



# YOUR HIGH PERFORMANCE HEALTH HANDBOOK

**15 Strategies & Tactics** to have more energy,  
lose weight, have better sex, and live longer.



**Tracy Gapin, MD**  
America's High Performance Health Expert

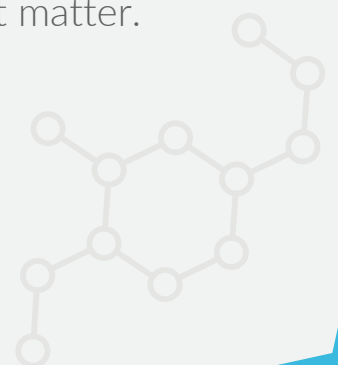
# KNOW YOUR NUMBERS



**Your first priority is to know your numbers.** This means you need to understand and track the truly important metrics that matter when it comes to your health.

This includes key lab tests and body composition data points that correlate directly with your energy level, your sexual performance, and even your longevity.

Unfortunately most doctors don't ever check most of these things. In fact, a recent study actually showed that most physicians are 17 years behind the science (yes, 17 years!!). This is why you need to be your own advocate and be sure to check the critical numbers that matter.



# 01 Regularly check your hormones levels

Did you know you have over 50 hormones in your body?! Here are just a few key hormones that you need to be sure to get checked since they play a crucial role in your energy, metabolism, mood, sleep, sexual function... nearly everything!

- **Estrogen:** Estrogen is the dominant hormone in women and is responsible for regulating your menstrual cycle, bone health, mood and energy. Imbalances in your estrogen levels can lead to mood swings, hot flashes, night sweats, vaginal dryness and irregular periods. For women, estrogen is a key hormone to track and ensure your levels are optimized.
- **Progesterone:** Throughout perimenopause and menopause, both progesterone and estrogen levels experience a significant shift. However, these hormonal changes are far from a gradual decline. Progesterone levels might suddenly drop, while estrogen levels can stubbornly stay elevated. This imbalance between estrogen and progesterone is often the source of many challenges. Maintaining the proper equilibrium of progesterone is crucial for overall well-being and optimal performance.
- **Cortisol:** Cortisol, often known as the stress hormone, responds to various stressors, including psychological stress, poor diet, lack of sleep, and gut health issues. Imbalanced cortisol levels can lead to unwanted weight gain, low energy levels, brain fog, and even affect your sexual performance.
- **Thyroid Hormones (T3 and T4):** Thyroid hormones, including T3 (triiodothyronine) and T4 (thyroxine), are essential for energy, metabolism, mood regulation, and quality sleep. A complete thyroid profile is important to ensure that your thyroid gland is functioning optimally.
- **Vitamin D:** Surprisingly, Vitamin D is more than just a vitamin; it's a hormone too! It plays a pivotal role in over 200 bodily processes, including mood enhancement, muscular strength regulation, anti-inflammatory responses, and even supports testosterone production.
- **Testosterone:** Testosterone is not just important for men - women need it too! Your testosterone levels are important when it comes to your energy level, sex drive, cognitive function, muscle and bone health, cardiovascular health, and even longevity. It's essential to measure free testosterone, as it represents the bioavailable / active form.







- **DHEA-S (Dehydroepiandrosterone Sulfate):** DHEA-S is an often overlooked hormone that plays a pivotal role in regulating cortisol, your stress hormone. Maintaining a balance of DHEA-S is crucial for mood stability, sustained energy levels, a healthy libido, immune function, and strong bones. Additionally, it serves as a precursor to other vital hormones like testosterone and estradiol.
- **Nitric Oxide:** Nitric oxide, while less commonly discussed, is critical for women's health. It influences cardiovascular health, cognitive function, exercise capacity, and sexual well-being. Nitric oxide encourages vasodilation, which relaxes the inner muscles of blood vessels, enhancing blood flow and circulation.

By ensuring that these key hormones AND MORE are in balance, you can take proactive steps to optimize your energy, metabolism, mood, sleep, and sexual function. Regularly checking these hormonal levels, along with adopting a holistic systems-based approach to health and wellness, will empower you to thrive in every aspect of your life.







