

Your Metabolic Workup

Getting to the Why Behind Stubborn Weight

Why we're doing this: we can't manage what we don't measure. These three tests give us real data about your metabolism, stress physiology, and lab markers — so we can build a regimen and strategy tailored to your biology, not a generic plan.

Timeframe: please complete all three within the next 1 month, and schedule a virtual visit before your next Tirzepatide dose adjustment so we can review your results together.

1. Salivary Cortisol Testing

- Receive tests from this office and perform the tests at home, following the instruction sheet provided.
- 4 samples recommended if you are not also getting an AM blood draw for cortisol; 3 samples if you are.
- Track your results in the Eli app.

What this tells us: whether daily stress, anxiety, or a disrupted diurnal (daily) cortisol rhythm may be contributing to fat storage — regardless of calorie intake. This is one piece of your overall picture, not a standalone diagnosis, so we'll interpret it alongside your other results.

2. Metabolism & Body Composition Testing

- Schedule appointment at this office and it takes about 30 minutes.
- Can be done at a walk-in time if you have not had stimulants (caffeine, certain medications) beforehand — or schedule an appointment if that doesn't fit your day.
- You'll receive a paper copy of your results.

What this tells us: your true resting metabolic rate (calories burned at rest) from a direct breath test, plus a detailed breakdown of muscle, fat, bone, and hydration. Standard formulas based on height and weight don't account for your individual thyroid function and muscle mass — this test does.

3. Lab Work-Up

- Get blood lab done at Labcorp — 2135 N. Ridge Road (preferred) or 3243 E. Murdock.
- Order is on file electronically — just schedule your draw online.
- Fast beforehand: no food, no exercise, no caffeine.
- Best timing: within 1 hour of waking.

What this tells us: low-grade inflammation can raise ceramides, leptin, and insulin resistance — factors that can make weight loss harder even with a good plan in place. Your labs help us see whether this is part of your picture.

4. 3 day Calorie Count

- Keep a 3 day calorie count. Log and record it. Report at your next visit.
- If you use the Body Site app, then I can look at data.
- If you would like a free 12 day trial to the MyNetDiary app, then let me know, it works great too.
- Recommend that you measure things when counting calories for accuracy. Log, record and report it at your next visit.

What does this do? It helps you to collect data that we need to compare to metabolism testing.

Before Your Follow-Up Visit

- Have your metabolism/body composition paper results in hand.
- Log your calorie intake in your phone app (BodySite or MyNetDiary).
- Complete your salivary cortisol testing in the Eli app.
- We will pull your lab results and share them with you at the visit.