METABOLIC RESET

A Better Life Begins Within

FREE PREVIEW EDITION

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Dedication

This book is dedicated to you.

Perhaps you recently left a doctor's office carrying more questions than answers. Maybe you were told your blood pressure is rising, your blood sugar is elevated, or that critical changes must be made before your health moves further in the wrong direction.

Perhaps you have looked in the mirror and thought you looked healthy enough, only to discover that what was happening beneath the surface told a completely different story.

Or maybe you are simply tired—tired of feeling exhausted, tired of starting over, and tired of wondering if it is already too late to reclaim the vibrant life you want to live.

If any of those thoughts sound familiar, I want you to know that I understand them intimately—because I have lived them.

I did not write this book as a physician, a clinical researcher, or someone claiming to possess all the answers. I wrote it as a fellow traveler who received a stark wake-up call and made the firm decision to understand how to support my own body. What follows is not a promise of perfection

or a guarantee of overnight transformation. It is the honest story of how changing my daily, ordinary habits fundamentally changed the trajectory of my life.

My hope is that these pages encourage you to view your health through a new lens—not as a fate that has already been decided, but as a future that can still be shaped by the choices you make today and the consistency you maintain tomorrow.

If you have ever wondered whether it is too late to begin again, let my journey serve as your reminder that meaningful transformation does not require perfection. It simply requires a decision:

- One decision to learn.
- One decision to drink a glass of water.
- One decision to prepare a better meal.
- One decision to take a morning walk.
- One decision to keep going when yesterday didn't go as planned.

Thank you for allowing me to share my story with you. More than anything, I hope it inspires you to begin writing the next chapter of your own.

Because no matter where you have been or what diagnosis you have received, I believe one enduring truth remains:

A Better Life Begins Within.

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Preface

Why I Gave Myself Two Years

There are moments in life when the future suddenly feels much more personal.

I learned that my blood pressure was elevated, my blood sugar was approaching prediabetes, and my doctor introduced me to the concept of TOFI—thin on the outside, fat on the inside. TOFI is not a formal medical diagnosis, but it describes the possibility that outward appearance may not reflect internal metabolic risk.

Walking away from that appointment, I found myself thinking less about how many years I had left and more about the *quality* of those years. I wanted to remain active. I wanted to enjoy life with my family. I wanted the freedom to travel, work, write, and pursue the dreams that still lived inside me. Most of all, I wanted my future to be defined by purpose rather than preventable disease.

I knew lasting change would not come from another short-term diet, a fleeting burst of motivation, or the latest health trend. Real transformation would require consistency. It would require patience. It would require time.

So I gave myself two years.

Not two weeks.

Not two months.

Two years.

Two years to build sustainable habits instead of chasing rapid results. Two years to learn how food actually affected my body. Two years to replace convenient habits with intentional choices. Two years to develop a lifestyle I could happily maintain for the rest of my life.

During that time, I embraced intermittent fasting, learned to build simple whole-food meals, minimized ultra-processed foods, paid close attention to ingredient labels, and began treating every meal as an investment in my physical future rather than a quick way to satisfy an appetite.

What surprised me most was that the benefits reached far beyond my lab results.

As my eating habits shifted, my daily spending shifted alongside them. Money that had quietly disappeared through fast-food drive-throughs and impulse purchases began staying in my bank account. I hadn't set out to save money—I had set

out to reclaim my health. Yet one disciplined decision unexpectedly created another, eventually sparking my interest in long-term investing, retirement planning, and writing *Retirement Master Plan*.

In hindsight, I realize that taking control of my metabolic health became the foundation upon which every other area of my life began to flourish.

This book is not about perfection.

It is not about promising miracles.

It is not about prescribing a single "ideal" diet for everyone.

It is about the quiet, compounding power of consistent choices repeated over time.