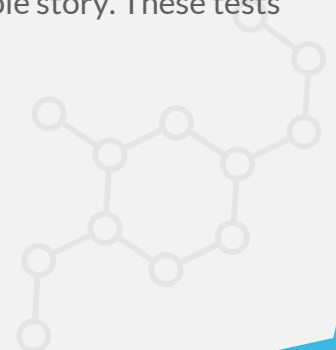
## 02 Check key labs related to blood sugar regulation

Maintaining a healthy blood sugar level throughout the day is critical if you want to maintain your energy, burn fat, and build muscle. These key biomarkers can assess how well you are keeping your blood sugar in the optimal range.

- **Fasting insulin.** Insulin regulates your blood sugar, and a low fasting level indicates that your blood sugar is consistently well-controlled.
- **Fasting blood sugar.** This is a good short-term indicator of your blood sugar regulation.
- **Hemoglobin A1C.** This is a long-term indicator of your blood sugar regulation.
- **Uric Acid.** Uric acid levels are typically thought of in terms of managing gout, but it's also a great indicator of blood sugar regulation.

## 03 Check key labs related to cardiovascular health

The #1 cause of death remains cardiovascular disease. For this reason, checking and managing key lipid biomarkers is incredibly important. Unfortunately, most doctors typically only check total cholesterol, LDL and HDL which can be deceiving and don't tell the whole story. These tests are much more impactful and predictive of cardiovascular risk.



**LDL-P.** LDL-P is different than LDL-C that your doctor typically checks. LDL-P is the number of LDL particles, whereas LDL-C is the amount of cholesterol within all of your LDL particles. Studies have shown that LDL-P is more predictive of cardiovascular risk than LDL-C.

**Apolipoprotein B (ApoB).** Every non-HDL particle is considered atherogenic - meaning it can promote vascular plaque formation. Each of these particles has exactly one ApoB marker on it, so ApoB is an effective way to measure the number of atherogenic particles, which provides an even better assessment of cardiovascular risk.

**Triglyceride : HDL ratio.** This ratio is a great way to assess cardiovascular health as it relates to blood sugar regulation and insulin sensitivity.

**Lipoprotein (a) or Lp(a).** Lp(a) is a genetically-inherited subtype of LDL that promotes cardiovascular disease. If your Lp(a) is elevated, it's even more important to improve other risk factors such as LDL-P.

## 04 Check for markers of inflammation

Acute inflammation is your body's healthy and natural response to injury or infection. But chronic inflammation from poor diet, gut issues, stress and toxins can wreak havoc on your mind and body. In fact, without you even realizing it, chronic inflammation crushes your hormones, promotes cognitive decline, triggers cardiovascular disease, and causes early aging. Be sure to check these biomarkers for signs of hidden inflammation.

- **High-sensitivity C-reactive protein (hsCRP).** This lab test is a marker of systemic inflammation. When hsCRP is elevated, the key is identify the source of chronic inflammation.
- **Ferritin.** Ferritin is a lab test typically used to measure your body's iron stores, but is also an excellent biomarker for hidden inflammation.
- **Myeloperoxidase (MPO).** Myeloperoxidase is another biomarker that assesses inflammation, but more specifically vascular inflammation that can potentially predict cardiovascular risks.





## 05 Measure key body composition metrics

Body weight and BMI can be very deceiving and not incredibly useful metrics, but body composition doesn't lie! Body composition refers to the percentage of fat, bone, water, and muscle in the body, which helps you understand what areas are doing well and what areas need attention.

- **Skeletal muscle mass.** This is the weight of your lean muscle. Your goal should be to increase this and decrease body fat.
- **Body fat mass.** This is a measure of the weight of your body fat.
- **Percent Body Fat.** This is the weight of your body fat as a percentage of your total weight. As a general target, percent body fat should be under 20% for men and under 25% for women.
- **Visceral fat.** This is the fat that you can't see or pinch, but instead surrounds your organs deep within your body. Visceral fat contributes to systemic inflammation and cardiovascular risk and you want to reduce this as much as possible.





