Diagnostic Testing

Follow Up Treatment Panel  
GI-Mapping  
Comprehensive Thyroid

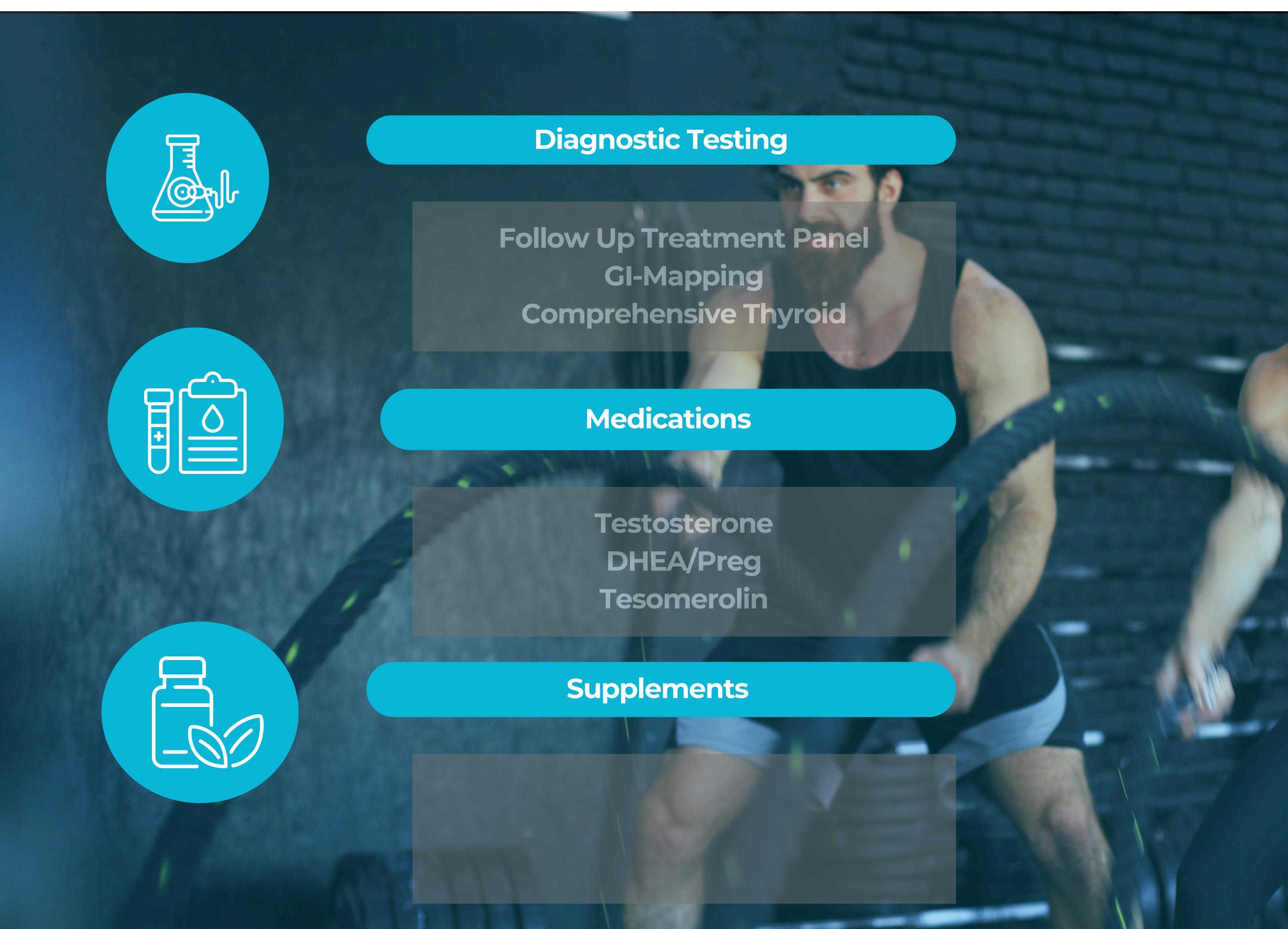


## Medications

Testosterone  