Throughout these pages, I will share the routines, simple meals, scientific insights, mistakes, and mindsets that shaped my own journey. Some ideas are grounded in clinical research; others are practical habits that proved invaluable in my everyday life. My hope is not that you copy my routine identically, but that you discover enduring principles you can thoughtfully adapt to your own life alongside your healthcare team.

If this book encourages you to pause, reflect, and make even one meaningful change that restores your health and elevates your quality of life, then these pages will have fulfilled their purpose.

A better life rarely begins with one dramatic, heroic moment.

More often, it begins quietly... *within*.

And that is where my journey began.

Introduction

A Reset, Not a Miracle

We live in a world that loves quick fixes.

Every week brings a new diet promising dramatic weight loss, a supplement claiming to unlock perfect health, or a social media trend guaranteeing life-changing results in just a few days. The underlying message is always the same: *buy this, follow that, and your problems will disappear.*

I no longer believe lasting health works that way.

This book is not about finding a miracle.

It is about creating a reset.

A reset is fundamentally different because it doesn't depend on perfection. It doesn't require expensive equipment, complicated meal plans, or chasing every new health trend. Instead, it begins with something much simpler: the willingness to pause, take an honest look at where you are, and make intentional decisions that you can faithfully repeat day after day.

When I began this journey, I wasn't searching for the ultimate diet. I wasn't trying to become a

nutritionist. I was simply trying to restore the quality of my life.

After learning that I had elevated blood pressure, was approaching prediabetes, and had metabolic risk factors that were not obvious from my outward appearance, I realized that my body deserved far more attention than I had been giving it.

That decision changed how I viewed almost everything.

I stopped asking, *"What's the fastest meal I can get right now?"* and started asking:

"What choice best supports the life I want to live?"

I stopped viewing food primarily as entertainment or quick convenience, and began seeing it as fuel, cellular nourishment, and a direct investment in my future.

Little by little, those questions reshaped my daily existence.

I learned that meaningful progress rarely comes from a single heroic moment. It comes from hundreds of ordinary decisions repeated consistently over time:

- Drinking a glass of water first thing in the morning.
- Preparing simple, real meals at home.
- Reading ingredient labels instead of marketing claims.
- Driving past the fast-food window.
- Choosing patience and health over immediate convenience.

None of those individual choices transformed my life overnight.

Together, they completely changed the direction of my future.

Throughout this book, I share both personal experiences and scientific research. Whenever I discuss nutrition, intermittent fasting, metabolic mechanisms, or daily routines, my goal is to explain what scientific evidence suggests while describing what I personally experienced. Physiology continues to be studied, and every individual's medical history is unique. For that reason, these pages should be read as a source of education, encouragement, and personal reflection—not as a substitute for individualized medical care.

My hope is not that you try to become a copy of me.

My hope is that you become the healthiest, most vibrant version of yourself.

Whether your goal is to lower your blood pressure, optimize your blood sugar, reduce visceral body fat, regain your natural energy, or simply enjoy a higher quality of life, I hope these pages convince you that meaningful change is entirely within your reach.

You do not need a miracle.

You need a beginning.

Sometimes, the simplest reset becomes the start of an entirely new life.

PART I — THE WAKE-UP CALL

Chapter 1

The Doctor's Appointment

There are moments in life that quietly divide everything into before and after. For me, that moment came during what I expected to be nothing more than a routine doctor's appointment. I wasn't feeling seriously ill. I went to work every day, handled my responsibilities, and assumed that because I was functioning normally, my health was probably where it needed to be. If someone had asked how I was doing, I likely would have smiled and answered, "I'm doing fine."

Looking back, I realize that "fine" can sometimes be one of the most dangerous words we use. We can convince ourselves that because we are still able to work, pay our bills, and go about our daily routines, everything must be okay. Some health problems produce obvious symptoms. Others can develop quietly and may not become apparent until they're measured. I had been using how I felt and how I looked as reassurance, even though neither could tell me everything that was happening inside my body.

