

RÊVE
HEALTH

RÊVE HEALTH

*OPTIMAL
FITNESS
PROTOCOL*

INTAKE FORM INSIGHTS
LAB RESULTS
PERSONALIZED GUIDANCE

REVEHEALTH.COM

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ABOUT THE FOUNDERS



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Julie Elaine Brown, M.A.

I got sick in my early forties, and was gaslit by doctors who told me my issues were “normal” for my age. While I was able to resolve many health concerns with lifestyle changes and holistic treatments, I still underwent two Myomectomy surgeries (fibroid surgeries).

In hindsight, I believe these could have been avoided with earlier holistic intervention. My experience was a catalyst to help empower other women at any age.

We have the ability to balance our hormones, avoid surgical interventions, and extend our healthspan with a blend of science and lifestyle.

Madeline Cunningham, L.Ac, IHP, AFMCP

After years of living a healthy lifestyle and growing a private practice, I began experiencing symptoms that slowly increased over time. Many doctors appointments, misdiagnoses and being told I was “tired” or “anxious,” I was finally diagnosed with Lyme disease and environmental illness.

In my private practice, I constantly saw women suffer from chronic illness or toxicity and worry about how it was going to impact their fertility. I was now one of them.

After healing my body with holistic and lifestyle interventions, I realized I could teach other women to do the same—to create healthier versions of themselves and potentially healthier future generations.

INTRODUCTION

YOUR OPTIMAL FITNESS PLAN

At Rêve Health, we believe in personalized guidance. This report is designed specifically for you and your physiology.

Take your time reading through your personalized health report and let the information digest in a way that feels best for you. We will check in at your three month follow up call to see your progress. Please know you can schedule additional wellness consultations at any time for more support.

EXECUTIVE SUMMARY

LIFESTYLE RECOMMENDATIONS

- **Diet:** Balance blood sugar by eating regular meals and discontinuing fasting
- **Exercise:** Aim for shorter workouts with higher bursts of energy with longer recovery times
- **Stress:** Develop a consistent, daily de-stress practice
- **Toxin Exposure:** Gradually make the switch to non-toxic cleaning and personal

SUPPLEMENT RECOMMENDATIONS

- **Probiotic:** 2 capsules per day with a meal
- **Magnesium Complex:** 3 capsules per day with a meal
- **Adrenal Response:** 2 tablets in the morning, 1 tablet in the afternoon
- **Cortisol Manager:** 2 tablets before bed

REFERRAL RECOMMENDATIONS

Please see your doctor to evaluate high lipase values.

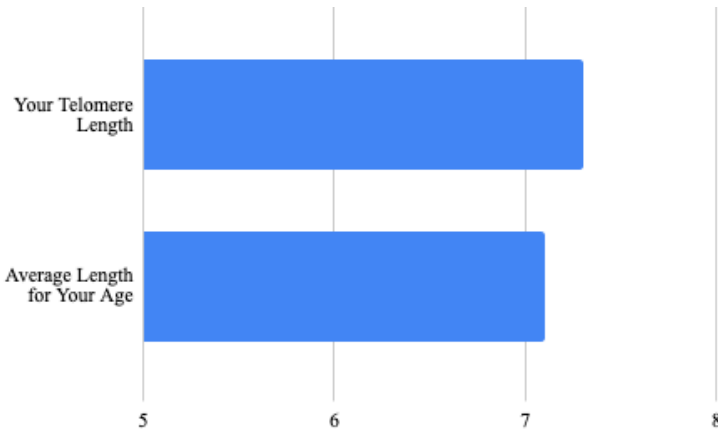
BIOLOGICAL AGE SUMMARY

YOUR BIOLOGICAL AGE IS: 44

Real age, or biological age refers to how old our cells behave. It's a good thing if they behave younger! While our chronological age refers to how many years we've been alive, the true marker for how healthy we are is our biological age.

