



HOL+ · THE CIRCLE GUIDE

No, it's not just testosterone.

Understanding the 4 pillars of men's health,
a functional medicine framework for optimizing
your body and mind at every age and stage.

By Dr. Taz Bhatia, MD · founder hol+

holplus.co

INTRODUCTION

The 4 Pillars of Men's Health

For decades, men's health has been treated as a footnote, a simple checklist of cholesterol panels and prostate screenings handed out at an annual physical. Only three out of five men do routine physicals, and forty percent only visit the doctor when something is wrong.

The men we see in our clinics at hol+ tell a very different story. They're exhausted, inflamed, hormonally depleted, and struggling with everything from brain fog to low libido to chronic aches they've been told to just "push through." At some point, the ability to push through comes to a screeching halt.



After years of working with men across all ages, I've identified four interconnected pillars that form the foundation of lasting male health. When all four are in alignment, the results are transformative. When one is off, everything else follows.

THE FRAMEWORK

Four pillars, one system.

Each pillar reinforces the others. Optimize them together.



PILLAR 01

Hormonal Balance

A complex endocrine conversation.

PILLAR 02

Metabolic Health

Caught before it becomes disease.

PILLAR 03

Musculoskeletal & Cardiovascular

Muscle is an endocrine organ.

PILLAR 04

Mental & Cognitive Resilience

The most under-discussed pillar.

Hormonal Balance

A complex endocrine conversation, not a single number.



When most men hear "hormones," they think testosterone. Yes, testosterone matters, a lot. But hormonal health is a much more complex ecosystem involving cortisol, insulin, thyroid, estrogen, DHEA, and growth hormone. When these systems fall out of sync, the downstream effects touch mood, metabolism, libido, sleep, cognition, and cardiovascular health.

Signs to watch for: persistent fatigue that sleep doesn't resolve, loss of muscle mass despite consistent training, low libido or ED, brain fog, irritability, unexplained midsection weight gain, and poor recovery.

We don't just check a single testosterone number. A thorough panel includes free and total testosterone, SHBG, estradiol, DHEA-S, 4-point salivary cortisol, full thyroid (T3, rT3), and fasting insulin. Treatment is individualized, and almost always starts with lifestyle before any form of hormone therapy.

Metabolic Health

The silent epidemic, caught before it becomes disease.

Fewer than 1 in 8 American adults have optimal metabolic health. In men this shows up as insulin resistance, visceral adiposity, dyslipidemia, and eventually type 2 diabetes, cardiovascular disease, and fatty liver. Mainstream medicine often misses that dysfunction begins years, sometimes decades, before labs look "abnormal."

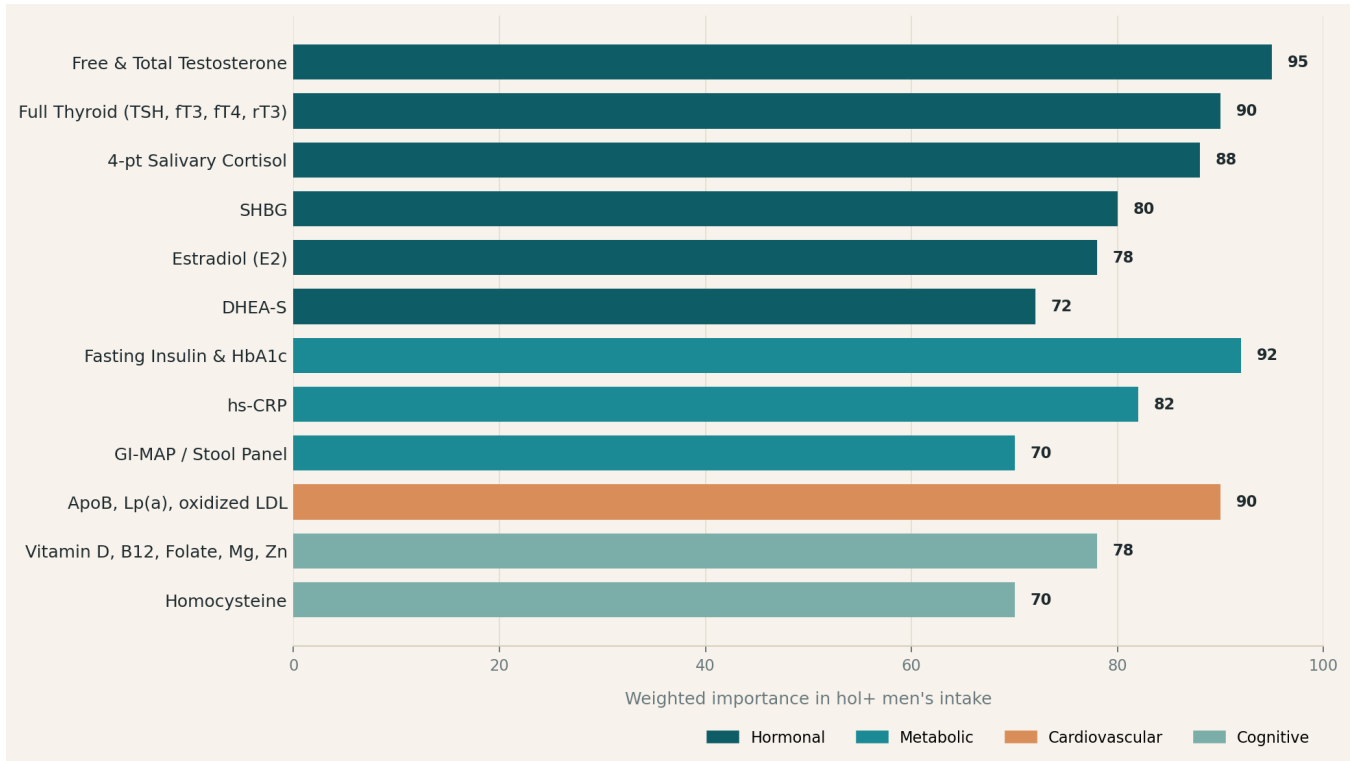
At the root of most metabolic dysfunction is what I call *microinflammation*: a low-grade, chronic inflammatory state that quietly disrupts hormone signaling, accelerates cellular damage, and ages you from the inside.

