PRISM HEALTH

CASE REVIEW

REPORT DATE | 2026-10-01

Client Care Report

We looked at your health through a new lens.

NAME	CASE ID	INTAKE COMPLETED	PREPARED BY
Hal	PR-2610-H	2026-10-01	Prism Care Team

ANALYSIS FRAMEWORK

Bioenergetic root-cause review of questionnaire, take-home measurements and laboratory testing.

IMPORTANT

The information in this report is educational and is not medical advice. Review it with your physician before starting, stopping or changing any medication, supplement or diet.

Contents

27 pages

01 **Introduction** 03

02 **Previous Diagnostics** 04

- 01 · Gut Dysbiosis and Histamine Overload 06
- 02 · Metabolic Dysfunction: Insulin Resistance and Fatty Liver 08
- 03 · Excess Estrogen on TRT 09
- 04 · Thyroid Dysfunction Masked by Stress 10
- 05 · Chronic Stress and Disrupted Sleep 11

03 **Precision Diagnostics** 13

04 **Diet & Lifestyle Recommendations** 14

05 **Supplement Recommendations** 17

06 **Your Daily Schedule** 22

07 **Conclusion** 23

08 **Scientific References** 24

MARKER STATUS

- Inside the Prism range
- Borderline, watching
- Outside the Prism range

MARKER BAR

Green band is the Prism target range. The vertical mark is your result.

BIOENERGETIC IMPLICATION

BLACK PANELS

Every pattern closes with one. That is where the mechanism is explained rather than described.

Introduction

Personalized health report

Hal, thank you for being so open with us about your history, your medications and everything you've tried. Your health started sliding about 12 years ago, during a period of constant travel, fast food and short sleep. Since then, most of the response has been to add something new: metformin and Jardiance, then tirzepatide, testosterone, levothyroxine and a series of peptides. Some of these did help for a while. Your A1c came down, and you lost 12 pounds before it returned. But the habits that caused the problems never changed, and so the problems stayed.

Our approach starts from one idea: **every symptom is downstream of how well your cells produce energy.** When your mitochondria (the energy producers in each cell) have the fuel, nutrients, hormones and calm environment they need, digestion, sleep, mood, skin, body weight and hormone balance all tend to fix themselves. When energy production is impaired, the body leans on backup systems instead: stress hormones such as adrenaline and cortisol, inflammation, and fat storage. Those backups keep you going, but they also cause the symptoms you're living with.

In your case, three drivers stand out:

1. **A gut that has been under strain since childhood.** You had many antibiotics as a child, then food poisoning, and now distention, reflux, histamine reactions and a coated tongue. This pushes inflammation and endotoxin (toxic fragments of gut bacteria) into your system every day.
2. **Metabolic dysfunction.** Fatty liver, insulin resistance and belly fat make each other worse, and they also convert your injected testosterone into estrogen.
3. **A stress system that never switches off.** It shows up as waking at 3 a.m., night sweats, a jittery feeling, and urinating many times a day.

The core message from our team is simple: **this is not complicated, and it is not another hole to plug.** Your diet and lifestyle are the foundation, and right now that foundation is missing. Hormones, peptides and medications can't build anything if your body isn't getting the raw materials. This plan focuses on the fundamentals, a short, targeted gut protocol, and **consistency over novelty**.

ASSESSMENT FINDINGS

Previous Diagnostics

Here is your previous information viewed through a new lens:

TSH (Aug 2025) Prism range <1.5 uIU/mL		**2.18 mIU/L** 1.5x above range
TSH (separate recent panel) Prism range <1.5 uIU/mL		**2.52 mIU/L** 1.7x above range
Free T3 Prism range 3.5-4.5 pg/mL		**3.3 pg/mL** Below range
T3 Uptake (May, before levothyroxine) Prism range >31%		**29%** Below range

WHAT THIS MEANS FOR YOU

Your TSH dropped from 5.11 to around 2.2 on levothyroxine, but your free T3 is still below our range. Free T3 is the active hormone that actually drives your metabolism. Levothyroxine supplies T4, which your body has to convert into T3, mostly in the liver. A fatty, inflamed liver and a stressed system convert poorly. That explains why you can feel "overstimulated" (sweating, racing heart) while your morning temperatures stay low. More on this under Key Patterns.

