

NUTRITION · TRAINING · LABS · LIFESTYLE

ELITE BODY DATA

Know Your Numbers

reading the panel your doctor sent

What each value on a standard panel actually measures, which ones move with nutrition, and how fast they move when you work on them.

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START HERE

“Everything looks fine” and “everything looks optimal” are not the same sentence.

A standard reference range is built to catch disease, not to describe a body performing well. It is entirely possible to sit inside every range on the page and still be trending, year over year, toward something you do not want.

The values that matter most for how you feel and how you age are also the ones most responsive to food, training, sleep, and body composition — often within a single quarter.

This guide is a translation layer. It will not diagnose anything. It will let you walk into your next appointment able to ask a much better question.

WHO THIS IS FOR

The Wake-Up Call

35–60. Just had a physical that flagged something — A1C creeping up, cholesterol off, blood pressure higher than last year. Not sick, but no longer able to ignore the direction. Wants a serious, evidence-led start rather than another app or another opinion.

Five numbers worth understanding before your next appointment.

01

A1C and fasting insulin

A1C is a three-month average of blood sugar; fasting insulin often moves years earlier. Together they show where you are on the metabolic road long before a diagnosis appears.

02

ApoB and the lipid panel

Total cholesterol is the least useful number on the page. ApoB counts the particles that actually carry risk and responds meaningfully to nutrition, body composition, and fibre.

03

Ferritin, B12 and vitamin D

The three most common causes of unexplained fatigue, and the three most commonly waved through as normal because the range is generous.

04

Thyroid, read properly

TSH alone is an incomplete picture. Free T3 and free T4 add the context that explains energy, temperature, and stubborn body composition.

05

Blood pressure and waist

Cheap, boring, and more predictive than nearly anything else you will pay for. Measure both at home and track the trend, not the reading.

DO THIS WEEK

Before your next appointment.

Walk in with a file, not a feeling. This is what a useful appointment is built on.

- ☐ Collect your last two to three years of labs in one place, dated.
- ☐ Highlight any value that moved in the same direction three years running.
- ☐ Write down the three symptoms that bother you most, with when they started.
- ☐ Ask specifically for ApoB, fasting insulin, and a full thyroid panel.
- ☐ Take your blood pressure at home for five consecutive mornings.
- ☐ Note every supplement and dose you are actually taking — not the ones you meant to.

NOTES

THE NEXT STEP

The numbers are already telling a story. Someone should read it with you.

A discovery call goes through your panel, the trend behind it, and what nutrition and training can realistically move in ninety days.

Bring the file. That is the whole prerequisite.

BOOK A DISCOVERY CALL

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