As my appointment came to an end, my physician reviewed the results of my examination and blood work. The conversation quickly became more serious than I had anticipated. My blood pressure was elevated. My blood sugar levels indicated that I was approaching prediabetes. Then my doctor introduced me to a concept I had never heard before—TOFI, short for Thin Outside, Fat Inside. TOFI isn't a formal medical diagnosis, but the phrase describes an important idea: a person can appear relatively lean while still carrying metabolically concerning fat internally. My doctor

TOFI

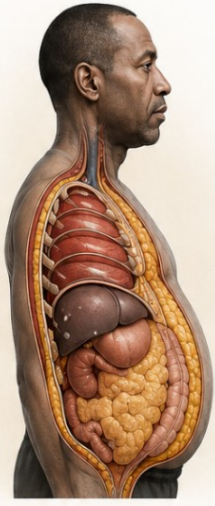
THIN OUTSIDE, FAT INSIDE

WHAT YOU SEE



- Normal weight
- Looks healthy
- No visible belly

WHAT YOU DON'T SEE



- Visceral fat around organs
- Higher blood pressure
- Elevated blood sugar
- Greater risk of chronic disease

TOFI doesn't always show up in the mirror, but it shows up in your numbers.

explained his concern that my outward appearance might not reflect what was happening beneath the surface. Higher levels of visceral fat are associated with increased risk of insulin resistance, type 2 diabetes, cardiovascular disease, metabolic liver disease, and other health problems.

That moment challenged everything I thought I knew about my health. I had always judged my health primarily by appearance. My clothes still fit. I wasn't carrying excessive weight. I assumed those outward appearances meant everything inside my body was functioning normally. I had unknowingly fallen into the trap of believing that if I looked reasonably healthy, I probably was healthy. My doctor helped me understand that appearances can be deceiving. A person can look relatively healthy on the outside while important metabolic risk factors are developing beneath the surface. That realization was both humbling and unsettling. For the first time, I understood that looking healthy and being healthy are not necessarily the same thing.

Driving home that afternoon, my thoughts weren't focused on blood pressure readings or laboratory values. Instead, I found myself thinking about the life I still wanted to live. I thought about the years ahead and how I wanted to spend them. I wanted to continue writing

books, learning new things, traveling, and enjoying meaningful time with my family. I wanted to wake up with energy instead of fatigue. I wanted to enjoy retirement rather than simply survive it. More than anything, I wanted the quality of my remaining years to reflect the dreams I still carried inside me. In that moment, I realized that my doctor's appointment wasn't simply about avoiding disease. It was about protecting my quality of life.

By the time I got home that evening, I couldn't stop thinking about everything I had heard. The appointment was over, but the conversation wasn't. The words *high blood pressure*, *prediabetes*, and *TOFI* echoed in my mind for the rest of the day. I kept asking myself the same questions: How long had these changes been developing inside my body? Had I ignored warning signs without realizing it? What would my future look like if I continued living exactly the way I had been? More importantly, what could my future look like if I chose a different path?

I had heard the same statement throughout my life: "Once you start taking blood pressure medication, you'll probably be taking it for the rest of your life." I knew people who took medications every day for hypertension, high cholesterol, diabetes, or several chronic

conditions at once. For many of them, those medications were absolutely necessary and lifesaving. Modern medicine has transformed countless lives, and I believe medications play a critical role when they are needed. At the same time, I couldn't help asking myself another question: Could lifestyle changes become an important part of improving the risk factors that were within my control, whether or not medication also became necessary? I wasn't searching for a miracle or looking for someone to tell me to ignore medical advice. I wanted to understand what had happened inside my body, and I wanted to become an active participant in improving my health.

That night, I did what millions of people do after leaving a doctor's office with more questions than answers. I opened Google. One article led to another. One question created five more. I spent hours reading about blood pressure, insulin resistance, visceral fat, inflammation, fatty liver disease, metabolism, and nutrition. Eventually my search expanded to YouTube. It introduced me to ideas, physicians, researchers, and questions I had never encountered before, but it also taught me an important lesson: hearing something confidently explained online wasn't the same as proving it was true. My education was beginning, but so was my responsibility to separate useful ideas from claims that needed stronger evidence.

