

THE  
**MUSCLE  
INTELLIGENCE**  
PODCAST

**EPISODE**

**#224**

A portrait of Dr. Kyle Gillett, a man with brown hair and a beard, wearing a white lab coat over a blue shirt and a green patterned tie. He is smiling and looking directly at the camera.

# **ANTI-AGING INTERVENTIONS, TRT, CORTISOL, AND HOW TO FIX YOUR METABOLISM**

WITH DR. KYLE GILLETT



**75 MIN**

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## Anti-Aging Interventions, TRT, Cortisol, and How to Fix Your Metabolism with Dr. Kyle Gillett

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**Is Testosterone Replacement Therapy really a one-size-fits-all treatment? How can you stabilize cortisol levels? We cover it ALL in this episode. In addition to a deep dive on hormonal health, you'll also get a comprehensive look at cutting-edge longevity practices, and the big levers to repair a broken metabolism.**

Today's guest, Dr. Kyle Gillett, is an M.D. who emphasizes evidence-based treatment medicine, and who believes each patient should be treated holistically. Dr. Gillett utilizes shared decision-making, and a patient-centered approach to meet the needs of each individual's body, mind, and soul.

### You'll learn:

- Common mistakes made in TRT regiments.
- Six BIG lifestyle interventions that can be immediately implemented.
- What defines cellular aging, and what you can do to optimize cellular health.
- How to balance thyroid and adrenal hormones (plus...a debunk on cortisol confusion).
- A protocol to repair a broken metabolism.

### Listening Guide:

- **3:30** - Dr. Kyle Gillett's background and journey into practicing holistic medicine.
- **9:10** - Integrating genetics and functional medicine.
- **13:00** - Mistakes in approaching thyroid health.
- **16:10** - Stress, hormones, and the adrenal glands.
- **20:50** - Optimizing cellular health.
- **27:45** - Hormone replacement therapy.
- **37:50** - Why and when to implement a caloric deficit.
- **44:00** - Detoxification interventions and acid reflux.
- **51:00** - Obesity medicine and aging.
- **56:40** - Mitochondrial health practices.

To learn more about Dr. Kyle Gillett, find him on Instagram @kylegillettmd or hear more podcasts with him at <https://linktr.ee/Kylegillettmd>.