

TRANSFORM YOUR HEALTH

*with lifestyle medicine and
advanced diagnostics*



BY ERIC LEE, MD

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01

Linda's Journey: From Worry to Wellness

Linda is a vibrant interior designer who enjoys yoga, gardening, dinner parties, and a Mediterranean-style diet. Aside from mild hypertension, she's in good health.

Over the past year, she noticed occasional forgetfulness and mental “fog” in the afternoons. With a family history of dementia, these subtle changes concerned her—despite a recent checkup showing normal labs.

Evaluation

Seeking deeper insight, Linda booked a Concierge Wellness Assessment with Dr. Eric Lee at Health Spa Napa Valley. Ahead of her visit, she completed advanced bloodwork and a lifestyle review.

Though Linda's standard labs appeared “normal,” her deeper metabolic and cognitive workup revealed early signs of metabolic dysfunction: an A1c of 5.8% and **elevated fasting insulin**, suggesting prediabetes.

Linda learned that **80% of Americans with early insulin resistance are not aware** of their diagnosis. She also learned that insulin resistance and inflammation raise Alzheimer's risk.

Thankfully, she did not have two copies of the APOE4 gene, which can cause patients to be **12 times more likely to develop dementia**.

Total-Body Optimization

Instead of fear, Linda felt empowered. She learned that metabolic dysfunction is now recognized as one of the most modifiable drivers of cognitive decline.

Linda and Dr. Lee crafted a proactive plan targeting metabolic and brain health:

- Introduced a low-glycemic eating pattern and timed meals to improve insulin sensitivity
- Reduced refined carbs and added more plant-based fiber
- Increased healthy fats (avocados, walnuts, olive oil) to support cognitive function
- Continued yoga with added resistance training 2x/week
- Initiated sleep tracking to improve recovery and monitor REM sleep for brain health

Outcome

Linda left with clarity and confidence. She now sees her symptoms not as a sign of decline, but as a signal to take charge—transforming a moment of uncertainty into a smarter, stronger future.

Peace of mind starts with insight

Schedule a [complimentary 15 minute consultation](#) with Dr. Lee to start writing your own health success story!

02 John's Heart Healthy Wake-Up Call

John is a healthy-appearing manager at a local Napa Valley winery. He cycles regularly and follows a high-quality, whole-foods-based diet. His routine physicals have consistently shown normal labs, including standard cholesterol panels.

But after his brother—also seemingly healthy—needed an emergent cardiac stent, John became concerned about hidden risks. He had gained a belt size and felt occasional fatigue, prompting him to dig deeper.

Evaluation

John booked a Concierge Wellness Assessment with Dr. Eric Lee at Health Spa Napa Valley. Comprehensive testing revealed that while his LDL was "normal," his **ApoB levels** were elevated at 96 mg/dL, and his **Lp(a)**—a genetic, diet-resistant marker—was high.

Not only did the findings help explain his brother's cardiac episode, they also uncovered a silent risk in John—one that conventional labs failed to detect.

02 John's Heart Healthy Wake-Up Call

Lifestyle Plan

Preferring non-medication options, John implemented the following changes with expert guidance:

- Reduced intake of saturated fats (butter, coconut oil) and replaced them with monounsaturated fats (olive oil, avocado, almonds)
- Increased omega-3 fatty acids via both diet (fish 2–3x/week) and supplementation
- Added soluble fiber sources (chia, flax)
- Continued cycling but incorporated two days a week of resistance training to support metabolic health

John plans to recheck his ApoB, hs-CRP, and lipids to ensure his lifestyle changes are positively impacting his health. He is considering a DEXA scan for body composition analysis.

Outcome

John left with clarity and a science-backed plan. He felt not just reassured—but equipped to act, turning hidden cardiovascular risk into meaningful prevention.

Peace of mind starts with insight

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About Me

I'm here to help you **live better, longer.**

For some, that might mean having more energy and vitality to enjoy life.



For others, it's about preventing disease, aging well, and staying sharp—physically and mentally—for decades to come.

I have been practicing in the Napa Valley for the past 5 years. I am a Yale, Harvard, and UCSF trained internal medicine doctor providing longevity consultations in Saint Helena.

I hope you'll join me on your health journey.

Warmly,

Eric Lee MD

Offerings

Complementary call

Intrigued by the case studies above? Share your own story with Dr. Lee. [Book a complementary 15 min call.](#)

Concierge Wellness Assessment

For those seeking an entry point to precision health

100+ Advanced Biomarkers

\$499

+

- Comprehensive 1-hour visit
- In-depth metabolic, heart, and brain health review
- Targeted medication review and optimization
- Complementary follow-up call for the next 20 clients
- Custom Wellness Roadmap

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Peak Longevity Membership

For those who view their health as their most valuable asset

A transformative experience

- 100+ Advanced Biomarkers +ApoE Dementia risk
- Concierge Wellness Assessment
- One year-long health strategy partnership with Dr. Lee
- Monthly Visits/Calls
- DEXA Scan x2 - Gold Standard Body Composition Scan
- Four Certified Personal Trainer sessions
- Personalized supplement, nutrition, and fitness guidance
- **Included Bonus:** [Rapid Access Consult](#) within 48 hrs of any hospitalization to realign your care plan

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- All of the above and more.
- Direct Access to Concierge Doctor. Unlimited Visits
- By private inquiry only.
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No organ functions in isolation.

*Optimal health arises when all
systems work in coordinated
harmony.*

