Email 2 – Meet the Triads

Subject Line:

Dear <Patient Name>,

As Buddha once said, “To keep the body in good health is a duty... otherwise, we shall not be able to keep our mind strong and clear.” The key to living a long and healthy life is making your health a top priority. And that does not just mean your weight. True wellness requires all facets of the body to work cohesively – from your cardiovascular and energy production to brain function and hormonal balance.

At the heart of the Metabolic Code are Triads. Think of Triads as an organizational structure for your body. Each Triad contains three interrelated organ systems that have a significant impact on your metabolic health. Based on your individual questionnaire responses, biometric data, and lab values, a score is generated and assigned to each Triad, revealing the state of your current chemistry along with a predictive measure of where your health is headed in the future. You can also improve your Triad score using recommended dietary, lifestyle and targeted nutritional supplements – specific to your unique needs. The five Triads consist of:

* **Triad 1: Energy** (Adrenal – Thyroid – Pancreas)
* **Triad 2: Resiliency** (Gut – Immune – Brain)
* **Triad 3: Endurance** (Cardio – Pulmonary – Neuro-Vascular)
* **Triad 4: Detoxification** (Liver – Lymph – Kidneys)
* **Triad 5: Potency** (Testosterone – Estrogen – Progesterone)

Symptoms typically present themselves long before a metabolic shift is noticed in lab values, and these symptoms can play a vital role in employing a successful prevention program before changes set in and can alter your chemistry in an erratic, undesired disease based outcome. Don’t live another day living in the shell of your former self. Contact my office at <Office Phone Number> to get started on your path to long-lasting vitality!