# ONE SIZE FAILS ALL



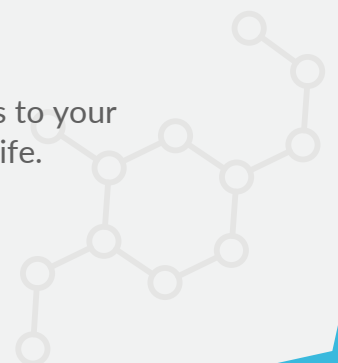
When it comes to your health, we say 'one size fails all'. This is because we recognize that what's right for one person is often wrong for the next. The key is an individualized approach to your health...

## 06 Genetics help you understand exactly what's right for you

Your unique genetics influence so many aspects of your health. Here are just a few of the important questions that your genetics can answer:

- What foods are right for me?
- What foods are wrong for me?
- What macronutrient ratios are best for me?
- What supplements do I actually need and which ones might be harmful?
- What drugs or environmental toxins might be problematic for me?
- Why do I have trouble sleeping?
- What exercise is best for me to burn fat and build muscle?

Your genetics help you understand how your body functions and responds to your environment, and it serves as your clear blueprint for a high performance life.





## 07 Recognize how your gut is affecting your health

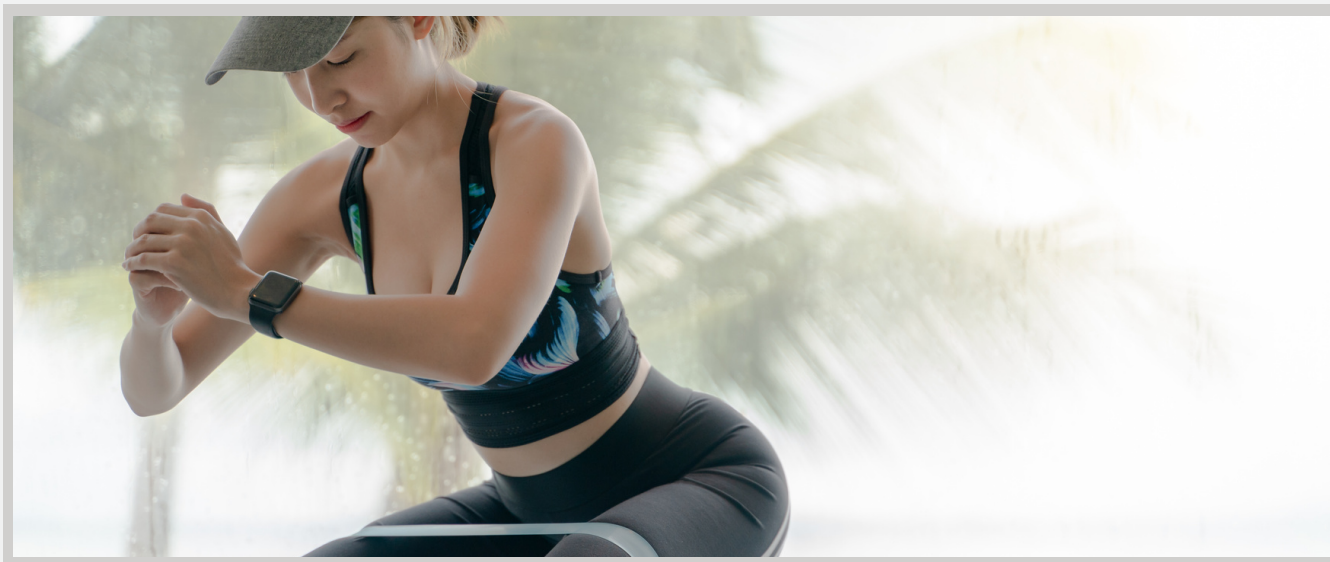
Your gut plays an under-appreciated yet critical role in your overall health. The microbiome, which is simply the balance of the good and bad bacteria in your gut, influences nearly every aspect of your body - including your energy level, metabolism, hormones, neurotransmitters, and even your immune function.