Estradiol (Aug 2025, on TRT) Prism range 10-30 pg/mL (men)		**63 pg/mL** 2x above range
SHBG Prism range 20-40 nmol/L (male)		**14 nmol/L (13 on a separate panel)** Below range

WHAT THIS MEANS FOR YOU

In May, before you started TRT, your testosterone was 142 ng/dL and your estradiol was under 30. On TRT, your testosterone rose to 725 and your estradiol more than doubled to 63. Belly fat and liver tissue are rich in aromatase, the enzyme that turns testosterone into estrogen. This lines up with your report that sleep got much worse after starting TRT. Low SHBG (the protein that carries sex hormones in the blood) is a classic marker of insulin resistance and fatty liver.

Hemoglobin A1c (Aug 2025) Prism range <5.7%		**6.2% (7.1% in May)** Above range
Fasting Glucose (Aug 2025) Prism range 70-90 mg/dL		**99 mg/dL (137 in May)** Above range
Fasting Insulin (May) Prism range <5 uIU/mL		**12.1 uIU/mL** 2x above range

WHAT THIS MEANS FOR YOU

Your blood sugar is improving on medication, but insulin at 12.1 shows your body still has to push hard to clear glucose. Insulin resistance drives belly fat storage, fatty liver, and the drops in blood sugar overnight that wake you up.

White Blood Cell Count Prism range 5.3-9.0 x10e3/uL		**11.5 Thousand/uL** Above range
Absolute Neutrophils Prism range 3075-6225 cells/uL		**7717 cells/uL** Above range
Absolute Monocytes Prism range 387.5-762.5 cells/uL		**863 cells/uL** Above range
Absolute Eosinophils Prism range 136.25-378.75 cells/uL		**437 cells/uL** Above range

WHAT THIS MEANS FOR YOU

Your immune system is actively fighting something. High neutrophils and monocytes point to ongoing inflammation, a pattern often driven by endotoxin leaking from an irritated gut. High eosinophils fit your allergy and histamine picture. Taken together, this is an immune system that has been overstimulated since childhood.

Ferritin Prism range 50-150 ng/mL		**22 ng/mL** Below range
Red Blood Cell Count Prism range 4.60-5.40 million/uL		**5.65 Million/uL** Above range
Hematocrit Prism range 41.375-47.125% (male)		**51.1%** Above range
MCH Prism range 28.5-31.5 pg		**28.3 pg** Below range
MCHC Prism range 33-35 g/dL		**31.3 g/dL** Below range

WHAT THIS MEANS FOR YOU

This combination is unusual. You have too many red blood cells, but each one is slightly underfilled and your iron stores are low. Testosterone stimulates red blood cell production, which uses up iron. At the same time, eating less on tirzepatide, slower digestion and gut inflammation can all reduce how much iron you absorb. Low iron stores also hurt thyroid hormone production and energy metabolism, so this needs a full workup.

01 Gut Dysbiosis and Histamine Overload

WHAT YOU REPORTED

Distention	5/5
bloating	4/5
lower abdominal pain	4/5
Acid reflux	4/5
symptoms worse 1-3 hours after eating	4/5
symptoms worse immediately after eating	2/5
Diarrhea	3/5
belching	3/5
flatulence	3/5
dry stools	2/5
Upper abdominal pain	2/5
right upper quadrant pain	2/5
dental issues	2/5
urine somewhat foamy	2/5
Mucus buildup worse after eating	4/5
chronic congestion	4/5
skin issues	4/5

fatty foods reported as a trigger

Persistent white tongue coating that won't come off

Histamine foods cause diarrhea, runny nose and mucus quickly; outdoor allergens once caused swelling severe enough for an ER visit

Many antibiotics as a child; food poisoning in the early 2000s; berberine at night temporarily improved sleep

Bowel movements 3 over 4 days (Bristol Types 3, 3, 4), slower since starting tirzepatide

WHAT THE TESTS SHOW

WBC 11.5, neutrophils 7717, eosinophils 437 (all above range)

BIOENERGETIC IMPLICATION

This pattern carries your case. Symptoms that peak 1 to 3 hours after meals point to the small intestine, where microbes ferment food before you can absorb it. That fermentation produces gas (the distention), irritates the gut lining, and releases endotoxin and histamine. A coated tongue and foamy urine are two of the simplest outward signs of overgrowth. The fact that berberine helped your sleep suggests that microbes, possibly fungal and clostridial species, are part of what wakes you at night. Fatty foods and right-side pain suggest your bile flow is sluggish too, and tirzepatide slows the gut further. When digestion slows, microbes have more time to ferment, and your gut's "housekeeping wave" (the migrating motor complex, which sweeps the small intestine clean between meals) weakens.