DHEA/Preg  
Tesomeronin



## Supplements



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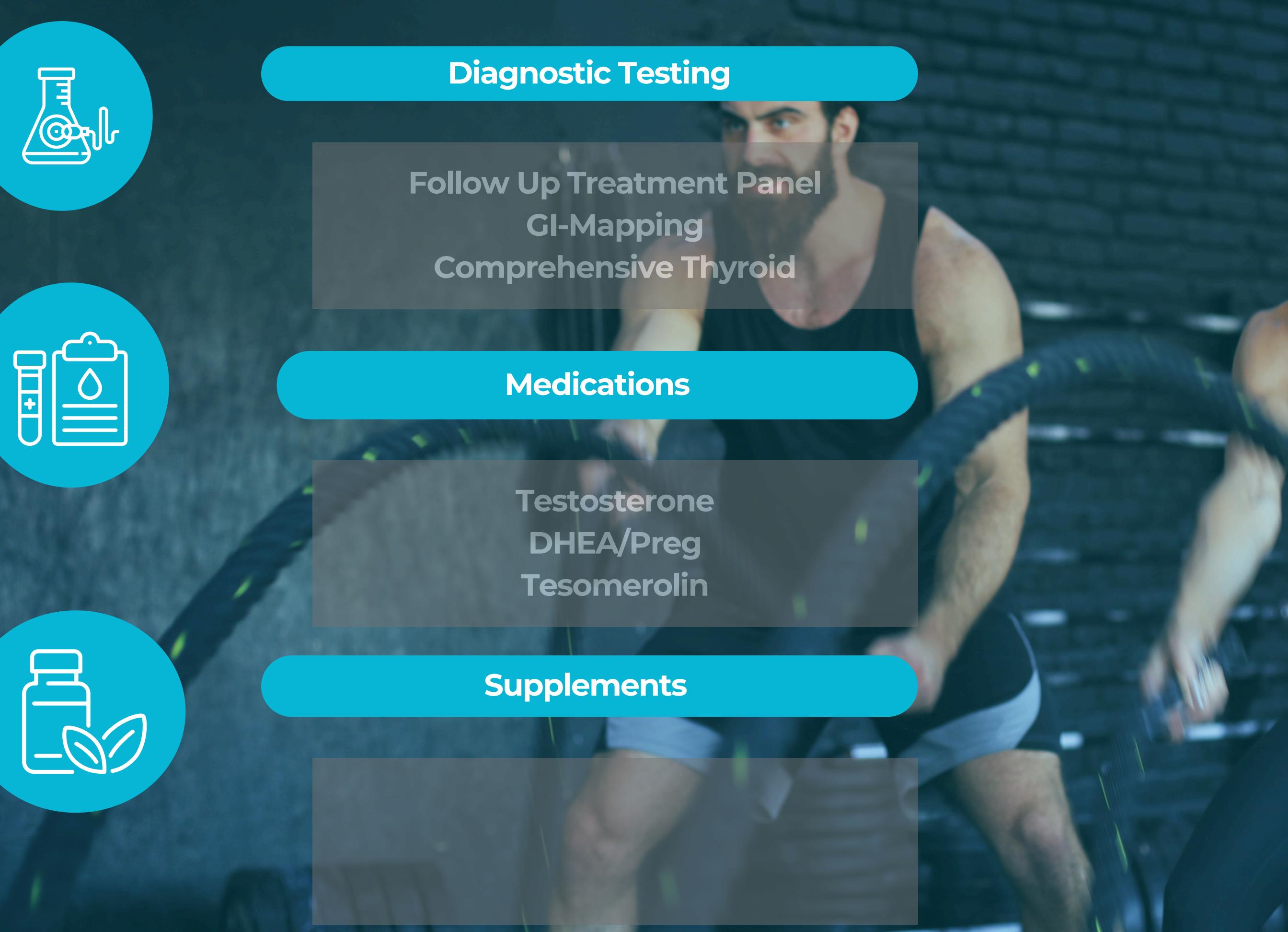


