METABOLIC MOMENTUM

BUILD MOMENTUM.
CHANGE YOUR METABOLISM.

THE 5 METABOLIC WARNING SIGNS I MISSED AS A NURSE



The signs were there.
I just didn't
connect the dots.

Here's what I missed, my lab results before and after 90 days, and exactly what I changed.

MARK LAMASTER, MSN, RN

EVIDENCE-BASED STRATEGIES

SIMPLE HABITS THAT STICK

REAL RESULTS YOU CAN SEE

A PROTOCOL YOU CAN FOLLOW

MY STORY

THREE MONTHS AGO, I REALIZED I HAD BECOME THE PATIENT I'D SPENT 30 YEARS TRYING TO HELP.

During a routine visit in February 2026, my chart said:

> "Pleasant, morbidly obese 50-year-old male."

That hit me hard.
I had the knowledge.
I had the experience.
But I wasn't following my own advice.
Knowing what to do doesn't mean you're doing it.

ON MARCH 1, 2026, I DECIDED ENOUGH WAS ENOUGH.

WHAT I WAS DEALING WITH:

- Nearly 300 pounds
- Prediabetes (A1C 6.5%)
- High triglycerides (321)
- Fatty liver (AST 87 / ALT 147)
- High blood pressure
- Sleep apnea (CPAP)
- Low energy
- Cravings
- GERD
- Anxiety & depression
- Chronic low back pain

I GOT A PLAN | I TOOK ACTION | I GOT RESULTS



THE 5 METABOLIC WARNING SIGNS

I IGNORED

01



BELLY FAT

I got used to it.
Told myself it was just
part of getting older.

☐

02

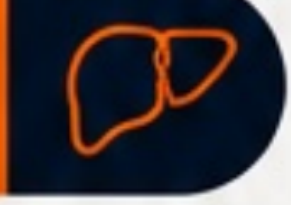


HIGH TRIGLYCERIDES

I knew it was high.
I just didn't realize
how high.

☐

03

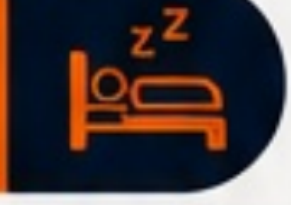


FATTY LIVER

I saw the labs.
I didn't feel sick,
so I didn't think it mattered.

☐

04



SLEEP APNEA

I wore the CPAP.
I still felt tired
every day.

☐

05



A1C CREEPING UP

Prediabetes
became normal
for me.

☐

MY LAB RESULTS
BEFORE & AFTER 90 DAYS

MARKER	BEFORE FEB 2026	AFTER MAY 2026	CHANGE
TRIGLYCERIDES	321	127	▼ 60%
AST	87	34	▼ 61%
ALT	147	63	▼ 57%
A1C	6.5	5.0	▼ 23%
BLOOD PRESSURE	140/90	122/78	IMPROVED
WEIGHT	298.8 lbs	248 lbs	▼ 50+ lbs

*Results will vary. These are my results with consistent effort.

WHAT I CHANGED

UNIMATE + BALANCE
My daily foundation for gut health, energy, and metabolism.

INTERMITTENT FASTING
I stopped eating breakfast.
Tea was my first sip.

FOOD FREEDOM, NOT DEPRIVATION
Whole foods, balanced meals, no complicated rules.

MORE MOVEMENT
Short workouts, more steps, consistency over intensity.

> I didn't do anything extreme.
> I just did the right things consistently.
> That's what created my results.

LAB TRACKER

TRACK YOUR PROGRESS. STAY ACCOUNTABLE.

MARKER	DATE	RESULT	NOTES / GOALS
TRIGLYCERIDES			
AST			
ALT			
A1C			
FASTING GLUCOSE			
INSULIN			
HDL			
LDL			
BLOOD PRESSURE			
WEIGHT			
WAIST (INCHES)			
CRP (HS)			



Small improvements today.
Big transformations tomorrow.

WANT THE EXACT PROTOCOL I USED?

CLICK HERE TO VIEW MY PROTOCOL



MY SIMPLE DAILY PROTOCOL

Step-by-step guide to my daily routine.



LAB TRACKER TEMPLATE

Track your labs and see your progress.



PRIVATE COMMUNITY INVITE

Join others on the same journey.

You don't have to figure this out on your own. I'm here to help.



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