THIS GUT PATTERN HAS THREE CONSEQUENCES FOR YOU:

CONSEQUENCE 01

Systemic inflammation.

Endotoxin crossing a leaky gut lining raises white blood cells and directly causes insulin resistance and fat buildup in the liver.

CONSEQUENCE 02

Histamine overload.

Gut irritation activates mast cells (immune cells that release histamine), which explains the congestion, mucus after meals, skin reactions and your strong reactions to allergens.

CONSEQUENCE 03

Lower thyroid and energy output.

Inflammation reduces T4 to T3 conversion and drains the energy your mitochondria need, which feeds the brain fog.

02 Metabolic Dysfunction: Insulin Resistance and Fatty Liver

WHAT YOU REPORTED

Weight gain 5/5
mostly around the belly

"puffy" water retention 5/5

Afternoon crash 2/5

5'9", 235 lb; diagnosed with fatty liver and type 2 diabetes 10 years ago

Weekday lunches are carry-out (Chipotle); breakfast is wheat toast and eggs; diet and lifestyle largely unchanged for a decade

WHAT THE TESTS SHOW

A1c 6.2%, fasting glucose 99, fasting insulin 12.1, SHBG 14 (all outside range)

BIOENERGETIC IMPLICATION

A liver full of fat doesn't store glucose well or convert thyroid hormone well, and a body that resists insulin stores calories as belly fat instead of burning them. Seed oils from restaurant food make this worse, because their breakdown products accumulate in the liver and slow metabolism. This is the engine behind your weight, your blood sugar, and part of your estrogen problem.

03 Excess Estrogen on TRT

WHAT YOU REPORTED

puffiness	5/5
belly weight gain	5/5
Low libido	2/5
loss of morning erections	3/5
irritability	3/5

Hot or sweaty when waking at night (yes)

Sleep "much, much worse" since starting TRT and tirzepatide

WHAT THE TESTS SHOW

Estradiol 63 pg/mL on TRT (range 10-30), compared with under 30 before TRT

Hematocrit 51.1%, RBC 5.65 (both above range)

BIOENERGETIC IMPLICATION

Estrogen stimulates the stress system, causes water retention, makes mast cells release histamine more easily, encourages fungal overgrowth, and rises during sleep, which causes hot, sweaty waking. In men, high estrogen also suppresses libido and erections even when testosterone looks good on paper. Much of the benefit you hoped to get from TRT is being lost as your testosterone converts to estrogen in belly fat.

04 Thyroid Dysfunction Masked by Stress

WHAT YOU REPORTED

heart pounding	2/5
hyper-aware or jittery	4/5
Brain fog or low energy	5/5

Reports feeling hotter, sweaty, heart racing and more nervous on levothyroxine

WHAT THE TESTS SHOW

- Morning temperatures 97.1, 97.3, 97.5, 97.1°F (all below 97.8°F)
- Free T3 3.3 (below range) on 75 mcg levothyroxine; TSH 2.18-2.52
- pulse 80, 71, 72, 74 (within the 70-90 range)

BIOENERGETIC IMPLICATION

Your temperatures are low even though you're taking thyroid medication. That suggests your cells aren't getting enough active T3, while the extra T4 and your own stress hormones are producing the "wired" feeling. A normal-looking pulse can hide this, because adrenaline raises the pulse when metabolism is low. We aren't convinced your thyroid is the original problem. Gut inflammation, fatty liver, low iron and chronic stress all suppress thyroid function from upstream.

05 Chronic Stress and Disrupted Sleep

WHAT YOU REPORTED

Night waking	5/5
unrestful sleep	5/5
Not dreaming	3/5
trouble falling asleep	2/5
loss of pleasure	3/5
low appetite	2/5

