

A FREE GUIDE · EXECUTIVE HEALTH

The Executive Health *Blueprint.*

The numbers that predict your next decade, the labs to track by age, and the prevention plan that fits a real calendar.

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FROM DR. SIMON

You plan your finances decades *ahead*.

Your physiology deserves the same discipline. Most high-performers I meet manage everything except the one asset that makes the rest usable — their health. They get a rushed twelve-minute annual physical, a handful of labs interpreted only as "normal or not," and no strategy.

This guide is the strategy. It's built on a simple premise: the decade you are in is the one that matters most. The heart attack at sixty began at thirty-two. The strength you'll rely on at seventy-five is being built — or lost — right now. Prevention is not a someday project; it compounds, exactly like money.

Inside you'll find the handful of numbers that genuinely predict how you'll age, what to test by decade, how to read your own stress physiology before burnout reads you, and the short list of habits that drive most of the outcome. Use it to have a much better conversation with your physician — or with me.

— *Dr. Andrew Simon, ND, BCB*

Educational only; not a substitute for individualized medical care. Target values are general reference points and should be interpreted by your clinician in the context of your history.

START HERE

What executive medicine actually *buys* you.

Executive and concierge medicine is a proactive model built around prevention and access: a physician who knows your baseline, orders a deeper panel than a standard physical, tracks the metrics that predict long-term outcomes, and coordinates care so nothing falls through the cracks. The point isn't luxury — it's catching a slope before it becomes a diagnosis.

~80%

of premature cardiovascular disease is preventable through modifiable risk (WHO)

6 of 10

US adults live with at least one chronic disease (CDC)

~12 min

average length of a conventional primary-care visit

THE SCOREBOARD

Five numbers that predict your next *decade*.

If you track nothing else, track these. Each is modifiable, and each independently predicts how well you'll age.

MARKER	WHY IT MATTERS	GENERAL TARGET
Cardiorespiratory fitness (VO ₂ max)	Low fitness carries mortality risk comparable to major disease — one of the strongest predictors known	Above average for age; improvable at any age
ApoB / LDL particles	The causal driver of atherosclerosis — better than standard cholesterol alone	Discuss ApoB with your clinician
Fasting insulin & HbA1c	Insulin resistance develops silently for years before diabetes	A1c < 5.7%; low-normal fasting insulin
Blood pressure	The most common reversible driver of stroke and heart disease	Generally < 120/80
Strength & muscle mass (e.g. grip)	Predicts disability, independence, and all-cause mortality	Maintain / build with resistance training

THE REFRAME

Fitness is a *vital sign*

In a landmark analysis of over 120,000 people, low cardiorespiratory fitness was associated with a greater mortality risk than smoking, diabetes, or hypertension. It is also one of the most trainable numbers on this page.

THE SCHEDULE

What to test, by *decade*.

A baseline built in your thirties is worth far more than a first look in your fifties — because it shows your trajectory, not just a snapshot.

DECADE	ADD TO YOUR BASELINE
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30s	Full metabolic panel, ApoB, fasting insulin + A1c, comprehensive thyroid, vitamin D, ferritin, hs-CRP, baseline body composition, blood pressure log
40s	The above annually + coronary artery calcium (CAC) score discussion, hormone panel, VO ₂ max or fitness test, colon cancer screening per guidelines
50s	Continue trend tracking + bone density (DEXA) baseline, expanded cardiovascular imaging as indicated, cognitive and sleep assessment
60s+	Strength & balance assessment, frailty markers, medication review, continued cancer screening, hearing and vision

Screening choices are individualized — family history, symptoms, and risk change the plan. Use this as a conversation starter, not a prescription.

See burnout before it sees you.

Burnout is physiological before it is emotional. The autonomic nervous system loses flexibility, recovery slows, sleep degrades, and blood pressure and blood sugar drift — often months before you'd call it "stress." Two measurable signals give you early warning:

Heart rate variability (HRV)

The variation between heartbeats — a window into autonomic balance. A falling multi-week HRV trend often precedes illness and burnout. Most wearables track it; the trend matters more than any single reading.

Resting & recovery heart rate

A creeping resting heart rate, or a heart rate that won't come down after exertion, signals accumulating load. Cheap to track, quietly predictive.

The intervention is not "relax more." It's trainable: paced breathing and HRV biofeedback rebuild the parasympathetic brake, and they take minutes a day. This is core to how I work with high-performers.

The 20% that drives 80%.

You don't need forty habits. You need these five, done consistently.

- 1 Zone 2 + strength, weekly. A few hours of easy aerobic work builds the mitochondrial and cardiovascular base; two resistance sessions defend the muscle that determines how you age. This single pairing moves more markers than any supplement.

- 2 Protein at every meal. Roughly 1.6–2.2 g per kg of body weight per day protects lean mass, supports satiety, and stabilizes blood sugar.

- 3 Protect sleep like a meeting. Consistent timing, 7–9 hours. Short sleep raises blood pressure, insulin resistance, and cortisol — undoing much of the rest of this list.

- 4 Audit alcohol honestly. It's the most common hidden driver of poor sleep, blood pressure, and visceral fat in high-performers. Even modest reductions show up in the numbers.

- 5 Train recovery, not just output. Daily paced breathing or HRV work is the highest-leverage stress intervention most executives never try.

TAKE THIS WITH YOU

Your annual *baseline*.

Ask for these labs

- ✓ ApoB and full lipid panel
- ✓ Fasting insulin + HbA1c
- ✓ Comprehensive thyroid + hormones
- ✓ hs-CRP, vitamin D, ferritin
- ✓ Body composition (DEXA or BIA)

Track these yourself

- ✓ Blood pressure (home cuff, weekly)
- ✓ Resting heart rate + HRV trend
- ✓ VO₂max or a repeatable fitness test
- ✓ Grip / strength benchmark
- ✓ Sleep hours and consistency

SELECTED SOURCES

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World Health Organization. Cardiovascular diseases fact sheet, 2021.
Centers for Disease Control and Prevention. Chronic disease in America, 2024.
Sattelmair J et al. Dose-response of physical activity and cardiovascular disease. Circulation, 2011.
Leong DP et al. Prognostic value of grip strength (PURE study). The Lancet, 2015.

YOUR NEXT STEP

Build the *baseline* everything else compounds on.

A comprehensive workup and a decade-by-decade plan — reviewed in an extended visit, not a portal message. Concierge memberships start at \$150/month.

REQUEST A FREE CONSULT

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Telemedicine available across Washington State.