



METABOLIC RESTORATION™

EXECUTIVE METABOLIC RESTORATION PROGRAM

A COMPREHENSIVE, SIX-MONTH PARTNERSHIP

TO RESTORE METABOLIC HEALTH AND TRANSFORM YOUR FUTURE

We look beyond the numbers.
We find the why behind them.

Elevated blood sugar is a symptom of metabolic dysfunction. Our job is to identify what's driving it and restore your body's ability to function as it was designed.

Real answers. Real change.
Real results.



35+ YEARS
CLINICAL
EXPERIENCE



UCLA
GRADUATE



FEATURED IN
WOMAN'S WORLD
MAGAZINE
CLINICAL EXPERIENCE



CERTIFIED
FUNCTIONAL
MEDICINE
PRACTITIONER



OUR MISSION

To identify why your blood sugar is elevated, address the root causes, and restore your metabolic health so you can live a longer, healthier, more vibrant life.

DISCOVER THE CAUSE.

RESTORE THE FUNCTION.

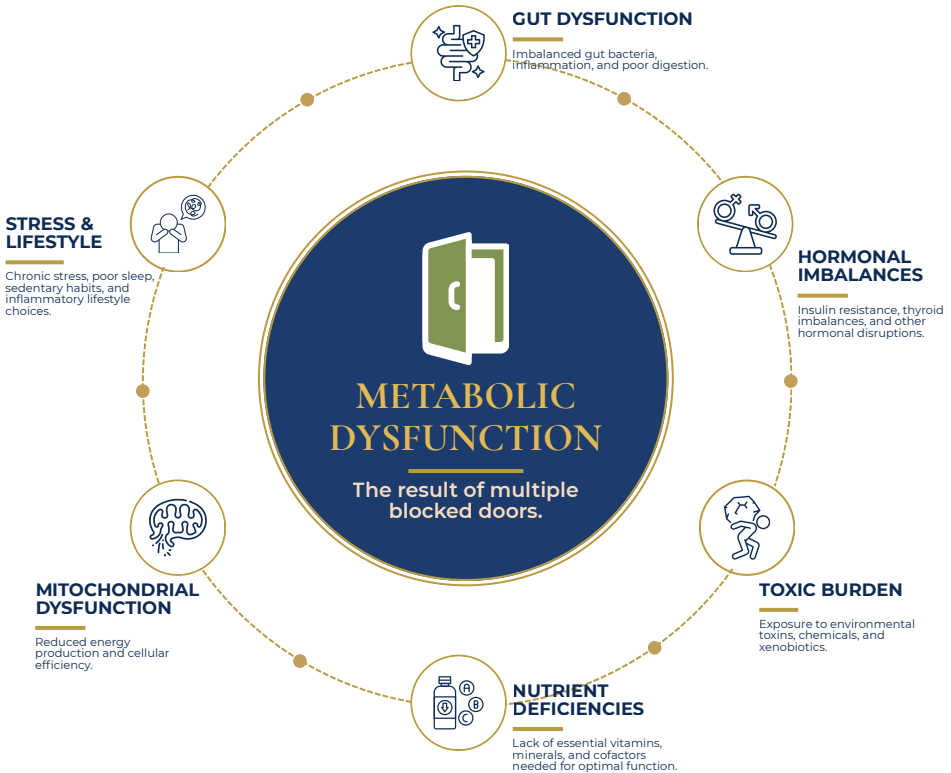
TRANSFORM YOUR FUTURE.

ELEVATED BLOOD SUGAR IS A SYMPTOM.

OUR JOB IS TO UNDERSTAND WHY.

Type 2 diabetes doesn't happen overnight. It develops over time as multiple systems in the body become stressed, imbalanced, and unable to function optimally. We call these the "Blocked Doors."

THE BLOCKED DOORS FRAMEWORK™



When one or more of these doors are blocked, your body struggles to regulate blood sugar and maintain balance. Our job is to identify which doors are blocked for you—and create a plan to open them. **That is how true metabolic restoration begins.**



WE LOOK BEYOND THE NUMBERS.

We find the why behind your numbers.

Through comprehensive evaluation and advanced testing, we uncover the root causes of metabolic dysfunction so we can build a personalized strategy designed for lasting change and long-term results.

CHANGING THE COURSE.

WHY METABOLIC RESTORATION™ IS DIFFERENT

THE PROBABILITY OF DIABETES REVERSAL WITH ROUTINE MEDICAL CARE

0.23%

That's about 2 people out of every 1,000 each year.



This statistic illustrates how uncommon diabetes reversal is when the underlying causes are not identified and addressed. It doesn't mean it can't be done. It means there's a better question to ask.

Reference: Karter AJ, Ferrara A, Liu JY, et al. Incidence of remission in adults with type 2 diabetes: The Diabetes & Aging Study. Diabetes Care. 2014;37(11):3188-3195.