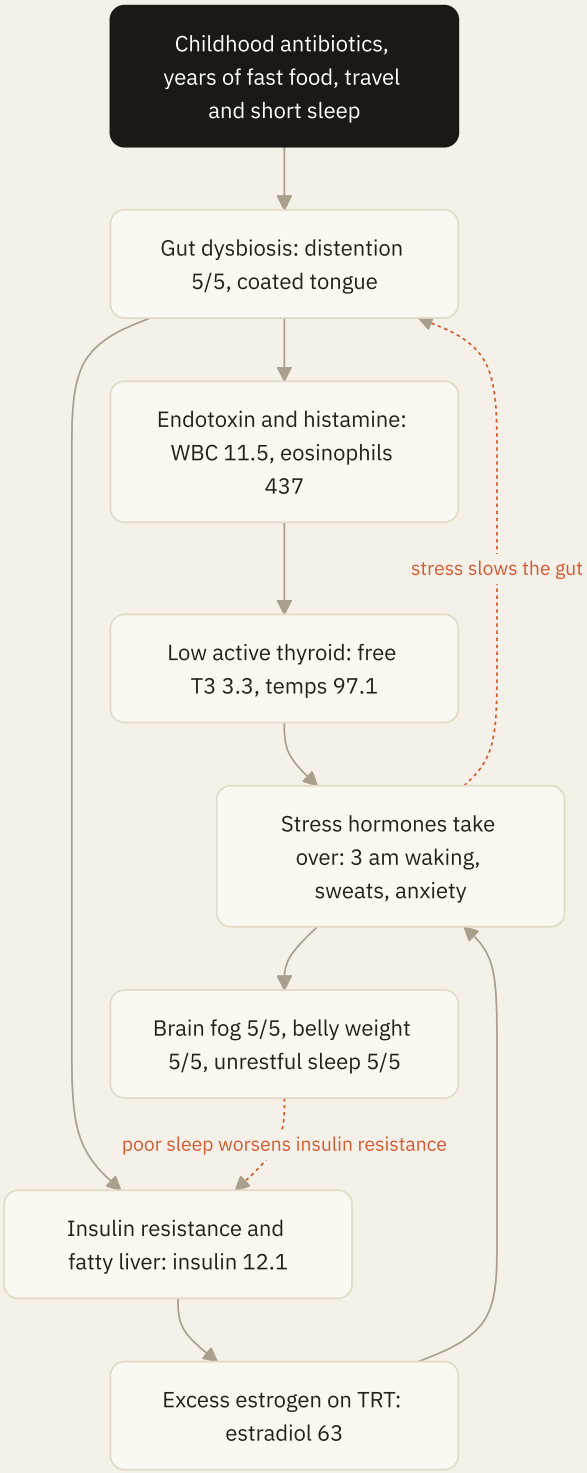
later in the night (around 3 a.m.), to urinate
diagnosed sleep apnea
Urinating 11, 8, 7, 9 times per day (average 8.75); often feels dehydrated; craves salty foods
Anxiety history; stopped Lexapro 4 months ago after 12 years
Wakes daily with stiff neck and shoulders

BIOENERGETIC IMPLICATION

Waking later in the night points to both low blood sugar overnight and gut irritation. When your liver can't release enough stored glucose, adrenaline and cortisol rise to make up the difference, and they wake you. Frequent urination is a classic sign of high "fight or flight" activity. It also has other contributors: Jardiance works by pushing glucose out through the urine, and untreated sleep apnea itself increases nighttime urination. Salt cravings and feeling dehydrated show that your body is losing salt and asking for it back. Lack of dreaming means you're not reaching deep, restorative sleep. The morning muscle stiffness fits a nervous system that stays on alert all night.

How These Patterns Connect

Your gut and metabolic problems feed each other, then come together into a stress state that disrupts sleep and keeps the cycle going.



Precision Diagnostics

Objective data lets us stop guessing. These two panels will show whether your thyroid medication is helping or hurting, and why your iron stores are falling while your red blood cell count rises.

Full Spectrum Thyroid Panel (TSH, free and total T3, free and total T4, reverse T3, T3 uptake, TPO and thyroglobulin antibodies)

PROVIDER
Ltrl

This panel adds reverse T3, the inactive form your body makes under stress and inflammation, which blocks real T3 from working. If reverse T3 is high and free T3 stays low, that confirms that more T4 isn't the answer and supports the medication discussion below. Antibodies will show whether autoimmunity is involved.

Comprehensive Iron Panel

PROVIDER
Ltrl

This rechecks your ferritin of 22 alongside serum iron, iron-binding capacity and transferrin saturation, so we can tell true depletion apart from iron being locked away by inflammation. Low ferritin on TRT is not the usual response. The results will help separate the effects of red blood cell production, absorption problems on tirzepatide, and gut inflammation.

ORDERING YOUR LABS

All labs are now ordered through Ltrl (formerly Revelation; same process and discounts).

