

Metrics: March 2026

Age 59 years 4 months 2 weeks
155.6 body weight (pounds)
110/65 blood pressure
91 Right: Grip Strength
87 Left: Grip Strength

A1C CVS Health At-Home test

My score **5.7%**

A1C Ranges (Standard Guidelines)

A1C %	Meaning
Below 5.7%	Normal
5.7% – 6.4%	Prediabetes
6.5% or higher	Diabetes

What the Numbers Mean:

- 5.0–5.4%** → Excellent blood sugar control
- 5.5–5.9%** → Slightly elevated, watch trends
- 6.0–6.4%** → Insulin resistance likely increasing
- 6.5%+** → Diabetes range

My A1C score has remained consistent over the past couple of years. At this time, I've eliminated all refined and added sugars. I've been going to the gym and have gained muscle mass while burning fat. By banking mitochondria my levels should remain stable.

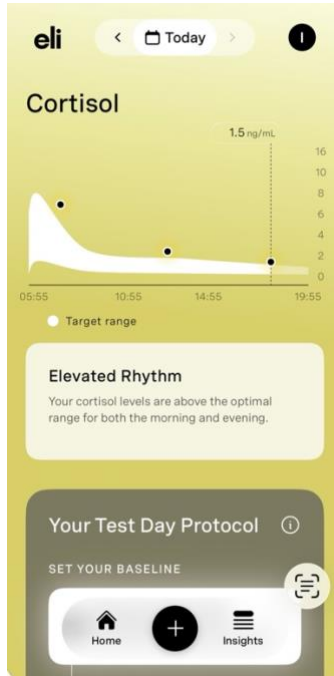
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In 2025 I took a Bristle Health test (\$169.00).

I wondered, "Was I at risk?" Turned out the diversity of bacteria (good & bad) was too high. In August of 2025, implemented a Ketogenic diet. February of 2026, retested with Bristle Health. All of my numbers had improved. I remained at risk for tooth decay due to the continued diversity of bacteria. Decided to try: CloSYS Mouthwash, 32 Ounce, Gentle Mint, Alcohol Free, Dye Free, pH Balanced (\$16.99). I use this once per week. In 6 to 9 months will retest with Bristle.

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Eli Health -- *Hormometer*. At-home Cortisol Test.



After Eli Health emailed a discount code, I purchased 12 tests for \$79.99. Shipping was \$14.00 bringing the cost per test to \$7.8325.

On March 28, I tested at three times: on waking, at noon, and in the evening. See the screenshot (above). According to the app, my cortisol was, "elevated."

According to me, my cortisol level was *slightly* elevated.

There is a distinction to be made between testing cortisol in saliva v. serum (blood).