You are **6 years younger**, cellularly, than your chronological age!

YOUR TELOMERE LENGTH IS **94%** LONGER THAN AVERAGE FOR YOUR AGE



Longer telomeres generally indicate cells that have undergone fewer divisions, which is often associated with younger, healthier cellular function. This is why telomere length is sometimes used as a rough indicator of cellular age.

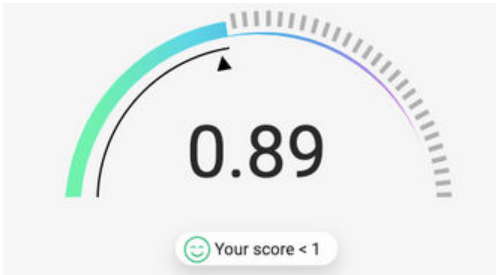
EXECUTIVE SUMMARY

YOUR MAX VO₂ IS **43** WHICH IS **84.5%** BETTER THAN YOUR AVERAGE AGE GROUP

Max VO₂, or maximal oxygen uptake, is crucial for aging because it measures the body's ability to use oxygen efficiently during exercise—a key indicator of cardiovascular fitness and overall health. Based on your intake form, you exercise 6 days a week, and have 2-3 days a week of cardiovascular activity. Your exercise regimen is positively impacting your pace of aging and oxygen uptake.

Higher max VO₂ levels are linked to a lower risk of age-related diseases, improved functional capacity, and increased lifespan.

YOUR DUNEDINPACE TEST IS **0.89**



DunedinPACE – this test provides you with the pace of your aging. For every year, your body is aging at .89 years. This is excellent and means you are in the top 11% of your age group for your overall page of aging.

Created by Columbia University and Duke University researchers, and supported by more than [45 studies](#) at 30 research labs across the world, DunedinPACE is the most accurate epigenetic test available with an ICC score > 0.96. It is also not a corporate “black box” algorithm, as many commercial tests unfortunately are.

According to the NIH, “DunedinPACE is derived from analysis of longitudinal data collected from a cohort of individuals who are all the same chronological age. It reflects differences between those individuals in the rate of deterioration in system integrity occurring over a fixed time interval, age 26 to age 45 years.”

INTAKE FORM INSIGHTS

HOW YOU LIVE YOUR LIFE IS THE BIGGEST DETERMINANT OF YOUR PHYSIOLOGY

SLEEP

The importance of sleep cannot be overstated. High quality sleep sets women up for regulated cortisol, balanced blood sugar, improved detoxification abilities, stable hormones, and more.

Based on your intake form responses, it looks like you are getting **7-8 hours** of sleep per night. This is excellent - you are getting optimal hours of sleep.

You reported having issues falling asleep often. **Going to bed before 10:30 pm** is optimal for aligning with the body's melatonin production and may result in falling asleep faster.

It is important to have a period of time before going to bed to decompress from stimulus from the day (screens, phones, general mental activity). **Try putting the phone down an hour before bed** and engaging in relaxing activities, such as reading or journaling. This will help lower your evening cortisol levels.

You reported having issues staying asleep during this night. This is often a blood sugar issue - your blood sugar dipping during the night causing restless sleep. This is reflected on your low blood fasting glucose levels. **Try consuming 1 tbsp of a nut butter or coconut oil before bed** as a high fat source to keep your blood sugar stable overnight.

General recommendations for healthier sleep include keeping the temperature cool (between 67-69 degrees F), keep the room as dark as possible, and keep a consistent schedule, even on the weekends.

SUMMARY OF RECOMMENDATIONS

- Go to bed before 10:30 pm
- Have a stimulus-free period of time before bed
- Consume 1 tbsp of a nut butter or coconut oil before bed
- Keep the room dark and temperature cool
- Stick to a consistent schedule

EXERCISE & MOVEMENT

The exercise that best supports your body is different for everyone. Various factors go into determining which movement is for you, including your cortisol levels, muscle fiber type, specific goals, current health status, and more.