- **Discount Codes:** Enter TWO codes at checkout: `PrismNoFee` (removes interpretation fee) + `AnalyzeFirst10` (10% off first order) OR `ANALYZE` (5% off subsequent orders)

Draw Instructions

- Fast beforehand: nothing with calories for 8 hours before the draw, water only, no coffee or caffeine
- Avoid strenuous exercise beforehand
- Stop biotin supplements at least 3 days before (your SolarRay Men's Multi may contain biotin, so check the label)
- If you're on thyroid medication, take it 1-3 hours before the draw

Diet & Lifestyle Recommendations

Calories, Macros and Tracking

Starting targets: 2,300 calories, made up of 200 g protein, 225 g carbohydrate and 75 g fat. This is a mild calorie deficit for your size. It's large enough to lose fat steadily without the stress-hormone surge that aggressive dieting triggers, which would make your sleep and thyroid worse.

- **Protein is the floor, not the ceiling.** Never reduce protein. Going above 200 g is fine if it keeps you full.
- **Weigh yourself every morning** after using the bathroom, under the same conditions each day, and track the 7-10 day rolling average rather than single days.
- **Adjust only when the trend stalls.** If the average isn't dropping 1-2 lb over a 10-day period, make one of these changes: drop 10 g of fat, drop 25 g of carbs, or add 2,000 daily steps. Each one cuts roughly 100 calories.
- **Log everything in Cronometer.** Cooking oils, sauces and sugars are easy to underestimate.
- **Fix the weekday lunch.** Your Chipotle habit is a major source of seed oils. Bringing a home-cooked lunch is the single biggest change you can make.
- **Use your advisor's foods sheet.** Your advisor will send our preferred proteins, carbs and fats list, and we ask you to follow it closely.

Build Every Meal From Nutrient-Dense Foods

Most of your nutrients should come from food, not supplements. Use this system, eating only the foods your gut currently handles well. Because fatty foods trigger your symptoms, choose leaner options and let your 75 g fat budget come from dairy, eggs and fish.

- **Lean red meat as your main protein.** It carries far more zinc, iron and B vitamins than chicken, which matters with your ferritin at 22.
- **2-4 eggs daily.** They provide choline, iodine, biotin and vitamin K2. Keep your boiled-egg breakfast.
- **Dairy and regular milk.** These supply calcium, iodine, vitamin A, K2 and B vitamins. Greek yogurt and cottage cheese are excellent protein sources.
- **Fatty fish 2-3 times per week** for omega-3s.
- **Collagen-rich foods.** Bone broth, shank, oxtail and other connective-tissue cuts provide glycine, which supports sleep and the gut lining.
- **3-4 oz beef liver weekly.** Liver covers vitamin A and B vitamins, which your thyroid receptors and your liver both depend on.
- **Tubers and root vegetables over grains.** Swap the wheat toast for potatoes, fruit or well-cooked white rice. Grains add starch with few nutrients.
- **Cooked vegetables** such as broccoli, Brussels sprouts and asparagus provide B1, folate, potassium, manganese and boron. Add them as your bloating settles and as you need them to feel full.
- **Berries, citrus and other fruit** for vitamin C, folate and polyphenols. Alternate your carbs between starches (potatoes, rice) and sugars (fruit, milk, honey).
- **Iodine and antinutrients.** If you use non-iodized salt, get iodine from eggs, dairy and seafood. Cook foods high in antinutrients well, which improves mineral absorption.

Eliminate Seed Oils and Food Additives

Polyunsaturated seed oils (soybean, canola, corn, sunflower, safflower, rice bran, grapeseed, peanut) and margarine slow your metabolic rate. Their breakdown products also build up in the liver, fueling fatty liver, inflammation and lower thyroid output. Cook with butter, tallow, coconut oil or extra virgin olive oil. Restaurant and packaged foods are the main hidden sources. Also avoid additives such as gums, carrageenan, polysorbate 80, dyes and iron-fortified flour, all of which can irritate an already sensitive gut. Check your current supplement labels for these too.

Salt Your Food to Taste

Your salt cravings and constant sense of dehydration are signals worth listening to. Restricting salt raises adrenaline and worsens insulin resistance, while adequate salt helps your body hold onto water overnight and supports stomach acid production. Salt your food to taste, and keep your electrolyte drinks if they help. Because you have hypertension and take losartan, keep monitoring your blood pressure and share the readings with your advisor.

Lift Hard 3-4 Times Per Week

Building muscle is the most powerful lever you have. Muscle is where most glucose goes after a meal, so more muscle means better insulin sensitivity and less liver fat. It also gives the testosterone you're already taking something to work on. Move from resistance machines toward compound lifts (squats, deadlifts, presses, rows, pull-downs) 3-4 times per week minimum, pushing each set close to failure and adding weight over time. If these lifts are new to you, a few sessions with a coach to learn form is a worthwhile investment.

