



# Your next steps to feeling your best

← BACK TO ANALYSIS

Latest Analysis (Apr 20, 2026) ▾

You have 8 analyses. Select one to view its details.

Hello Sarah M!

## Small changes can make a difference

Support your biology and improve your bio age over time.

### Bio age

Your biological age matches your birthday age

**35 - 37**

Potential  
(in 6-9 months)

**37 - 39**

Bio age

**38**

Birthday age



**Sarah**, your biomarkers show a solid foundation: low inflammation, good metabolic control, healthy liver and kidney function, and adequate micronutrients. The main opportunities are nudging HDL

### Focus area:

Raise HDL cholesterol, optimize cardiovascular fitness, and support a calmer, well-regulated immune system while preserving your strong metabolic, liver, kidney, and hematologic status.

Time frame: 6-9 months

cholesterol higher and calming mild immune overactivation. With your existing pescatarian-style diet, regular exercise, and good sleep, a few focused adjustments can meaningfully enhance cardiovascular protection and immune balance over time.

#### Estimated bio age progress \*

Just started tracking



FROM: 37-39

TO: 35-37

\*This trajectory shows your potential of reducing your bio age based on your self reporting using the tracking board below. It is a not a biological report.

## YOUR PERSONALIZED PLAN

A personalized plan built from your blood test, targeting biomarkers individually, designed to help you live stronger, younger, longer.

Skip to your Tracking Board ↓

### 1. HDL Cholesterol & Cardiovascular Resilience

#### Why it matters:

Your total cholesterol, LDL, and triglycerides are favorable, but HDL is slightly below the optimal threshold. For you, raising HDL will further protect arteries, improve cholesterol transport, and add a buffer against future cardiometabolic risk, which is especially impactful for long-term biological age in your late 30s.

#### Recommendations:

- 📅 Prioritize cardio that challenges your heart 4–5 days per week
  - Aim for 30–40 minutes of brisk walking, jogging, cycling, or swimming most days.
  - Include 1–2 interval-style sessions weekly (e.g., 1 minute faster, 2 minutes easy, repeated 8–10 times).
- 🥑 Emphasize HDL-boosting fats in a pescatarian pattern
  - Use extra-virgin olive oil, nuts, seeds, and avocado as daily fat sources.
  - Include fatty fish (e.g., salmon, sardines, mackerel) 2–3 times per week or use an algae-based omega-3 supplement if fish intake is low.


- ✗ What to avoid: frequent refined carbs and trans/poor-quality fats
  - Limit pastries, donuts, fries, and packaged snacks to rare occasions.
  - Avoid deep-fried fast food and products listing “partially hydrogenated” oils.

## 2. Immune Balance (IgA & IgM) ^


### Why it matters:

Your IgA and IgM are mildly elevated while ESR and white blood cells are normal, suggesting low-grade immune stimulation rather than overt inflammation. For you, supporting gut health, sleep, and stress regulation can help calm unnecessary immune activation and protect tissues from chronic wear over time.

### Recommendations:

 Support gut health with fiber and fermented foods most days

- Include beans, lentils, oats, and a variety of vegetables daily.
- Add fermented foods like yogurt, kefir, or kimchi 4–5 days per week as tolerated.

 Protect your strong sleep routine to stabilize immune signaling

- Keep your 7–8 hours per night with a consistent bedtime and wake time.
- Avoid screens or intense work in the last 30–60 minutes before bed.

✗ What to avoid: chronic stress overload without recovery

- Limit back-to-back high-stress days by scheduling short decompression breaks.
- Avoid relying on alcohol or late-night screen time as your main way to unwind.

## 3. Metabolic Health & Glucose Stability v

### Why it matters:

Your fasting glucose is comfortably within range, which is excellent for vascular and organ aging. Maintaining and slightly improving glucose stability now will help prevent insulin resistance and weight...

## 4. Liver & Kidney Protection v

### Why it matters:

Your AST, ALT, creatinine, and eGFR are all in healthy ranges, indicating strong detoxification and filtration. Preserving this function is crucial for handling medications, hormones, and metabolic byproducts as yo...

## 5. Hematologic & Micronutrient Support

### Why it matters:

Your hemoglobin, hematocrit, red and white blood cells, B12, folate, and iron status are all within range, supporting oxygen delivery, energy, and DNA repair. Maintaining this balance will help keep fatigue,...

### Target in 6-9 months

	Current	Target
Biological Age	37-39	35-37
HDL Cholesterol	0.62 g/L	>0.65 g/L
IgA	4.28 g/L	Closer to mid-reference range (e.g., <3.5 g/L, clinician-guided)
IgM	2.81 g/L	Within reference range ( $\leq$ 2.30 g/L, clinician-guided)
Glucose	0.97 g/L	Maintain within 0.80–1.00 g/L
eGFR (CKD-EPI)	93 mL/min/1.73m <sup>2</sup>	Maintain >90 mL/min/1.73m <sup>2</sup>



**Sarah**, your journey to a healthier biological age is well underway. You already have a strong health foundation, and your labs reflect the benefits of your current habits. By fine-tuning movement, fats, gut support, and recovery, you can meaningfully shift your biological trajectory over the next several months. Focus on consistency rather than perfection—small, repeatable choices will compound into lasting gains in energy, resilience, and healthy longevity.

Remember, consistency is key, and every small step counts towards a healthier you.