Based on your intake form responses, it looks like you exercise 3-5 days a week and your primary method of exercise is walking.

In order to optimize your exercise routine specific to your physiology, we recommend to **eat an hour before working out**: no working out on an empty stomach. Your fasting glucose and insulin levels are low and not eating (or properly hydrating) before exercise will cause more fatigue and stress on your body.

You may consider scheduling exercise between **9am and 2pm** (ideally in the sun or with sunlight).

Low ferritin levels may indicate earlier fatigue: we recommend **shorter bursts of intensity** followed by longer rest recovery periods.

You may benefit from **2-3 sessions a week of 20-25 minute HIIT**--high intensity interval training. While we would need a biopsy to tell your muscle fiber type, we believe it is likely to type 2A fibers. These are used for long-term anaerobic exercise, such as in sports like tennis, or downhill moderate slope skiing.

They are also used in activities that require more intensity, such as sprinting and lifting heavy weights. Try **sprinting at full-speed for 30 seconds**, then recovering for a few minutes, and repeating up to 25 minutes but no longer until ferritin levels are improved.

On the other 2-3 days of working out (no more than 6 days a week), aim for **less strenuous activities**, such as light yoga or stretching.

Take one full day off a week with no intended exercise (aside from walking the dog!).

Your body is working hard and intense exercise may have the opposite effect. Low blood sugar deprives muscles of the necessary energy to perform and grow effectively; meaning you may experience fatigue and reduced muscle building capacity.

SUMMARY OF RECOMMENDATIONS

- Eat an hour before exercising
- Consider exercising between 11 am - 2 pm
- Aim for shorter bursts of energy with longer recovery
- 2-3 HIIT sessions for 20-25 minutes per week
- 2-3 days of less strenuous activities
- Take 1 full day off a week



BENEFITS OF EXERCISE:

BALANCED BLOOD SUGAR
IMPROVED INSULIN SENSITIVITY
IMPROVED BODY COMPOSITION
BETTER SLEEP
REDUCED ANXIETY & DEPRESSION
BETTER BLOOD CIRCULATION
IMPROVED LYMPH MOVEMENT

FOOD & NUTRITION

Food has the ability to greatly influence our physiology. When we choose foods that keep blood sugar balanced, support healthy hormones, avoid toxins, and provide nourishment, food can be used as a major health tool.

Based on your intake form responses, it looks like you eat a **dairy free diet** and have negative reactions to red wine. Avoiding foods we know we are sensitive to helps to lower inflammation and maintain a healthy immune system.

You reported practicing intermittent fasting in the morning and eating for the remainder of the day. You also reported craving sweets throughout the day.

Intermittent fasting is typically not beneficial for menstruating women. Your fasting glucose, insulin and A1C are trending low and cortisol levels are high. This is a sign fasting is too stressful for the body. Because you are craving sweets, it is likely a sign your blood sugar is going too low between meals.

We recommend to **gradually transition to eating breakfast in the mornings**, ideally within the first hour of waking. This meal should be protein forward, containing at least 25-30 grams of protein. Smoothies with a protein powder tend to be easiest, but other options such as eggs are great as well.

Finding your **blood sugar balance window** is important to maintain stable blood sugar throughout the day. After your first meal, notice how many hours you can go before starting to feel symptoms of low blood sugar - brain fog, fatigue, anxiety, feeling cold, jittery, and overall low energy. You want to eat prior to any symptoms appear. Most people need to eat a meal or snack every 4ish hours, but it can also be as often as every 2 hours. It may take some time to find a good rhythm. Listen to your body.

You reported being a fast eater. If food is not thoroughly chewed, it can be difficult for the rest of the digestive tract to break down food, leading to bloating and changes in bowel movements. **Taking the time to chew**, especially proteins, allows the rest of your digestion to work more optimally.