Walk for Cardio

Walking is the right kind of cardio for fat loss. It burns fat without raising stress hormones the way high-intensity work does, which is important given your sleep and stress picture. You're already at 8-10k steps on weekdays, which beats our 6,000-8,000 starting target, so keep that going. Your daily dog walks are ideal. Extra steps are also one of your three adjustment levers if the scale stalls. Skip high-intensity cardio for fat loss purposes.

Sleep, Light and Circadian Rhythm

- **Keep consistent sleep and wake times,** weekends included.
- **Get sunlight early.** Get outside soon after waking and again in the evening, without sunglasses or sunscreen, and never to the point of burning. Morning light sets your cortisol rhythm, supports thyroid output and lowers adrenaline later in the day. Combine it with your dog walk. Regular sun is also your main vitamin D source; food alone isn't enough.
- **Cut blue light after dark.** Screens and overhead lights suppress melatonin and raise stress hormones at night. Use dim, warm lighting, or blue-light-blocking glasses if screens are unavoidable.
- **Try grounding.** Stand barefoot on grass or soil for about 20 minutes a day when the weather allows. It lowers sympathetic ("fight or flight") tone and cortisol.

- **Keep treating your sleep apnea.** Continue whatever treatment your doctor prescribed. Untreated apnea fragments sleep and increases nighttime urination on its own.

Adherence Over Novelty

This may be the most important recommendation in the report. For 12 years, the pattern has been to try something new whenever results stalled. This plan only works if you stay with it long enough to see results. Please don't add new peptides, supplements or protocols without talking to your advisor first, and review your current list (multivitamin, taurine, collagen, magnesium, DAO and the peptide schedule) with your advisor so we can simplify where possible. Consistency with the basics will do more than any single addition.

Supplement Recommendations

These supplements target your gut directly. Your advisor's phasing applies to the antimicrobials: start black seed oil and lactoferrin in week 1, add Allimax in week 2, and add caprylic acid in week 3. Start everything else from day one. Because black seed oil and several gut interventions can lower blood sugar, check your glucose more often while on metformin, Jardiance and tirzepatide, and tell your advisor if you notice low-sugar symptoms.

Meraki Organic Black Seed Oil

Provider: Meraki Medicinal

DOSAGE AND / OR TIMING

1 teaspoon on an empty stomach in the morning, starting week 1.

NOTES

Black seed oil (Nigella sativa) contains thymoquinone, a compound with antibacterial, antifungal and anti-inflammatory effects that also calms mast cells. That makes it a good fit for both your suspected fungal and clostridial overgrowth and your histamine reactions. We chose it because berberine helped you, but we prefer a gentler antimicrobial than berberine.

Grass-Fed Lactoferrin

Provider: LifeGivingStore, use code "Optimize" at checkout for 10% off

DOSAGE AND / OR TIMING

Start with 2 scoops (120 mg) per day before breakfast, starting week 1. If you see no effect, increase gradually up to 1 gram daily.

NOTES

Lactoferrin is an iron-binding protein from milk. It starves harmful microbes of the iron they need and breaks up their biofilms (protective coatings like the one on your tongue). It also helps move iron to where your body needs it, which matters with your ferritin at 22, and it supports a healthy gut lining.

Allimax (180 mg AlliSure allicin)

Provider: Allimax

DOSAGE AND / OR TIMING

Add in week 2. Follow the label (1 capsule daily with food); your advisor can adjust from there.

NOTES

Allicin is the active antimicrobial compound in fresh garlic. Allimax provides it in a stable form that works against bacteria, fungi and biofilms. It broadens the antimicrobial coverage started with black seed oil and lactoferrin. Allicin can lower blood pressure slightly, so watch your readings while on losartan.

NOW Caprylic Acid 600 mg

Provider: NOW Foods

DOSAGE AND / OR TIMING

Add in week 3. Follow the label (1 softgel twice daily with food).

NOTES

Caprylic acid is a medium-chain fatty acid from coconut that breaks down the cell membranes of yeast such as Candida. It specifically targets the fungal part of your picture, which the white tongue coating and your high estrogen (estrogen encourages yeast growth) suggest. Taking it with food reduces stomach upset.

Clostridium Butyricum (Miyairi 588)

Provider: RIKOA

DOSAGE AND / OR TIMING

3 tablets per day with a meal, starting as soon as it arrives.