One of the first voices that captured my attention was Dr. Bobby Price. His message was different from anything I had heard before. His message encouraged me to think more seriously about whole foods, movement, sleep, stress management, and personal responsibility as parts of health. That eventually led me to read his book, Vegucation Over Medication. The title alone challenged me to think differently. I did not take that message to mean that nutrition should replace medically necessary treatment. Instead, it pushed me to consider how lifestyle and medical care could complement one another. It reinforced an idea that would become central to my own journey: the pattern of choices I made each day deserved far more attention than I had been giving it.

As I continued learning, I discovered the work of Dr. Robert Lustig, whose lectures completely changed the way I thought about metabolism. Until then, I believed health was mostly about calories and body weight. Dr. Lustig introduced me to a much bigger picture involving hormones, insulin, liver health, and metabolic function. I learned that not all body fat behaves the same way. There is subcutaneous fat beneath the skin, visceral fat surrounding our organs, and fat that can accumulate within the liver itself. Suddenly, the TOFI concept my doctor had discussed with me made more sense. I began understanding why

fat distribution could matter even when someone's overall body size didn't appear alarming.

Dr. Lustig also introduced me to the growing concern surrounding ultra-processed foods. I had spent years choosing foods based on convenience without ever considering how they were manufactured. I learned that many ultra-processed foods are formulated for convenience, shelf stability, taste, and texture and can contain refined starches, added sugars, substantial amounts of sodium, flavorings, emulsifiers, and other additives. Diets high in ultra-processed foods have been associated with poorer health outcomes, although individual products vary considerably. What mattered most to me was recognizing how large a role these foods had come to play in my own eating pattern. That realization caused me to stop asking, "How many calories does this contain?" and begin asking a far better question: "What is this food asking my body to do?"

My search eventually led me to John Yudkin's book, Pure, White and Deadly, first published in 1972. Yudkin was an early and controversial voice arguing that sugar deserved greater attention in discussions of chronic disease. At a time when much of the scientific conversation centered on dietary fat, he challenged the prevailing emphasis

and raised questions about refined sugar that continued to be debated long after the book appeared. What struck me most wasn't simply what he wrote—it was when he wrote it. The concerns I was reading about had been discussed decades before I ever sat in my doctor's office. Yudkin's work also introduced me to the older, broad concept sometimes described as the "diseases of Western civilization." The phrase is not a precise modern medical diagnosis, but it reflected an effort to understand why patterns of chronic disease changed as societies experienced shifts in diet, physical activity, urbanization, smoking, longevity, economics, healthcare, and many other conditions. Reading that history reminded me that nutrition is not simply about following the latest trend. It is one part of a much larger picture that has been shaping population health for generations.

The more I learned, the more I realized I wasn't searching for another diet. I was searching for a different way to live. I wasn't interested in following personalities; I was interested in following evidence. I read books, listened to lectures, took notes, compared ideas, and searched for common ground instead of sensational headlines. I quickly discovered that nutrition is a field where thoughtful experts sometimes disagree. Rather than searching for one person with every answer, I began looking for

broad principles that I could support with credible evidence and realistically practice: building more meals around whole or minimally processed foods, reducing my dependence on ultra-processed foods, limiting added sugars, moving regularly, managing stress, prioritizing sleep, and remaining consistent. Those principles became the foundation upon which I rebuilt my health.

Looking back now, my true education didn't begin in a classroom—it began the moment I decided to take responsibility for understanding my own body. That day was not the end of my story; it was the beginning of my reset. I walked into my doctor's office expecting reassurance that everything was fine and believing I simply needed a prescription. Instead, I walked out with something I hadn't expected: a second chance, and the realization that alongside whatever medical care I might need, I also needed an education.

