

AI-ASSISTED HEALTH OPTIMIZATION · NASHVILLE,
TN

The Man Who *Reversed Diabetes* at 71.

A physician-validated, data-documented transformation built on AI, precision nutrition, and systematic discipline — now a platform reaching motivated health optimizers nationwide.

7.4 → 6.0%

A1C · LAB CONFIRMED

72 → 42

BIOLOGICAL AGE

98%

7-DAY TIME IN RANGE

56 lbs

265 → 209 LBS

From *Permanent Diagnosis* to Biological Age 42

In July 2025, Mark Skoda was 71 years old, 265 lbs, and dependent on insulin to manage Type 2 Diabetes caused by idiopathic pancreatitis in 2018. His physicians called his condition permanent. He refused to accept that conclusion.

Using an engineering mindset and AI as a strategic thinking partner, Mark treated his body as a system to be re-engineered — not managed. He designed and executed a multi-variable protocol spanning fasting architecture, precision resistance training, a rationalized supplement stack, and continuous glucose monitoring. Every variable was tracked. Every result was documented.

Today his diabetes is in full remission. He is insulin-free. His A1C is 6.0%. His biological age has been measured at 42. His case documentation — over 100 pages — was reviewed by his endocrinologist at Vanderbilt University Medical Center, who called it "*the most comprehensive patient-generated health documentation I have ever seen.*"

MarkSkoda.com is the platform built from that transformation — a consulting, content, and resource destination for data-driven adults who are serious about metabolic health, not just interested in it.

"The most comprehensive patient-generated health documentation I have ever seen."

— VANDERBILT UNIVERSITY MEDICAL CENTER · MARK'S ENDOCRINOLOGIST

THE DATA

Documented Results — *Before & After*

Every metric below is lab-confirmed, physician-reviewed, or CGM-recorded. This is not self-reported wellness content — it is clinical-grade documentation.

BEFORE 7.4% ↓ AFTER 6.0% A1C · VANDERBILT LAB	CHRONOLOGICAL 71 yrs ↓ BIOLOGICAL 42 yrs AGE · EPIGENETIC TESTING	JULY 2025 265 lbs ↓ CURRENT 209 lbs BODY WEIGHT	BEFORE Insulin ↓ CURRENT Zero INSULIN DEPENDENCY
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CGM LONGITUDINAL DATA

90-Day Glucose Record Across Two Devices

WINDOW	DEVICE	TIME IN RANGE	AVG GLUCOSE	LOW EVENTS
Dec 9 – Mar 8 · 90-Day	Abbott FreeStyle Libre	94%	—	0%
Feb 7 – Mar 8 · 30-Day	Abbott FreeStyle Libre	95%	—	0%
Feb 23 – Mar 8 · 14-Day	Dexcom G7	97%	131 mg/dL	0%
Mar 1 – 7 · 7-Day	Dexcom G7	98%	128 mg/dL	0%

ADA benchmark for non-diabetic metabolic health: 70% TIR. Mark's most recent 7-day TIR: 98%.
Trend: 94% → 95% → 97% → 98% — continuous improvement across two independent devices.

THE SYSTEM

Five Pillars of *AI-Assisted* Health Optimization

The MarkSkoda.com platform is built on five documented, implemented, and continuously refined protocol pillars — all drawn directly from Mark's personal transformation and available as consulting deliverables.

01 · KNOWLEDGE SYNTHESIS

AI as a research engine — distilling thousands of metabolic studies into a personalized, actionable framework tailored to individual biology and labs.

02 · PROTOCOL ARCHITECTURE

Multi-variable strategy design spanning Intermittent Fasting (18:6 / OMAD / extended), Zone 2 cardio, progressive resistance training, and precision nutrition.

03 · CGM-GUIDED NUTRITION

Continuous glucose monitoring as a real-time feedback loop — optimizing meal composition, timing, workout sequencing, and supplement scheduling against live data.

04 · SUPPLEMENT STACK

A rationalized, physician-supervised protocol including NMN, omega-3, creatine, berberine, magnesium, ashwagandha, collagen, and targeted longevity compounds. Every item personally used and documented.

05 · DECISION ARCHITECTURE

Engineering daily environments to eliminate friction and automate the right choice. AI-assisted accountability replacing willpower-dependent approaches that fail.

06 · RESISTANCE TRAINING

6 sessions per week, progressive overload, training to failure. Documented protocol with full exercise log — available on MarkSkoda.com as a standalone resource.

THE PLATFORM

MarkSkoda.com — *What's Live Today*

A full-stack health optimization platform combining free educational content, affiliate-linked tools, and premium consulting — all grounded in a single documented case study with Vanderbilt validation.

HOME	RESEARCH HUB	SUPPLEMENT PROTOCOL	RESISTANCE TRAINING
PROTOCOL FAQs	VIDEOS	BLOG / NEWS	BEHIND THE JOURNEY
PRESS RELEASES	PODCAST	WORK WITH ME	CONTACT

THE AUDIENCE

PRIMARY DEMOGRAPHIC

Health-conscious men aged 45–75, proactive about metabolic health, biological age, and performance — not reactive to a crisis.

BUYER PROFILE

Data-driven, educated, income-qualified. Track biomarkers, use or consider CGM, take supplementation seriously. High purchase intent.

CONVERSION QUALITY

Arrive pre-qualified by a compelling case study. Not casual wellness browsers — motivated buyers who recognize the tools in an active protocol.

THE COMMERCIAL MODEL

Three Consulting *Tiers*

Every consulting client is a pre-qualified buyer for the tools in Mark's protocol. Affiliate product placement at onboarding creates a direct referral pipeline from motivated, high-intent clients.

**TIER 1 ·
BLUEPRINT**

\$397

90-minute deep-dive consultation. Personalized protocol framework, written summary, 30-day email support. One-time engagement for independent executors.

**TIER 2 ·
TRANSFORMATION**

\$1,197/mo

Full 3-month consulting engagement. Two sessions/month, unlimited async messaging, CGM analysis, lab interpretation, supplement optimization, AI accountability framework.

**TIER 3 ·
EXECUTIVE**

\$2,997/mo

White-glove, application-only. Weekly sessions, direct phone/text access, full protocol management, quarterly physician briefing. Limited to 5 clients at any time.

PARTNER WITH US

Four Ways to *Work Together*

Every partnership is grounded in authentic, active use. Mark only recommends products he personally uses in his documented protocol. That credibility is the conversion asset.

01 **STANDARD AFFILIATE PLACEMENT**

Your product featured on the Supplement Protocol or Tools page with a tracked affiliate link, embedded in relevant protocol content and research hub resources.

02 **AMBASSADOR PARTNERSHIP**

Dedicated product content including CGM or biomarker data integration, social media promotion, email list feature, and editorial coverage across blog and podcast.

03 **CO-BRANDED CASE STUDY**

Your product named as a documented component of the transformation protocol. Co-branded PDF, dedicated landing page, and content series using real data from Mark's active use.

04 **CONSULTING CLIENT PIPELINE**

Your product integrated into the onboarding protocol for all consulting clients — a direct referral stream from motivated, high-intent buyers who arrive with physician-supervised health goals.

Ready to *Partner?*

Reach out directly to discuss affiliate structure, ambassador tier, or co-branded content. All partnerships are selective — Mark only promotes products he uses.

EMAIL MARK DIRECTLY

VIEW CONSULTING TIERS

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All health outcomes validated by Vanderbilt University Medical Center. Individual results may vary. Affiliate partnerships are selective and protocol-based.