NOTES

This spore-forming probiotic survives the stomach and produces butyrate, the main fuel for the cells lining your colon. Butyrate strengthens the gut barrier, which reduces the endotoxin driving your high white blood cell count and insulin resistance. It's also a good fit for someone with your antibiotic history, and it helps crowd out harmful clostridial species.

Florastor (Saccharomyces boulardii CNCM I-745)

Provider: Florastor

DOSAGE AND / OR TIMING

Right before bed each night, following the label dose, only until the C. butyricum arrives.

NOTES

S. boulardii is a beneficial yeast that competes with Candida and harmful bacteria for space and helps settle diarrhea. It keeps your probiotic support going while you wait for the C. butyricum to ship. Once that arrives, switch over.

Sodium Butyrate

Provider: BodyBio, use code "PRISM111" for 15% off.

DOSAGE AND / OR TIMING

1 capsule daily without food. Increase to 2 capsules if you see no effect.

NOTES

This gives your gut lining butyrate directly while your own butyrate-producing bacteria recover. It tightens the junctions between gut cells, supports motility that tirzepatide has slowed, and in research it reduces liver fat and improves insulin sensitivity.

Artichoke Leaf Extract

Provider: NOW Foods

DOSAGE AND / OR TIMING

1 capsule (450 mg) on an empty stomach, taken together with ginger.

NOTES

Artichoke leaf stimulates bile flow and gut movement, which directly addresses your fatty-food intolerance, right-side discomfort and the slower transit since starting tirzepatide. Better bile flow also helps your liver clear fat and excess estrogen. Avoid it if you've ever been told you have gallstones or a blocked bile duct.

Ginger Extract

Provider: Zazzee

DOSAGE AND / OR TIMING

2 capsules daily on an empty stomach (no calories for 2-3 hours before), taken with the artichoke.

NOTES

Ginger speeds up stomach emptying and strengthens the migrating motor complex, the cleaning wave that sweeps microbes out of the small intestine between meals. It works alongside artichoke: ginger moves things along from the top, and artichoke improves bile flow. Ginger also lowers gut serotonin and histamine, which can ease your reflux and bloating.

Zinc Carnosine

Provider: Pure Encapsulations

DOSAGE AND / OR TIMING

1 capsule per day with your biggest meal.

NOTES

This is the only mineral supplement we're adding. Your other minerals should come from the food system above. Zinc carnosine sticks to the stomach and intestinal lining to repair it, which helps your reflux and leaky gut, and it supplies zinc for thyroid conversion and testosterone metabolism. The modest dose avoids crowding out iron absorption, which matters with your low ferritin.

Pure Radiance C

Provider: Pure Synergy

DOSAGE AND / OR TIMING

1 capsule once or twice daily, with or without food (label directions).

NOTES

This is a whole-food vitamin C made from camu camu, acerola and other fruits. Vitamin C lowers cortisol, helps break down histamine and supports collagen in the gut lining. Your body uses it up quickly under chronic stress and inflammation, so it supports both your adrenal function and your histamine sensitivity.

L-Theanine

Provider: LifeBlud, use code "prism" at checkout for 10% off

DOSAGE AND / OR TIMING

500 mg in the morning and 500 mg at night. Check the capsule strength on your label and take the number of capsules that gets you closest to 500 mg per dose.

NOTES

L-theanine is a calming amino acid from tea. It blunts the cortisol response to stress and raises GABA (the brain's main calming chemical), dopamine and glycine, without sedation or dependence. In the morning it softens the jittery, hyper-aware feeling. At night it helps you settle into deeper sleep, which is especially useful as your nervous system adjusts to life after Lexapro.

Glycine

Provider: PureBulk, use code "PRISM" at checkout for 10% off

DOSAGE AND / OR TIMING

3 g per day, in the evening before bed.

NOTES

You already noticed glycine helps, so we're keeping it and setting the dose at 3 g. Glycine lowers core body temperature, which helps you fall into deep sleep, and it calms the stress response. It also supports liver detoxification and the gut lining. You can keep using your current Life Essentials glycine at this dose.

Medication Considerations for Your Prescribers

ITEM 1 OF 14

We don't change prescriptions ourselves, but we want you to have a clear position to take to your doctors.

Testosterone and estrogen

Your estradiol of 63 on TRT is too high and is likely contributing to your poor sleep, night sweats, puffiness, histamine sensitivity and low libido. We strongly encourage the doctor managing your TRT to taper the dose down, or ideally stop it entirely while the metabolic and gut work takes effect. At the very least, ask whether an aromatase inhibitor (a medication that blocks testosterone's conversion to estrogen) makes sense. Your hematocrit of 51.1% is another reason to review the dose with your prescriber.

