

I am not just your physician. *I am your patient.*

“I built ABL Wellness because I needed it myself — and because I discovered that the most powerful medicine is a physician who has walked the same road as his patients.”

— DR. ERIC, FOUNDER & MEDICAL DIRECTOR

01

THE DIAGNOSIS

The moment that changed everything

About a decade ago, I received a diagnosis that stopped me in my tracks — Type 2 diabetes, with a hemoglobin A1c of 11.7. As a physician, I understood exactly what that number meant. I had spent years helping patients navigate metabolic disease. Now I was living it.

The irony was not lost on me. I knew the science. I understood the pathways. And yet, like many of the patients I had cared for, I had allowed weight gain, stress, and the relentless pace of a physician’s life to erode my own metabolic health — quietly, steadily, until the labs told a story I could no longer ignore.

02

THE INTERVENTION

Surgery, remission, and six good years

I made the decision to pursue gastric sleeve surgery. Within months, my diabetes went into complete remission. My glucose normalized. My energy returned. For six years, I was a living example of what aggressive, well-executed intervention could accomplish.

Those six years gave me something invaluable — a firsthand understanding of what metabolic recovery actually feels like from the inside. Not from a textbook. Not from a clinical trial. From my own body.

03

THE RELAPSE

The part most physicians won't tell you

I relapsed. Old habits returned gradually — the fast food, the sedentary stretches, the weight that crept back on. And with the weight came the diabetes, roaring back as if it had never left. My A1c climbed again. My energy flagged. I was, by every objective measure, a patient who had undone his own success.

I share this not to diminish my credibility — but to establish it. Metabolic disease is not a character flaw. It is a biological reality that demands lifelong vigilance. If a board-certified physician can relapse, so can anyone. And if I could find my way back, so can you.

04

THE RECOVERY

Building a different kind of health

This time, I did not rely on surgery alone. I rebuilt my health from the ground up — adopting a Mediterranean diet, eliminating processed food, and committing to exercise with a discipline I had never previously sustained. Over two years, my body composition transformed. Muscle replaced fat. My metabolic markers normalized without medication.

I added structured cardiovascular training — VO2 max intervals, zone 2 aerobic work — and periodic extended fasting. I monitored my glucose continuously with a CGM. I tracked my body composition with clinical-grade equipment. I became, in effect, my own most rigorous patient.

The result: HbA1c 6.0, ApoB 77, hs-CRP 1.5 — no diabetes medications. Not perfect numbers, but a dramatically different trajectory. And a coronary calcium score that, while not zero, represents early detection and an actionable roadmap rather than a crisis.

MY CURRENT BIOMARKERS — TRANSPARENCY IN PRACTICE

6.0	77	41	1.5
HbA1c No medications	ApoB mg/dL Near optimal	VO2 Max mL/kg/min	hs-CRP mg/L Mild inflammation

WHY ABL EXISTS

The lessons I learned became the clinic I built

Objective data changes behavior

Seeing your own glucose curve on a CGM is more persuasive than any advice a physician can offer. ABL is built around making your biology visible — because what you can measure, you can change.

Muscle is metabolic medicine

Skeletal muscle is the body's largest glucose disposal organ. Building and preserving it is not vanity — it is the single most durable defense against insulin resistance and metabolic decline.

Longevity is earned, not inherited

Your genes load the gun. Your lifestyle pulls the trigger — or doesn't. The science of longevity medicine gives us tools to intervene at every level: metabolic, cardiovascular, inflammatory, and cellular.

This is why I see patients the way I do — as a peer.

When you sit across from me at ABL, you are not talking to someone who has only read about metabolic disease in journals. You are talking to someone who has lived it, lost ground, recovered, and optimized — and who has built a clinic around the tools that made the difference.

My goal is not to manage your disease. It is to help you understand your biology deeply enough that disease becomes the exception rather than the rule — and that each decade of your life is healthier than the last.

SCHEDULE YOUR LONGEVITY ASSESSMENT

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