



IMPACT WEEKLY NEWS | 05/11/2026



HE KEPT ASKING. NOBODY ACTUALLY ANSWERED.

I want to tell you about one of our people.

He has been fighting weight his whole life. Weight that would not budge no matter what he tried. He went to provider after provider, year after year, doing the right thing by showing up, asking for help, being honest about where he was and how he felt. And every time, he was handed the same thing. A pamphlet. A generic plan. A referral that went nowhere. The door closing behind him.

At one point he told one of those providers that he was struggling in a much deeper way. That he was tired. Not just physically tired. The kind of tired that gets heavy. And they still sent him home

I think about that a lot.

When he found us, he wasn't looking for a miracle. He wasn't even sure he believed in those anymore. He just wanted someone to actually sit with him, actually look at his labs, actually explain why his body works the way it does and what might help it work differently. He wanted to understand food as something that fuels him rather than something that controls him or something he has to fight against.

We're doing that work together now. It's slow, and slow is okay. Slow is actually the point. The goal isn't a number on a scale by a deadline. The goal is that he understands his body for the first time in his life. That he feels like he belongs somewhere in this process.

That's what we build here. Not just programs. A place where people finally feel like someone is actually in it with them.

This week we're talking about everything in moderation, because understanding this one thing changes your perspective and outlook on what we are building. So let's get into it.





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EVERYTHING IN MODERATION. WE ACTUALLY MEAN IT.

Every plan my patient had ever been given had one thing in common. It told him what he couldn't have. No carbs. No sugar. No eating after 7pm. A long list of rules and restrictions and foods that were off limits. And every single one of those plans eventually fell apart...not because he lacked discipline, but because restriction without understanding is not a sustainable strategy for anyone.

What we do here is different. We teach people how food actually works. How to look at what's on your plate and understand what it does in your body. How to fit the foods you love into a way of eating that also moves you toward your goals. Because here's the thing almost nothing is completely off the table. It's about learning how to make it work.

Take the recipe in this week's newsletter. Wonton tacos. Viral, delicious, and yes we made a lighter version that fits your macros beautifully. But you know what? The original version is fine too sometimes. The goal isn't to never eat a regular wonton taco. The goal is to understand what's in it, know how it fits into your day, and make a conscious choice rather than either avoiding it forever or eating it and feeling guilty.

That's what moderation actually means. Not a little bit of everything all the time. A real understanding of your food so you can make smart swaps when it makes sense, enjoy the full version when it doesn't, and stop treating every meal like a pass or fail test.

The science backs this up too. Rigid restriction raises cortisol, triggers binge cycles, and trains your brain to treat food as a threat. A flexible approach, one built around understanding macros and making intentional choices, is consistently shown to produce better long-term results than any elimination diet ever will.



THE METABOLIC RESET PROGRAM: WHERE THIS ALL COMES TOGETHER

People come to us for a lot of different reasons. Some come for GLP-1 support. Some come for peptides or targeted supplementation. Some come because they've tried everything on their own and need a clinical set of eyes on what's actually going on. We do all of those things, and yes, some of our patients do get medications or supplements through us as part of their plan. But that's never the whole picture. And honestly it's never what makes the real difference.

What makes the difference is the system around those tools. The Metabolic Reset Program is a 12-week clinical program where we build that system with you. A real consultation where we actually listen. Macro targets built for your specific body. Movement guidance that starts where you are right now, not where a chart says you should be. Supplement recommendations based on your labs and your gaps. Bi-weekly check-ins so nothing falls off and nothing gets ignored.

More than any of that, it's a community. People who are doing this alongside you. Check-ins that feel like a conversation, not a report card. A place where the goal is that you understand your own body well enough that you stop needing someone to tell you what to do.

The people who see the biggest changes here are not always the ones on the most aggressive protocols. They're the ones who feel like they finally belong somewhere in this process. That's what we're building.

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BAKED WONTON TACOS WITH CHILI-LIME CHICKEN

This one is the moderation philosophy on a plate. The viral version is deep-fried and loaded with sodium. This version is baked, higher protein, and honestly just as satisfying. Make this one on a Tuesday night. Make the original at a party on Saturday. Both are fine. That's the whole point.

INGREDIENTS

- 12 wonton wrappers (refrigerated section near tofu or egg roll wrappers)
- 340g / 12 oz ground chicken or shredded rotisserie chicken breast
- 2 tbsp reduced-sodium soy sauce or coconut aminos
- 1 tbsp sriracha, more or less depending on your heat tolerance
- 1 tsp sesame oil
- 1 tsp garlic powder
- Juice of 1 lime
- 1 cup shredded purple cabbage
- 1/2 cup shredded carrots
- 2 green onions, sliced thin
- Optional: 2 tbsp light mayo plus 1 tsp sriracha mixed together for a spicy drizzle
- Optional: sesame seeds and fresh cilantro to top

DIRECTIONS

1. Preheat oven to 375 degrees F. Spray a mini muffin tin lightly with avocado oil.
2. Press one wonton wrapper into each cup so it holds a shell shape. Bake 8 to 10 minutes until golden. Set on a rack to cool. They crisp more as they sit.
3. Cook ground chicken over medium heat until done through. Drain any liquid. Add the soy sauce, sriracha, sesame oil, garlic powder, and lime juice. Stir and let it go another 2 minutes until the edges get a little caramelized. Using rotisserie? Toss it in the sauce over low heat and warm through
4. Toss cabbage and carrots with a small pinch of salt and a squeeze of lime.
5. Spoon chicken into each shell. Top with slaw, green onion, and the spicy drizzle if you're using it. Eat right away. Once loaded these lose their crunch fast.

