
ELEVATE
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EXECUTIVE BLOOD WORK

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In high-performance executive life, your ability to maintain sharp cognition, consistent energy, and physical resilience is non-negotiable.

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Blood work is an underutilised but powerful tool that gives visibility into your internal performance metrics. It helps:

- Detect early signs of metabolic dysfunction, inflammation, or hormonal imbalance.
- Optimise cognitive and physical output by identifying nutrient deficiencies and stress markers.
- Support longevity and reduce risk of chronic disease through proactive insights.

Regular blood testing is a high-ROI investment for sustaining executive performance under pressure.

ESSENTIAL BIOMARKERS FOR PERFORMANCE

1. Cognitive Function Markers

- **Vitamin B12, Folate:** B-vitamins crucial for brain function, mood, and energy metabolism.
- **Homocysteine:** An amino acid; high levels can indicate B-vitamin deficiency and increase cognitive and cardiovascular risk.
- **Omega-3 Index (EPA/DHA):** Measures essential fatty acids that support brain health, reduce inflammation.
- **hs-CRP (low-grade inflammation):** A marker of systemic inflammation linked to cognitive decline.

2. Energy and Metabolism Markers

- **Fasting glucose & insulin:** Indicate how well your body manages blood sugar and insulin sensitivity.
- **HbA1c:** A 3-month average of blood sugar control; helps detect early metabolic dysfunction.
- **Thyroid panel (TSH, Free T3, Free T4, Reverse T3):** Measures thyroid function, which regulates metabolism, energy, and focus.
- **Iron panel (Ferritin, Transferrin saturation, Total Iron):** Assesses iron status, key for oxygen transport and fatigue resistance.
- **Vitamin D (25(OH)D):** Supports immune function, energy, mood, and bone health.c lipid marker tied to heart disease risk.

ESSENTIAL BIOMARKERS FOR PERFORMANCE

3. Stress and Recovery Markers

- **Cortisol (morning serum or salivary profile):** The main stress hormone; imbalances impact energy, sleep, and recovery.
- **DHEA-S:** A hormone linked to resilience and recovery; balances cortisol.
- **Testosterone (total and free):** Impacts drive, mood, muscle maintenance, and focus.
- **Creatine Kinase:** Indicates muscle breakdown and recovery status (useful if training hard).
- **HRV (Heart Rate Variability):** A reflection of nervous system balance and recovery capacity.

4. Longevity Markers

- **hs-CRP:** As above, a long-term inflammation marker predictive of chronic disease risk.
- **APO-B, LDL-P:** Particle-based cholesterol markers; more predictive of cardiovascular risk than total cholesterol.
- **Lipoprotein(a):** A genetic lipid marker tied to heart disease risk.
- **Insulin sensitivity markers (fasting insulin, HOMA-IR):** Gauge metabolic efficiency and diabetes risk.
- **White blood cell differential:** Evaluates immune function and inflammation.

Optimal Ranges for Peak Performance

Standard ranges indicate disease risk, but **optimal** ranges align with peak performance. For example:

Biomarker	Standard Range	Optimal Range
Vitamin D (25(OH)D)	50+ nmol/L	100–150 nmol/L
Ferritin (men)	30–300 ng/mL	70–120 ng/mL
Ferritin (women)	30–300 ng/mL	50–90 ng/mL
Homocysteine	<15 µmol/L	<8 µmol/L
Omega-3 Index	>4%	>8%
hs-CRP	<3.0 mg/L	<1.0 mg/L
Testosterone (free, men)	7–22 pg/mL (varies by lab)	Top 25% of lab-specific range
Fasting Insulin	2.6–24.9 µIU/mL	2–5 µIU/mL
HbA1c	<42 mmol/mol	30–35 mmol/mol

Optimal Ranges for Peak Performance

Biomarker	Standard Range	Optimal Range
Fasting Glucose	3.9–5.5 mmol/L	4.2–4.8 mmol/L
TSH	0.4–4.0 mIU/L	0.5–2.0 mIU/L
Free T3	3.1–6.8 pmol/L	Upper third of normal range
APO-B	<1.00 g/L	<0.80 g/L
Lipoprotein(a)	<50 mg/dL	As low as possible
Total Cholesterol	<5.0 mmol/L	3.5–4.5 mmol/L
LDL-C	<3.0 mmol/L	1.8–2.5 mmol/L
HDL-C	>1.0 mmol/L (men), >1.2 mmol/L (women)	>1.3 mmol/L (both sexes)
Triglycerides	<1.7 mmol/L	<1.0 mmol/L
DHEA-S	Varies by age/sex	4–7 µmol/L (men), 2.5–6 µmol/L (women)

Age, sex, and individual baselines matter. Executives over 40 may benefit from tighter ranges and trend tracking over time.

Testing Frequency and Timing

- **Baseline Testing:** Full panel on starting any health optimisation plan.
- **Quarterly:** For high performers in periods of intense work or recovery.
- **Bi-Annual:** At minimum, for ongoing maintenance.
- **Strategic Timing:** Test after travel-heavy periods, burnout episodes, or training peaks.

Optimisation Strategies for Key Markers

- **Nutrition:**
  - Omega-3s for inflammation and brain health
  - Iron-rich foods (or reduce excess iron if elevated)
  - B-vitamin complex for methylation and energy
- **Supplements:**
  - Magnesium glycinate or threonate (recovery, sleep, blood sugar)
  - D3 + K2 for optimal vitamin D status
  - Ashwagandha or Rhodiola for cortisol modulation
- **Lifestyle:**
  - Consistent sleep, resistance training, breathwork/HRV training
  - Time-restricted eating and low-glycaemic load diets
- **Pharmaceuticals (when appropriate and monitored)**

Travel and Stress Impact on Biomarkers

- **Travel effects:** Jet lag disrupts cortisol, melatonin, blood sugar.
- **Stress changes:** Can elevate CRP, cortisol, decrease testosterone, suppress immune markers.
- **Mitigation:**
  - Hydration, magnesium, adaptogens, melatonin when flying east.
  - Deloading periods post-travel.

Tracking and Trend Analysis

- **Create a personal dashboard:** Spreadsheet or app-based trend tracker (e.g. Heads Up Health, Welltory)
- **Correlate with performance:** Mood, HRV, energy levels, productivity.
- **Use trends, not snapshots:** Movement over 3–6 months matters more than one-off results.

Executive Blood Work Optimisation

- **Example 1:** CEO with chronic fatigue, low ferritin and vitamin D, correct with diet/supplementation, energy + focus.
- **Example 2:** Founder with brain fog, elevated homocysteine, low B12, adjust with methylation support, improve cognitive sharpness.
- **Example 3:** Exec in burnout, high cortisol, low testosterone, poor sleep. Recover with adaptogens, sleep protocol, reduced training.

Resources and Next Steps

- **Testing Services:** Thriva (UK), InsideTracker (US)
- **Reading:** "Outlive" by Peter Attia, "The Blood Code" by Dr. Richard Maurer, "Why We Sleep" by Matthew Walker

Stay proactive, not reactive. Regular blood monitoring is the executive edge few are leveraging and it pays dividends in performance, longevity, and resilience.