

# Matt's Transformation



## From Fatigued to Stronger Than Ever

At The Institute of Eternal Youth Aesthetics & Wellness, we're honored to be part of so many incredible transformation journeys, and Matt's story is truly inspiring. His commitment to his health, combined with expert guidance from Jodi DeVries, MS, APRN, CRNA, led to life-changing results.

### A Wake-Up Call

In November 2023, Matt found himself struggling with low energy, dizziness, and black spots in his vision. Most nights, he would come home from work and immediately fall asleep on the couch. Concerned about his health, he reached out to Jodi, who took the time—while on vacation—to discuss his symptoms and potential treatment options.

Following comprehensive blood work and an in-depth consultation, Jodi pinpointed the root cause:

- Severely low Vitamin B and D levels
- Testosterone at 265, well below optimal levels

### Before



### After



### Making the Change

Despite working out with a trainer since 2020, Matt wasn't seeing significant muscle gains and struggled with consistency in his diet. But with Jodi's expert recommendations and a complete lifestyle overhaul, everything changed.

### The Game Plan:

- Started Testosterone Replacement Therapy (TRT) for improved energy, recovery, and strength
- Introduced Vitamin B & D shots to correct deficiencies
- Added BPC-157 peptide therapy for enhanced muscle recovery and reduced soreness
- Adopted a clean, high-protein diet, eliminating ultra-processed foods and sugary sodas
- Increased hydration to one gallon of water daily
- Focused on daily movement, averaging 10-15K steps per day
- Integrated cold baths and sauna therapy for enhanced recovery

## The Results Speak for Themselves

Through discipline, expert guidance, and strategic supplementation, Matt completely transformed his body composition. Check out his incredible progress:

### November 2023

232 lbs | 88.8 SMM | 32% Body Fat

### March 2024

213.5 lbs | 92.6 SMM | 24.7% Body Fat

### August 2024

198.8 lbs | 94.1 SMM | 18.0% Body Fat

### November 2024

191.7 lbs | 93.3 SMM | 15.7% Body Fat

Not only did Matt drop over 40 lbs and reduce his body fat by more than half, but he also built lean muscle mass and improved his strength beyond his high school and college football days.

## After



## A New Challenge: Maintenance Mode

Now that he's hit his goal weight and body fat percentage, Matt is embracing a new challenge: maintaining his results. With dialed-in macros, continued wellness treatments, and a new mindset around food and fitness, he's stronger and healthier than ever.

"I haven't felt or looked this good in my entire life! I'm stronger than I've ever been." - Matt

## Your Transformation Starts Here

Matt's story proves that with the right plan, guidance, and commitment, real change is possible. If you're feeling stuck in your health journey, let us help. **Book a consultation today and take the first step toward your transformation!**

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