EARLY ACTION MATTERS

*Every year YOUR blood sugar remains elevated...
...is another year of potential damage to*



YOUR HEART



YOUR EYES



YOUR BRAIN



YOUR NERVES



YOUR KIDNEYS



YOUR BLOOD VESSELS

The best time to protect **YOUR HEART, YOUR EYES, YOUR KIDNEYS, YOUR NERVES, and YOUR BLOOD VESSELS...** is before they become damaged.

CONVENTIONAL MEDICAL CARE

Manages the Disease

VS

METABOLIC RESTORATION™

Restores Metabolic Function

- ✗ Focuses on lowering blood sugar
- ✗ Medication adjustments
- ✗ One-size-fits-most approach
- ✗ Often doesn't identify the underlying causes
- ✗ Manages the disease
- ✗ Reactive, symptom-based care



May control numbers, but doesn't address why blood sugar became elevated.

- ✓ Seeks to understand why blood sugar is elevated
- ✓ Identifies and addresses underlying root causes
- ✓ Personalized strategy designed for you
- ✓ Proactive, whole-person care
- ✓ Restores metabolic function
- ✓ Puts you in control with knowledge and tools



Addresses the factors driving metabolic dysfunction to restore function and improve long-term health.

WHAT METABOLIC RESTORATION CAN HELP ACHIEVE



STEADY ENERGY

Feel stronger, live fully.



HEALTHY WEIGHT MANAGEMENT

Improve body composition.



BETTER BLOOD SUGAR CONTROL

Improve insulin sensitivity



REDUCED INFLAMMATION

Support a healthier immune system.



IMPROVED QUALITY OF LIFE

Better sleep, digestion, mood.



LOWER RISK OF COMPLICATIONS

Protect your long-term health.

When your metabolism works the way it was designed to, everything changes.

OUR COMMITMENT TO YOU

We combine advanced testing, expert laboratory interpretation, personalized lifestyle strategies, and ongoing coaching to help you restore metabolic function and reclaim your health.

*This is more than lowering numbers.
This is restoring your health from the inside out.*

A COMPREHENSIVE, PERSONALIZED JOURNEY

DESIGNED AROUND YOU.

The Metabolic Restoration™ Executive Program combines advanced testing, functional medicine, personalized strategies, and ongoing support to help you restore metabolic health and create lasting change.



1 DISCOVER & ASSESS

We go beyond standard labs to uncover what's driving your blood sugar and metabolic dysfunction.



2 PERSONALIZE YOUR PLAN

We create a customized roadmap that addresses the root causes and fits your unique physiology, lifestyle, and goals.



3 IMPLEMENT & OPTIMIZE

We provide the tools, strategies, and coaching you need—nutrition, movement, sleep, stress management, and targeted therapies.



4 RESTORE & THRIVE

We monitor progress, adjust as needed, and celebrate your wins—so you can feel better today and protect your health for years to come.

YOUR EXECUTIVE PROGRAM INCLUDES

- ✓ Expert Laboratory Interpretation Included
- ✓ Executive-level, physician-led care focused on you.
- ✓ Advanced functional testing for deeper insights
- ✓ Personalized nutrition and lifestyle strategies
- ✓ Targeted supplementation and therapeutic support
- ✓ Ongoing coaching, accountability, and support
- ✓ Monthly progress reviews and plan optimization

"It's not about perfection. It's about progress. And we walk that path with you."



"Dr. Arndt doesn't just treat symptoms he finds the why and gives you a clear path to true healing. This program changed my health and my life."

— Executive Program Client

OUR GOAL

To help you restore your metabolism, reduce risk, minimize medication dependence (when appropriate), and live a longer, healthier, more vibrant life.



THIS PROGRAM IS FOR YOU IF YOU ARE READY TO:



Take control of your health



Address the root causes, not just manage symptoms



Have more energy, confidence, and quality of life.



Protect your long-term health and reduce the risk of complications



Invest in a partner who is committed to your success

INVESTMENT

Discussed at your consultation

Comprehensive 6-Month Executive Program

Payment plans available.
Health Savings Accounts (HSA) and CareCredit accepted.
Expert laboratory interpretation is included.
Functional laboratory testing and nutritional supplements are separate investments and are only recommended when clinically appropriate.

INCLUDED



EXPERT LAB INTERPRETATION

We review and interpret your functional labs to uncover root causes and guide your plan.



PERSONALIZED PLAN

A customized program with nutrition, lifestyle, and therapeutic strategies built just for you.

SEPARATE INVESTMENTS



LAB TESTING

Cost of functional lab testing is separate and billed directly by the testing company.



PERSONALIZED SUPPLEMENT RECOMMENDATIONS

High-quality supplements are recommended as part of your plan and purchased separately.

We only recommend what is necessary and what will move you forward. You are never required to purchase through us.



DR. CHARLES ARNDT, DC, CEMP
FUNCTIONAL MEDICINE PRACTITIONER
35+ years of experience. Board-certified in Functional Medicine. Specializing in diabetes, reversal and metabolic restoration. Your partner in health. Your advocate for life.



Board-Certified Functional Medicine Practitioner



Featured in Woman's World Magazine



UCLA Kinesiology Graduate



35+ Years Clinical Experience