Thyroid

We're not convinced you need thyroid medication, because the upstream issues (gut inflammation, fatty liver, low iron, stress) are likely what is suppressing your thyroid. Your full thyroid panel will clarify this. If you and your doctor decide to continue thyroid treatment, we recommend moving away from T4 alone, toward either natural desiccated thyroid (NDT) or about half your current levothyroxine dose plus 10 mcg of T3.

NP Thyroid (T4 + T3), only if continuing thyroid medication

Provider: AllFamilyPharmacy

DOSAGE AND / OR TIMING

Only with your prescriber's agreement. One option is NDT. The other is half your current T4 dose (½ tablet, 37.5 mcg Thyronorm) plus 10 mcg T3 (½ tablet Linorma). Allow 2-4 weeks for effects to stabilize. Keep tracking your morning armpit temperature; once it holds at 97.8°F or higher alongside symptom improvement, the dose is likely right.

NOTES

Combination therapy supplies active T3 directly, so it bypasses the conversion problem your labs suggest. The lower T4 dose should also ease the sweating and racing heart. Watch for signs of too much: palpitations, overheating or anxiety.

ORDERING PRESCRIPTION ITEMS

For compounding pharmacies like AllFamilyPharmacy, you'll fill out a short form to get a prescription from a doctor. It asks for basic personal information, your health issues, and the reason for the prescription request. Your answers can be brief, but they must explain why you need the medication. Work with your Prism advisor if you're unsure how to proceed.

Your Daily Schedule

Here's what an ordinary day on this plan looks like:

ON WAKING	Use the bathroom, then weigh yourself. Take 1 tsp black seed oil, artichoke leaf (1 capsule), ginger (2 capsules), sodium butyrate (1 capsule) and L-theanine (500 mg), all on an empty stomach. Get outside for morning sunlight, ideally on your dog walk, with grounding when the weather allows.
BEFORE BREAKFAST	Lactoferrin (120 mg to start).
WITH BREAKFAST	Pure Radiance C (1 capsule). Add C. butyricum (3 tablets) once it arrives. From week 2, add Allimax (1 capsule). From week 3, add caprylic acid (1 softgel).
WITH LUNCH	A home-cooked, seed-oil-free lunch in place of carry-out. From week 3, take your second caprylic acid softgel. Optional second Pure Radiance C capsule.
TRAINING DAYS (3-4X PER WEEK)	A hard compound lifting session.
WITH DINNER (BIGGEST MEAL)	Zinc carnosine (1 capsule). Log the day's food in Cronometer.
EVENING	Evening sunlight if possible, then dim, warm lighting and no blue light after dark. Salt your food to taste.
BEFORE BED	L-theanine (500 mg), glycine (3 g), and Florastor until C. butyricum arrives. Keep consistent sleep and wake times, and use your sleep apnea treatment as prescribed.
ANY TIME	8-10k steps across the day.

Conclusion

Hal, your symptoms are one connected story, not a dozen separate problems. A gut that has been under strain since childhood leaks endotoxin and histamine into your system. That inflammation, along with years of seed oils and fast food, drives insulin resistance and fatty liver. Fatty liver converts your testosterone into estrogen and weakens thyroid activation. With energy production struggling, stress hormones fill the gap, and they wake you at 3 a.m., make you sweat, send you to the bathroom and leave you foggy the next day. Adding more medications has never broken this cycle, because the cause was never addressed.

This plan goes after the cause:

- A nutrient-dense, seed-oil-free diet built around protein, with measured calories
- Hard lifting and daily walking
- Steady light and sleep habits
- A focused protocol to clear overgrowth, restore motility and heal your gut lining
- A frank conversation with your prescribers about estrogen and thyroid dosing

The deciding factor is adherence. Stick with the fundamentals and give them time.

⚠ SAFETY NOTES

A few safety notes:

- Don't stop or change any prescription (TRT, levothyroxine, metformin, Jardiance, tirzepatide, losartan, rosuvastatin, tadalafil) without your prescribing doctor.
- Watch your blood sugar closely as your diet changes and the gut protocol starts, since several of these interventions lower glucose alongside your diabetes medications.
- Monitor your blood pressure as you salt to taste and start allicin.
- If you notice palpitations, a significant flare in digestive symptoms, unusual swelling or allergic reactions, or anything that concerns you, contact your Prism advisor right away.

We're with you through each step.

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