## Medications

Testosterone  
DHEA/Preg  
Tesomeronin



## Supplements



## Life Style Recommendations

Follow CDC Exercise Guidelines

Prioritize Sleep Quality and Quantity

Optimize Nutrient Intake

Incorporate Resistance Training

Manage Stress Levels

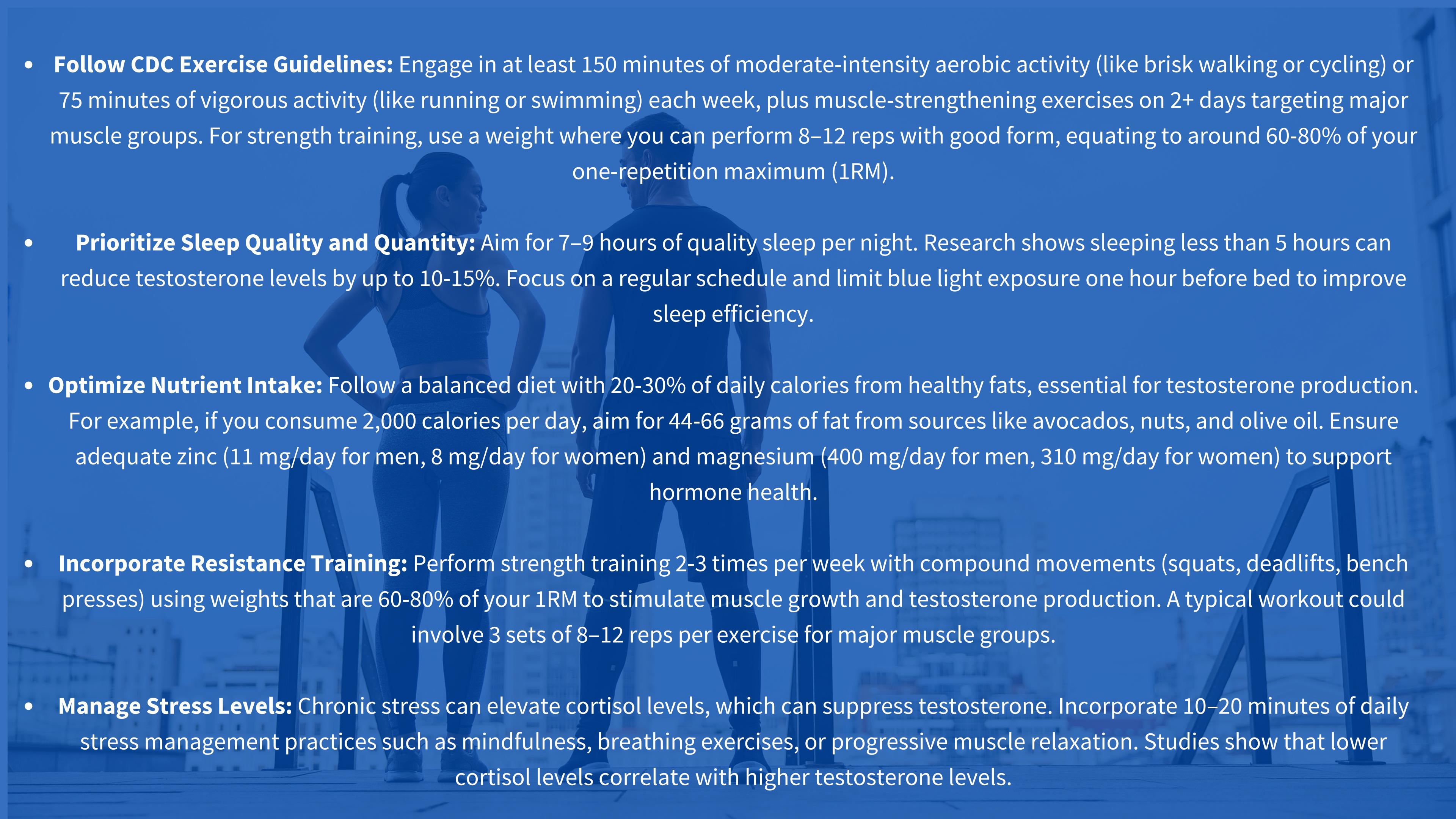
Limit Alcohol and Avoid Smoking

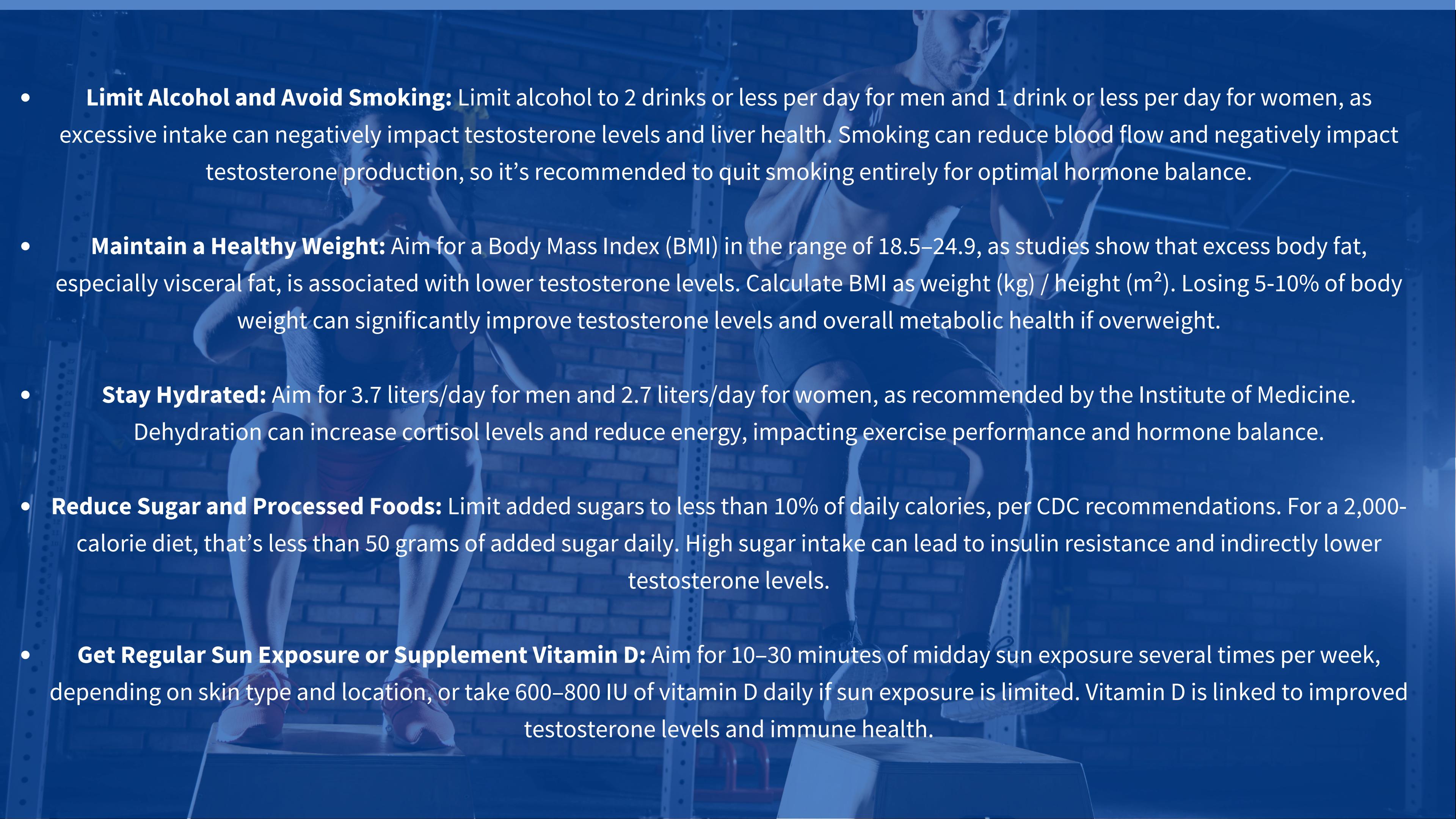
Maintain a Healthy Weight

Stay Hydrated

Reduce Sugar and Processed Foods

Get Regular Sun Exposure or  
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- 
- **Follow CDC Exercise Guidelines:** Engage in at least 150 minutes of moderate-intensity aerobic activity (like brisk walking or cycling) or 75 minutes of vigorous activity (like running or swimming) each week, plus muscle-strengthening exercises on 2+ days targeting major muscle groups. For strength training, use a weight where you can perform 8–12 reps with good form, equating to around 60-80% of your one-repetition maximum (1RM).
  - **Prioritize Sleep Quality and Quantity:** Aim for 7–9 hours of quality sleep per night. Research shows sleeping less than 5 hours can reduce testosterone levels by up to 10-15%. Focus on a regular schedule and limit blue light exposure one hour before bed to improve sleep efficiency.
  - **Optimize Nutrient Intake:** Follow a balanced diet with 20-30% of daily calories from healthy fats, essential for testosterone production. For example, if you consume 2,000 calories per day, aim for 44-66 grams of fat from sources like avocados, nuts, and olive oil. Ensure adequate zinc (11 mg/day for men, 8 mg/day for women) and magnesium (400 mg/day for men, 310 mg/day for women) to support hormone health.