Men with metabolic dysfunction almost universally have gut imbalances driving the picture. Addressing the gut is often the fastest first step to metabolic recovery.

DIAGNOSTICS

Recommended Lab Panel

The full picture we run on every hol+ men's intake, weighted by clinical priority and grouped by category.



Musculoskeletal & Cardiovascular Vitality

Muscle is an endocrine organ, and one of the strongest predictors of longevity.



Skeletal muscle produces myokines that regulate inflammation, insulin sensitivity, cognition, and immunity. Yet sarcopenia begins as early as the mid-30s in men who aren't actively working to preserve muscle. Optimal protein intake, hormone support, mitochondrial nutrients, and sleep all need to be in place for muscles to grow.

Cardiovascular disease is still the leading cause of death in men, but the conversation has moved past cholesterol. Advanced evaluation now includes Lp(a), ApoB, oxidized LDL, heart rate variability, coronary calcium scoring, and blood pressure variability.

Mental Health & Cognitive Resilience

The most under-discussed pillar, and in many ways the most consequential.



Men die by suicide at nearly four times the rate of women, yet are far less likely to seek mental health support. We see this in men who minimize depression as "just stress," dismiss anxiety as weakness, or mask cognitive decline with caffeine and overwork.

Brain health is profoundly connected to hormonal balance. Low testosterone is associated with depression and cognitive decline. Elevated cortisol shrinks the hippocampus. Insulin resistance in the brain is being studied as a driver of Alzheimer's.

Our approach evaluates nutrient status (B12, folate, vitamin D, zinc, magnesium), mitochondrial function, inflammatory markers, and the gut-brain axis, layered on top of sleep, resistance training, zone 2 cardio, and nervous system retraining.

STACK

The hol+ Men's Supplement Stack

Foundational compounds we reach for most often.



Zinc

Supports testosterone synthesis, immune function, and wound healing.

[Shop on holplus.co](#) →

Creatine Monohydrate

Lean muscle, strength, cognition, and mitochondrial support.

[Shop on holplus.co](#) →

Cortisol Manager

Calms the HPA axis, deepens sleep, breaks the Cortisol Loop.

[Shop on holplus.co](#) →

Belly Fix

Targeted gut microbiome and metabolic recovery formula.

[Shop on holplus.co](#) →

Boost

Energy, focus, and cognitive resilience for demanding days.

[Shop on holplus.co](#) →

Men's Health Peptides

Targeted compounds for recovery, metabolism, and longevity.



Peptides are short chains of amino acids that signal specific biological responses, repair, growth hormone release, fat metabolism, neurological balance. The following are the most frequently used in our men's health programs at hol+.

BPC-157

Body Protective Compound. Accelerates tissue, tendon, and gut lining repair; modulates inflammation.

CJC-1295 / Ipamorelin

GHRH + GHRP combo that supports natural growth hormone pulses, recovery, lean mass, sleep.

Tessamorelin

GHRH analog targeting visceral fat reduction and metabolic optimization in men over 40.

AOD-9604

Modified GH fragment focused on lipolysis without affecting blood sugar or growth signaling.

MOTS-c

Mitochondrial-derived peptide for metabolic flexibility, insulin sensitivity, and exercise capacity.

Sermorelin

GHRH analog that gently restores youthful GH rhythm, sleep, recovery, body composition.

NAD+

Cellular energy cofactor central to mitochondrial function, DNA repair, and longevity pathways.

Selank

Anxiolytic nootropic peptide, calm focus, stress resilience, cognitive performance without sedation.

Important, Peptides require personalization.

Peptide protocols must be reviewed and individualized by a qualified clinician. Dosing, cycling, and combinations vary based on labs, goals, and medical history. To obtain your personalized peptide protocol, book a hol+ **Wellness** or **Deep Dive** appointment at holplus.co.

BRINGING IT ALL TOGETHER

The hol+ way.

The four pillars are deeply interconnected. Hormonal imbalance drives metabolic dysfunction, which accelerates cardiovascular risk, which compounds the cognitive and emotional burden. The goal is not the absence of disease, it is optimal function: energy, strength, clarity, resilience, and longevity.

Book your initial consultation.

hol+ offers comprehensive men's health panels and personalized care in Atlanta, New York, Los Angeles, and virtually nationwide. Visit holplus.co to get started.

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