Frequent traveling and busy schedules can make it challenging to stick to a healthy schedule. **The key is to prepare**. Bring protein powder packets with you and other healthy snacks as necessary. Research nearby restaurants that have healthy options. Control what you can. If more leniency has to happen with traveling, know you will fall back into a schedule when you're back home.

FOOD & NUTRITION

Developing a healthy relationship with food takes time. When we can shift into the mindset of **using food as nutrients and support** vs calories and an inconvenience, we can learn over time food is here to support our bodies.

General recommendations for a healthy diet include purchasing organic whenever possible, remember to wash your produce to reduce pesticide exposure, use a high quality water filter to reduce toxins in the water supply, and stick to a whole foods diet as much as possible.

SUMMARY OF RECOMMENDATIONS

- Gradually transition to eating breakfast in the morning, ideally within 1 hour of waking
- Have your first meal of the day be protein forward, containing a minimum 25-30 grams of protein
- Find your blood sugar tolerance window
- Remember to chew
- Prepare when traveling
- Remember the mindset shift
- Purchase organic when possible
- Wash your produce
- Opt for filtered water
- Stick to whole foods when possible

VICES

Everyone handles and process stress differently, which at times can include vices such as alcohol, sugar, and even overworking. It is always good practice to check in with yourself to see if these habits are supporting your health goals.

Based on your intake form responses, it looks like you currently drink **alcohol**. While consuming alcohol isn't necessarily problematic, it is important to check in with the intentions of consuming alcohol. If it is to de-stress, there are more effective ways that don't have negative health consequences!

It is difficult to change a habit if there is not a replacement behavior. Try experimenting with herbal tea or a mocktail. If the goal is to de-stress, is there another practice, such as an epsom salt bath, that can accomplish the same goal?

General recommendations for vices include pausing before taking action, evaluating intentions for indulging, and recognize the difference between an informed action and a habituated response.

SUMMARY OF RECOMMENDATIONS

- Check in with your intentions
- Pause before consuming
- Make an informed action choice vs a habituated response
- Find a replacement behavior

STRESS

Increased stress and cortisol levels can have detrimental impacts to almost every single system in the body, including gut health, thyroid function, sex hormone production, immune function, rapid aging, and more.

Based on your intake form responses, your reported stress level is highly stressed, rated a 10/10 for stress levels. You also reported not utilizing relaxation techniques in periods of heightened stress.

The nervous system gets conditioned to respond to situations through repetition. If there is a repetitive pattern of coping with difficult emotions, reacting to stress in the same pattern, or repeating the same stress-inducing thoughts, the body will continue to respond in the same way.

Practices like **meditation, journaling, and breathing practices** can create some space from the stressor and create a new response instead of the old repeated pattern.

Some examples of nervous system regulating practices include:

Box Breathing

- Inhale to a count of 4
- Hold for a count of 4
- Exhale to a count of 4
- Hold for a count of 4
- Repeat for 3-5 minutes

Physiological Sigh

- Place your right hand in your armpit
- Place your left hand over your shoulder
- Take a deep inhale
- Audibly sigh to exhale
- Repeat for 3-5 minutes

Orient

- Feel yourself being supported by the surface beneath you - a chair, floor, bed.
- Notice the surface touching your body and relaxing into it.
- Observe for 3-5 minutes

In order to repattern, the nervous system needs a lot of repetition.

Try including one of these exercises every hour for a few minutes to connect back to your body.

General recommendations for stress management include taking epsom salt baths, set boundaries to support your needs, accept the things that are out of your control, and develop a spiritual practice that supports a connection to something greater than yourself.

SUMMARY OF RECOMMENDATIONS

- Develop a consistent de-stressing practice
- Rest as needed
- Incorporate epsom salt baths
- Set healthy boundaries
- Connect to something bigger than yourself



*CHRONIC STRESS
NEGATIVELY
IMPACTS EVERY
ORGAN SYSTEM
IN THE BODY*