And your gut health can be adversely affected by things such as sugar intake, alcohol, stress, and environmental toxins. Damage to your gut can also lead to food sensitivities that trigger autoimmune responses in your body. This is why it's important to check for and correct issues with your gut and identify food sensitivities that may be holding you back.

## 08 Leverage the power of wearable technology

Wearable technology can be a great way to track important aspects of your health that matter. There are a lot of options out there, each with their own pros and cons - Oura, Garmin, Whoop, FitBit, Biostrap, and many more. The best one for you depends on what data you're looking to track, but also which one you're willing to commit to using consistently! There are many metrics to measure, but following are a few key data points.



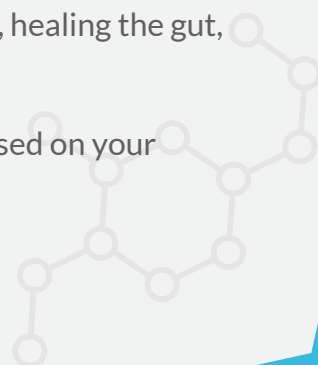


- **Sleep.** Sleep is another under-appreciated aspect of your health. It's important to track not just how long you sleep, but also the quality of your sleep - meaning how much time are you spending in REM and deep stages of sleep. These are the keys times when your body heals, builds muscle, consolidates memory, and produces growth hormone.
- **Stress.** Stress crushes your health. It causes hormone imbalance, shuts of your metabolism, makes you store fat, and destroys cognitive function. You can track resting heart rate or heart rate variability (HRV) as direct measures of stress to understand how your lifestyle, behaviors and environment are affecting your internal physiologic stress levels.
- **Blood sugar.** Regulating your blood sugar is critical when it comes to optimizing your energy, brain function, and sexual performance. With a continuous glucose monitor (CGM) on your arm, you can track your blood sugar real-time to understand how your food and activities are affecting your blood sugar.
- **Activity.** Studies have shown that fitness level directly affects longevity. People who are more active simply live longer. Tracking your fitness, activity level, and even steps is a powerful tool to help you consistently focus on achieving your daily goals.

## 09 Take your health to the next level with peptides

Peptides are powerful tools that can help you achieve your personal health goals faster. Peptides are simple chains of amino acids, short proteins, in essence. But they're also effective signaling molecules for your body that provide extraordinary benefits such as reducing inflammation, improving energy, promoting musculoskeletal repair, healing the gut, boosting cognitive function and focus, building muscle and burning fat.

Peptide therapy can provide amazing results but should be individualized based on your unique needs and always supervised by a medical provider.





# YOUR CHOICES MATTER



Epigenetics is the science of how your lifestyle and environment directly impact your health. In fact, we know that over 75% of what happens in your body is a direct result of your behavior.

This is good news because it means, you can take back control of your health by focusing on the small choices you make every single day – they're little things but they're big things.





# 10 Your food is your fuel and quality matters

It's critically important to focus on good quality food. All calories are not the same!  
Here are some general tips when it comes to nutrition:

- You need to eat REAL food. Focus on mostly fruits and vegetables - organic is always preferable. If you eat meat, you want wild-caught fish, free-range organic chicken and organic grass-fed beef.
- Eat only foods that have simple, easy to understand ingredients. Good rule of thumb - if you don't know an ingredient, you can't eat it.
- Eat your protein before your carbs. This helps limit spikes in blood sugar.
- Your genetics have a large impact in determining how much protein intake is right for you, but in general, most people don't eat enough protein. Aim to eat about 0.8 times your body weight in grams of protein daily.
- Avoid foods that are packaged and processed.
- Avoid omega-6 fats like seed oils, cottonseed oil, corn oil, vegetable oil all of which are highly inflammatory. These are used at restaurants to cook - so ask for no oil!!



- Increase your water intake. One of the most common causes of low energy and difficulty burning fat is dehydration. You need to be drinking about 4 quarts (a gallon) of water daily, more if you are active and sweating a lot.
- When you eat is almost as important as what you eat. Practice intermittent fasting and gradually increase it to 3 or 4 days each week. Focus on an 18 hour fasting window where you have nothing to eat or drink other than water or tea. This helps promote autophagy, which is the process by which your body clears cellular waste and debris. This also improves energy, metabolism and hormone production.