## YOUR TRACKING BOARD

Journey began Apr 20, 2026

### DAILY HABITS

< 📅 Today >

Send daily reminders  Off






### NUTRITIONAL TIPS

Specific nutrition guidance tailored to your biomarker results and location.

These are daily habits to incorporate into your routine for optimal health.

[Select all](#)

↓ Check box when done, to better track your progress

-  Do 30–40 minutes of brisk walking, cycling, or similar cardio most days. ⌚ Any
-  Base each meal on protein, vegetables, and high-fiber carbs to steady blood sugar. ⌚ Any
-  Drink about 2–2.5 liters of water or unsweetened fluids across the day. ⌚ Any
-  Protect 7–8 hours of sleep with a consistent wind-down and bedtime. ⌚ Evening
-  Avoid sugary drinks, pastries, and deep-fried fast food on a daily basis. ⌚ Any



Getting closer to your potential bio age:  
You are **5 actions** away from hitting your daily goal

## WEEKLY HABITS

Send weekly reminders  On

< 📅 Week 1 (Apr 20 - Apr 26) >

These are weekly habits to incorporate into your schedule for long-term health.

[Select all](#)

↓ Check box when done, to better track your progress

-  Include fatty fish (or algae-based omega-3) in meals. 📅 3x /week  If fish intake is low, consider an algae-based omega-3 supplement after discussing with your clinician.  
*e.g. Monday, Wednesday*
-  Do 1–2 higher-intensity cardio sessions (intervals or hills). 📅 2x /week  Keep them challenging but still allowing conversation in short phrases.  
*e.g. Tuesday, Saturday*
-  Strength train major muscle groups (legs, core, upper body). 📅 2x /week  Use bodyweight, resistance bands, or weights for 20–30 minutes.  
*e.g. Monday, Thursday*

### Fats

**Use extra-virgin olive oil as your main cooking and salad fat instead of butter or shortening.**

*e.g.*, California or Mediterranean extra-virgin olive oil brands at H-E-B or Whole Foods, Simple olive oil and lemon dressing on salads, Sautéed vegetables in olive oil with garlic

>

### Protein

**Build most lunches and dinners around fish, beans or lentils, vegetables, and whole grains.**

*e.g.*, Grilled salmon with brown rice and roasted Brussels sprouts, Black bean and veggie tacos on corn or whole-wheat tortillas, Lentil and vegetable stew with a side of quinoa

>

### Carbohydrates

**Aim for at least half your grains to be whole (oats, brown rice, whole-wheat, quinoa).**

*e.g.*, Old-fashioned oats for breakfast with berries and nuts, Brown rice or quinoa bowls from local spots like Local Foods or home-cooked, Whole-wheat bread or tortillas from H-E-B or Central Market

>

### Fermented

**Include a fermented dairy or plant-based option most days to support gut-immune balance.**

*e.g.*, Plain Greek yogurt with fruit and chia seeds, Kefir drinks from brands commonly found in Houston supermarkets, Small servings of kimchi or sauerkraut with rice bowls

> **Choose low-sugar versions to avoid unnecessary added sugars.**

### Micronutrients

**Pair iron-rich plant foods with vitamin C sources in the same meal.**

*e.g.*, Black beans with pico de gallo and lime, Spinach salad with strawberries or orange segments, Lentil soup with a side of bell pepper strips

>

### Carbohydrates



Eat fermented foods like yogurt, kefir, or kimchi with meals.

e.g. Sunday, Monday

📅 5x /week

Choose low-sugar options to avoid unnecessary added sugars.



Limit alcohol to no more than 3–4 drinks total and keep 2 alcohol-free days.

e.g. Friday, Saturday

📅 3x /week

A “drink” is ~5 oz wine, 12 oz beer, or 1.5 oz spirits.



Schedule at least one intentional stress-reduction session (yoga, breathing, or nature walk).

e.g. Tuesday, Thursday

📅 3x /week

Even 10–15 minutes counts if done consistently and mindfully.



Getting closer to your potential bio age:  
You are **6 actions** away from hitting your weekly goal

**Limit pastries, donuts, and sugary coffee drinks to at most once per week.**

e.g., Skipping the pastry case at Starbucks and choosing plain coffee with a splash of milk, Enjoying a weekend kolache or donut as an occasional treat, not a routine breakfast, Choosing dark chocolate squares instead of cookies after dinner

>

#### Cooking

**Choose baked, grilled, or air-fried options instead of deep-fried foods when eating out.**

e.g., Grilled fish tacos instead of fried at local Tex-Mex spots, Baked sweet potato fries at home using an air fryer, Grilled shrimp or veggie skewers instead of fried appetizers

>

#### Alcohol

**Keep alcohol moderate and pair it with food and water when you do drink.**

e.g., A glass of dry red wine with dinner and a glass of sparkling water, A light beer at a Houston Astros game plus water, Mocktails made with sparkling water, citrus, and herbs on non-drinking days

> **Aim for no more than 3–4 drinks per week with at least 2 alcohol-free days.**

#### Estimated bio age progress \*

Just started tracking



**FROM: 37-39**

**TO: 35-37**

\*This trajectory shows your potential of reducing your bio age based on your self reporting using the tracking board below. It is a not a biological report.

BioKarma provides personalized wellness insights based on your data. It does not diagnose, treat, cure, or prevent any disease, and is not a substitute for professional medical advice. Always consult a licensed healthcare provider for medical decisions.

©2026 BioKarma™ All rights reserved