  - **Incorporate Resistance Training:** Perform strength training 2-3 times per week with compound movements (squats, deadlifts, bench presses) using weights that are 60-80% of your 1RM to stimulate muscle growth and testosterone production. A typical workout could involve 3 sets of 8–12 reps per exercise for major muscle groups.
  - **Manage Stress Levels:** Chronic stress can elevate cortisol levels, which can suppress testosterone. Incorporate 10–20 minutes of daily stress management practices such as mindfulness, breathing exercises, or progressive muscle relaxation. Studies show that lower cortisol levels correlate with higher testosterone levels.

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- A man and a woman are working out in a gym. The man is in the foreground, performing a pull-up on a horizontal bar. The woman is in the background, also working out. The gym has brick walls and various exercise equipment.
- **Limit Alcohol and Avoid Smoking:** Limit alcohol to 2 drinks or less per day for men and 1 drink or less per day for women, as excessive intake can negatively impact testosterone levels and liver health. Smoking can reduce blood flow and negatively impact testosterone production, so it's recommended to quit smoking entirely for optimal hormone balance.
  - **Maintain a Healthy Weight:** Aim for a Body Mass Index (BMI) in the range of 18.5–24.9, as studies show that excess body fat, especially visceral fat, is associated with lower testosterone levels. Calculate BMI as weight (kg) / height ( $m^2$ ). Losing 5-10% of body weight can significantly improve testosterone levels and overall metabolic health if overweight.
  - **Stay Hydrated:** Aim for 3.7 liters/day for men and 2.7 liters/day for women, as recommended by the Institute of Medicine. Dehydration can increase cortisol levels and reduce energy, impacting exercise performance and hormone balance.
  - **Reduce Sugar and Processed Foods:** Limit added sugars to less than 10% of daily calories, per CDC recommendations. For a 2,000-calorie diet, that's less than 50 grams of added sugar daily. High sugar intake can lead to insulin resistance and indirectly lower testosterone levels.
  - **Get Regular Sun Exposure or Supplement Vitamin D:** Aim for 10–30 minutes of midday sun exposure several times per week, depending on skin type and location, or take 600–800 IU of vitamin D daily if sun exposure is limited. Vitamin D is linked to improved testosterone levels and immune health.

# 1st Optimal Membership vs. Market Rate

+50%  
Savings

Product	1st Optimal	Traditional Clinics
Physician Consultations	Included	\$300
Shipping & Supplies	Included	\$60
Follow Up Lap Panel	Included	\$209
Lab Interpretations, Coaching, Patient App, Care Team Support	Included	\$100
Testosterone Treatment	Included	\$170
Total: \$159/Month	\$477	\$839

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# Thank You.

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We Look Forward to the Future!