MACROS

285	24G	22G	8G	3G
CALS	PRO	CARB	FAT	FIBER

PREP: 15 MIN • COOK: 20 MIN • SERVES: 4 (3 TACOS EACH)

Notes:

Storage: Keep the shells, chicken, and slaw in separate containers in the fridge for up to 3 days. Assemble when you're ready.

Reheating: Warm chicken in a small pan. Re-crisp shells at 350 degrees for 3 to 4 minutes.

MFP tip: Search your specific wonton wrapper brand plus your chicken type for the most accurate entry. Save it as a meal so you're not rebuilding it every time.



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BPC-157 AND THE CANCER HEADLINE. HERE'S WHAT'S ACTUALLY TRUE.

A few of you sent me articles this week claiming BPC-157 causes cancer. I completely understand the alarm. If I saw that headline without context I would be asking questions too.

So let me give you the context, because I think you deserve the full picture rather than a scary headline. BPC-157 does not cause cancer. It cannot create abnormal cells or initiate disease. That is not what it does.

What it does do is promote angiogenesis, which is the formation of new blood vessels. This is actually the mechanism that makes it so effective. New blood vessel formation is what allows it to repair tissue, heal the gut lining, reduce inflammation, and support recovery in joints and muscle. That's not a flaw. That's the whole point.

The nuance that got turned into a headline: angiogenesis is a process the body uses for healing, but tumors also rely on blood vessel formation to grow. The concern raised by some researchers is that in someone who already has an undetected cancer, adding something that promotes angiogenesis could theoretically provide additional blood supply to it. Not create it. Not cause it. Just potentially support something that was already silently there.

I hear where that concern comes from. And honestly, it is exactly why I do things the way I do. Before any patient at Impact Wellness starts a peptide protocol, we run comprehensive labs. Because I want to know what is going on in your body before we add any tool to it. This is not bureaucracy. This is how we protect you. I also only prescribe through FDA-registered compounding pharmacies with proper testing and quality control. Not grey market sources, not research chemical websites, not anything that skips the process. Used correctly, with proper screening, from a proper source, BPC-157 is a powerful and legitimate tool. The risk is not the peptide. The risk is using anything without knowing your baseline first.

IF YOU'RE CURIOUS ABOUT PEPTIDES:

THE CONVERSATION ALWAYS STARTS WITH LABS. THAT'S NOT A GATEKEEPING MOVE. THAT'S HOW WE MAKE SURE WE'RE DOING THIS RIGHT FOR YOUR SPECIFIC BODY. DM ME IF YOU HAVE QUESTIONS. MY INBOX IS OPEN.

UNITL NEXT TIME!!

We started Impact Wellness because we believe you deserve more from your healthcare. Not a provider you only see when something is wrong. Real, proactive care from someone who actually knows you and wants to help you thrive.

We are so glad you're here and that you're taking control of the kind of care you want for yourself. That takes something. Don't underestimate it. Have a great week — and make healthy choices. We'll see you next week.



Founder Impact Wellness & Longevity

Biweekly Workout

Cardio is great. But muscle is what keeps your metabolism working as your hormones shift. More lean muscle means your body uses the food you eat instead of storing it. This circuit takes 15 minutes. That's it.

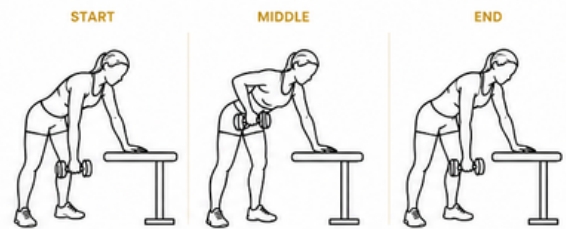
1 GOBLET SQUAT 12 REPS



Goblet Squat — 12 reps

Hold one dumbbell at your chest, feet shoulder-width apart, squat down keeping your chest tall.

2 DUMBBELL ROW 10 REPS EACH SIDE



Dumbbell Row — 10 reps each side

Hinge forward, one hand on a surface for support, pull the weight toward your hip.

3 GLUTE BRIDGE 12 REPS



Glute Bridge — 12 reps

Lying on your back, knees bent, feet flat. Drive your hips up and squeeze at the top.

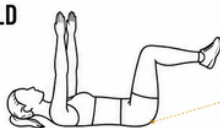
4 DUMBBELL SHOULDER PRESS 10 REPS



Dumbbell Shoulder Press — 10 reps

Seated or standing, press both dumbbells overhead and lower with control.

5 DEAD BUG HOLD 30 SECONDS



CORE BRACE
Press your low back flat to the ground.
Engage your abs.

Dead Bug Hold — 30 seconds

On your back, arms to ceiling, knees at 90 degrees. Engage the core by pulling your belly button down to the floor pushing your back flat against the floor.

3 ROUNDS • 60 seconds rest between rounds
start with very light weights of just body weight. Over the course of the next 2 weeks slowly increase your weight to make them all more challenging.