## 11 Make quality deep sleep a priority

We mentioned already how important sleep is to your mind and body. Establish consistent daily habits to set yourself up for success.

- Go to sleep at the exact same time every night. Your circadian rhythm needs consistency!
- You need AT LEAST 7 hours of sleep every night, maybe more depending on your genetics. Count 7.5 hours back from when you need to wake up, and THIS is the time you need to be getting into bed!
- For three hours before bed, turn off your laptop, tablet, phone, and any other sources of blue light. Blue light blocking glasses only work partially and are not perfect.
- Don't eat or drink for at least 4 hours before bed. A sip of water with your supplements or cup of tea is ok.
- Be sure your bedroom is completely dark, with no light - even from your alarm clock.
- Do not put your phone on your nightstand. It's constantly emitting EMF energy that disrupts your circadian rhythm. The last hour before bed, focus on calming activities such as meditation, reading, journaling, sauna or better yet, sex!
- Exposure to direct sunlight in the morning is very beneficial for improving your circadian rhythm and improving your sleep quality at night.





# 12 Embed fitness into your daily routine

Fitness is vital if you want to optimize your energy, body composition and sexual performance. But a common challenge is finding enough time in the day for it. The key is to make fitness a priority in your daily routine. Create a block in your calendar to ensure you have carved out time for it - every single day!

Aerobic exercise is important, but in general, you need to focus on building muscle. Increased muscle mass helps burn fat, improves cardiovascular health, and correlates with simply living longer. For that reason, incorporate strength training with weights into your routine at least 2 to 3 days each week. Mix in some burst interval training and aerobic exercise a few days a week, and one day a week take it easy with some low intensity exercises like walking.

One of the biggest threats to a daily workout routine is injury, which can set you back for weeks if not longer. So be sure to incorporate stretching before every workout and hire a fitness trainer if you are unsure how to train safely.

Finally, make it fun! Incorporate activities you enjoy such as tennis, basketball, or other sports that would provide exercise without it feeling like work.

# 13 Create balance in your life

Stress crushes your health, often without you even realizing it. It destroys your energy and mood, impairs your productivity and decision-making, and even impacts your sex drive and performance. This is why it's so important to mitigate the effects of stress.

- Establish balance between work and the rest of your life. Schedule time in your life for YOU - to do activities that YOU actually enjoy. Your mental state needs that balance. As they say on the plane, you need to put on your oxygen mask before you help those around you.
- Practice meditation, for even 5-10 minutes twice a day. There are guided meditation apps on your phone you can use if you're not familiar with how to meditate. The key is to simply turn your mind off to reset.
- Incorporate breathing exercises for even 5-10 minutes twice a day. Studies show breathing through your nose rather than your mouth has profound effects on your internal stress level.





## 14 Avoid harmful toxins in your everyday life

Endocrine disruptors in our environment are crushing our hormones, promoting obesity and causing autoimmune disease and cancers. We need to avoid the toxins that are pervasive in your food, water, and personal care products.

- Avoid plastic water bottles and only drink from stainless or glass containers.
- Filter your drinking water with a carbon block filter.
- Avoid plastic food storage containers or packages, especially if you're heating up your food.
- Food crops are often sprayed with toxic herbicides and pesticides, so choose only organic fruits and vegetables.
- Eat only grass-fed organic meat and wild-caught fish.
- Focus on clean personal care products that are free of toxins. With free apps like Healthy Living and Yuka, you can scan barcodes of products to review their ingredients and find ones that are clean and safe.





# 15 It's tough to do it alone so let us help you

Are you looking to have more energy, lose weight, have better sex and live not just longer but better? If so, we can help. [Schedule a High Performance Health Consultation](#) with the Gapin Institute today and we'll show you how! Our team of experts are here to help you. Be Your Absolute Best Again.

Learn more at [gapininstitute.com](https://gapininstitute.com)

[info@gapininstitute.com](mailto:info@gapininstitute.com)

(941) 444 - 1441



Tracy Gapin, MD

America's High Performance Health Expert