Medical Disclaimer

This book describes my personal experience with changing the way I eat, shop, cook, fast, exercise, sleep, use supplements, and think about my long-term health. It also discusses topics such as blood pressure, blood glucose, prediabetes, cholesterol, visceral fat, fasting, autophagy, dietary supplements, hydration, resistance training, and metabolic health. The information presented throughout this book is intended for educational and informational purposes only and should not be considered medical advice, diagnosis, treatment, or a substitute for care from a qualified healthcare professional.

I am sharing my experience and my blueprint. I am not prescribing it to you. The foods I eat, the eating window I follow, my weekly 24-hour fast, the supplements I choose to use, my exercise routine, and the health measurements I follow reflect my personal circumstances and decisions. They should not be interpreted as recommendations that every reader should follow the same routine.

Individual health needs can differ significantly. Age, medical history, medications, pregnancy or breastfeeding, nutritional status, allergies, kidney or liver function, diabetes, cardiovascular conditions, eating-disorder history, physical limitations, and many other factors can affect whether a particular dietary pattern, fasting practice, supplement, or exercise program is appropriate. Readers should consult an appropriately qualified healthcare professional before making significant changes to diet, fasting, supplements, medications, or physical activity, particularly when managing an existing medical condition.

Fasting deserves particular caution. The fasting schedules described in this book are part of my personal experience and are not appropriate for everyone. Longer periods without food may create risks for some individuals, particularly people taking insulin or other glucose-lowering medications, medications that need to be taken with food, or people with certain medical or nutritional conditions. Children and adolescents, people who are pregnant or breastfeeding, individuals who are frail or underweight, and people with a history of eating disorders or

disordered eating should not interpret my fasting routine as guidance for themselves. Appropriate professional advice should be obtained when there is any uncertainty.

The same caution applies to dietary supplements. A supplement being described in this book does not mean that it is necessary, effective, or appropriate for every reader. Supplements can have side effects, interact with medications, duplicate nutrients provided by other products, and be inappropriate for certain medical conditions. More is not automatically better. Readers should discuss supplements with a physician, pharmacist, registered dietitian, or other appropriately qualified healthcare professional when relevant to their individual circumstances.

Nothing in this book should be interpreted as advice to begin, stop, reduce, increase, or otherwise change a prescription medication or medical treatment without consulting the healthcare professional responsible for that care. Improvements in symptoms, weight, blood pressure, blood glucose, laboratory measurements, or other health markers should

not be used independently as justification for changing prescribed treatment.

The health measurements discussed in this book —including blood pressure, fasting glucose, HbA1c, cholesterol and triglycerides, weight, waist circumference, and laboratory tests— require appropriate interpretation. A single result may not provide a complete picture of an individual's health. Testing frequency, treatment decisions, and appropriate target ranges should be determined in consultation with qualified healthcare professionals based on individual circumstances.

Although I have made an effort to distinguish my personal observations from established scientific evidence and to avoid presenting emerging research as settled fact, medical and nutritional knowledge continues to evolve. Research findings can change as new evidence becomes available. No statement in this book should therefore be interpreted as a guarantee of a particular health outcome.

Most importantly, my results cannot predict your results. Two people can follow similar routines and experience very different outcomes because

health is influenced by genetics, age, medical history, medications, environment, activity, sleep, stress, socioeconomic circumstances, and many other factors.

This book is not an invitation to copy my routine. It is an invitation to think more carefully about your own.

Use my experience as a starting point for questions—not as a replacement for individualized medical advice. Learn about your body, work with the appropriate healthcare professionals, and build a sustainable approach that reflects your own needs and circumstances.

The blueprint in these pages is mine. Your health deserves one built for you.

Continue Your Reset

You have reached the end of this free preview. The complete book continues with the cost of convenience, structured eating windows, morning routines, breaking a fast, whole-food habits, lower-heat cooking, supplements, grocery strategy, progress tracking, and the complete two-year blueprint.

METABOLIC RESET

A Better Life Begins Within

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“You do not need a miracle. You need a beginning.”

— Omar Skinner